



By endorsing these quality programs, the AHNA gives you affordable access to programs at the forefront of holistic nursing care. Program information is listed on pages 25-27.



HOLISTIC EDUCATION
[AHNA Core Value 2]

Ten Certifiable Steps Down the Road to Quality Care

by PEGGY BROWNELLER PARADIS MA

In an effort to bring you quality education, the AHNA currently endorses 10 programs in various modalities of holistic care (see pages 25-27). Prior to endorsement, each program undergoes a rigid peer review process led first by AHNA's Program Recognition Committee (PRC), which is chaired by Lorraine Ernst RN, MS, APP, AHN-BC, and followed by an approval process through AHNA's Leadership Council (LC). Currently, Linda Chiofar RN, MA, HN-BC is the AHNA education coordinator and liaison between the PRC and the LC.

These programs receive several benefits from AHNA's endorsement, including the right to use the AHNA name and logo on documents pre-approved by AHNA. But with these benefits come responsibilities, including an agreement by each to develop, coordinate, and teach a program that is congruent with AHNA's mission and *Standards of Holistic Nursing Practice*. The ultimate purpose is to improve the quality of healing care that nurses can provide. In the end, the primary beneficiaries are you — our members. By endorsing these quality programs, the AHNA gives you affordable access to programs at the forefront of holistic nursing care.



Certificate Program in Integrative Imagery - www.integrativeimagery.com

Beyond Ordinary Nursing
P.O. Box 8177, Foster City, CA 94404-3004
(650) 570-6157 imagine@integrativeimagery.com

This four-phase, 110-hour program offers in-depth, hands-on training in the powerful mind/body modality of Integrative Imagery. This approach goes beyond scripted guided imagery by actively involving individuals in their own images and engaging them directly in the healing process. Presented within the holistic nursing model, the program is designed for registered nurses and licensed healthcare professionals. Training is comprised of foundational theory, fundamental skills, experiential learning, and eight distinct Integrative Imagery techniques for use in all aspects of clinical practice and self-care. Each year, the program is offered in three regional locations — west coast, Midwest, and east coast. The certification process includes on-site mentor guidance and submission of 10 documented imagery sessions. Upon completion of the program, participants will be certified in Integrative Imagery. With over 225 certified practitioners now, the ripple effect is occurring. As one graduate wrote, "This is a deeply healing technique and a life-changing training. The program pacing and content provide practitioners with skills and tools to offer this work to others." Tuition is \$475 per phase for AHNA members; accommodation costs are extra. In addition to the certificate program, Beyond Ordinary Nursing is excited to present a Hawaii Imagery Conference and 10th Anniversary Reunion, April 26-May 1, 2006 (see page 31).



Certificate in Spirituality, Health and Healing - www.allegralearning.com

ALLEGRA Learning Solutions
4809 Clairemont Drive, #319, San Diego, CA 92117
(760) 231-9678 allegra@allegralearning.com

Spirituality, religion and culture play an important role in health and healing. Today's healthcare systems and professionals must recognize and understand a variety of spiritual and religious values, beliefs, and practices and their impact on health and healing. Knowledgeable providers who can deliver compassionate, effective care to meet their clients' and patients' spiritual needs are in dramatically increasing demand. This 12-course, 36-hour Spirituality, Health, and Healing Certificate Program provides healthcare professionals in a wide range of careers with the knowledge and skills to effectively meet the needs of a spiritually, religiously and culturally diverse patient and client population. A certificate in Spirituality, Health, and Healing distinguishes each graduate as a knowledgeable, skilled and committed professional. As one nurse wrote, "I loved this course! I really appreciated the tips on spiritual assessment. I'll be able to use this information in my practice." Cost is \$360 (AHNA members will receive a \$25 discount).



Holistic Stress Management - www.brianlukeseaward.net

Paramount Wellness Institute
P.O. Box 18831, Boulder, CO 80308
(303) 678-9962 brianlukes@cs.com

This dynamic 4-day certification workshop (at the foot of the Colorado Rockies) is designed as a professional training program for nurses and healthcare professionals with a passion and background in Holistic Stress Management. The goal of the program is to train professionals to teach, direct or facilitate quality presentations/workshops at their worksites, from a 1-hour, brown-bag lunch series to a 16-week college-credit course. Topics include humor therapy, art therapy, music therapy, meditation, visualization, stress and spirituality, and many more. The workshop includes 15 hours of outside class assignments as well as a take-home essay exam. Registration includes a copy of *Managing Stress (5th ed.)*, *Achieving The Mind-Body-Spirit Connection* (Seaward, 2004), and a workshop workbook, as well as ongoing mentorship with Dr. Brian Luke Seaward. A former graduate of the program noted, "Until taking this workshop, I discovered I had been teaching a very superficial version of stress management." Upon completion of the program, participants will be certified as an instructor of Holistic Stress Management workshops. Tuition is \$895/earlybird for AHNA members. (Accommodation costs are extra). Courses are offered annually in May and September; please check their Web site for dates.



Whole Health Educator Certification Program for Nurses - www.niwh.org

The National Institute of Whole Health, parent group for The New England School of Whole Health Education
3 Cameron Place Wellesley, Mass. 02482
(888) 354-4325 info@wholehealtheducation.org

This evidence-based, holistic program provides a comprehensive education in integrative health care from a whole-person perspective. The curriculum is available as a distance-learning or in-person program and provides 388 contact hours for nurses. The core coursework is delivered via 48 video courses, filmed at Boston area hospitals. In-person classes are offered at the Newton Wellesley Hospital in the Boston area every other Saturday, September through early December and March to mid-June. The transformational model of Whole Health Education is both a clinically-proven best practice for patient health education and a model of self-care and personal growth for nurses. Mary May RN, BS, a 2005 graduate, shared her thoughts: "This entire program has helped me use a truly holistic approach with my patients. I'm now able to look at their chronic illnesses utilizing 'the big picture of health.' The tapes are great because I can always re-view them." At completion of this program, a certification as Whole Health Educator is awarded. All AHNA Members receive \$400.00 off the cost of the program.

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