

7th ANNUAL CONFERENCE

New England Holistic Nursing



Enhancing Our Culture of Caring for Self, Patients, and Environment

**Thursday–Friday,
September 14-15, 2017**

**The Colony Hotel
140 Ocean Avenue, Kennebunkport, Maine**

PRESENTED BY:



**SAINT ANSELM
COLLEGE**

CONTINUING NURSING EDUCATION
Committed to Advancing the Practice of Nursing



**SAINT ANSELM
COLLEGE**

CONTINUING NURSING EDUCATION

100 Saint Anselm Drive
Manchester, NH 03102-1310

Change Service Requested

Non-Profit Org.
US POSTAGE
PAID
Manchester, NH
Permit #6035

7th ANNUAL CONFERENCE

New England Holistic Nursing

Enhancing Our Culture of Caring for Self, Patients, and Environment

WWW.ANSELM.EDU/CNE

FEATURED SPEAKERS



JANET QUINN, PHD, RN, FAAN, Director,
HaelanWorks, Lyons, CO; Adjunct Professor,
University of Arizona College of Nursing



BARBARA SATTLER, DRPH, RN, FAAN, Professor,
University of San Francisco



VAREEN O'KEEFE-DOMALESKI, EDD, MSN, RN, Chief
Nursing Officer, Bradley Hospital, Providence, RI

DISTINGUISHED FACULTY

BETH BOYNTON, MS, RN, Consulting Services, Portsmouth, NH

ANN FOURNIER, PHD, MS, MSN, RN, ACNP-BC, AHN-BC, CNE, Assistant
Professor of Nursing, Saint Anselm College, Manchester, NH

MARIA NOEL GROVES, BA, RH (AHG), Clinical Herbalist & Journalist,
Wintergreen Botanicals, LLC, Allentown, NH

DEBRA HICKOK, BS, CPCC, PCC, Featherstone Personal & Professional
Coaching, Newburyport, MA

ERICA MUMM, DNP, MSN, RN, Assistant Professor of Nursing, Central
Connecticut State University, New Britain, CT

JULIE PELLETIER-RUTKOWKI, MS, RN, Feng Shui Services of New England LLC

JOANNE ROWLEY, MS, PMHCNS-BC, HNB-BC, Clinical Nurse Specialist, MGH
Revere HealthCare Center Revere, MA; Adjunct Faculty Mind Body
Spirit Program, MGH Institute for Health Professions, Boston, MA

PLANNING COMMITTEE

AMY GUTHRIE, MS, RN, Saint Anselm College, Manchester, NH

ALETA BILLADEAU, MSN, RN, Concord Hospital, Concord, NH

CAREY S. CLARK, PHD, RN, AHN-BC, RYT, Associate Professor,
University of Maine at Augusta

ANN FOURNIER, PHD, MS, MSN, RN, ACNP-BC, AHN-BC, CNE,
Assistant Professor of Nursing, Saint Anselm College,
Manchester, NH

ALICE KINSLER, MA, A.T.R., Manager, Therapeutic Arts and Activity
Services, Concord Hospital, Concord, NH

GALE LYMAN, BSN, RN, HNB-BC, AHNA Chapter Leader, the Lyman
Center, Amesbury, MA

SANDRA VAN GUNDY, MED, BS, RN, Nursing Faculty, Plymouth State
University, Plymouth, NH



www.facebook.com/cne.saintanselm

Visit us online: www.anselm.edu/cne

7th ANNUAL CONFERENCE

New England Holistic Nursing

Enhancing Our Culture of Caring for Self, Patients, and Environment

WWW.ANSELM.EDU/CNE

CONFERENCE AGENDA

WEDNESDAY, SEPTEMBER 13, 2017

- 4:00–5:30 PM Early Registration
- 7:30–8:30 PM Rest, Reflect & Restore (optional).....Joanne Rowley
Come to cultivate your intentional conference entry by attending a nurturing body-mind-spirit session. We will engage in gentle body movement, breath practices, guided meditation, reflection and visualization to support releasing tensions, enhancing receptivity to rest more deeply within.

THURSDAY, SEPTEMBER 14, 2017 • CONFERENCE DAY 1

- 7:30–8:15 AM Registration and Coffee
- 8:15–8:25 AM Welcome and Opening Remarks
- 8:25–8:30 AM Opening Ritual: A Call to Presence
- 8:30–10:00 AM KEYNOTE: Cultivating Habitats for Healing: Holistic Nurses Transforming Systems Janet Quinn
Habitats for Healing are optimal healing environments in which nurses and other healthcare professionals thrive and patients and families receive quality, whole person care that facilitates both healing and curing. This presentation provides an overview of this model and proposes a critical role for nurses in re-imagining the health care system for the future.
- 10:00–10:15 AM Self Care Nourishment for Body~Mind~Spirit
- 10:35 AM–12:05 PM Choose either A or B
SESSION A: Medical Improv: An Exciting New Way to Improve Communication & Collaboration..... Beth Boynton
SESSION B: Integrative Health Techniques for Assessment and Treatment: PTSD as Exemplar Erica Mumm
- 12:05–1:20 PM Lunch (included)
- 1:20–2:50 PM PLENARY 1: Resilience Strategies for Sustaining Nurse-Caring Janet Quinn
In this session, we will explore a holistic/integrative approach to on-the-job self-care for enhancing nurse resilience.
- 3:05–4:35 PM Choose either C or D
SESSION C: Mindful Leadership in the Workplace Debra Hickok
SESSION D: Zen Workplace Julie Pelletier-Rutkowski

FRIDAY, SEPTEMBER 15, 2017 • CONFERENCE DAY 2

- 6:30–7:15 am Morning Meditation (optional) Sandra Van Gundy, MEd, BS, RN
- 7:30–8:00 am Registration and Coffee
- 8:00–9:30 am PLENARY 2: Our Environment, Our Health..... Barbara Sattler
This session will help us explore how our health is intricately related to the quality of our air, water, soil, food, and products. We cannot have healthy people on a sick planet. We'll explore some of the environmental health challenges of the day and the roles that nurses can play in addressing them.
- 9:30 am – 9:45 am Self Care Nourishment for Body~Mind~Spirit
- 10:15–11:45 am Choose either E or F
SESSION E: Sharing Spiritual Space.....Ann Fournier
SESSION F: Integrative Botanical Strategies for Stress & Immune Support Maria Noel Groves
- 11:45 am–1:00 pm Lunch (included)
- 1:00–2:30 pm Endnote: Healing Power of PresenceVareen O'Keefe Domaleski
- 2:30–2:35pm Closing Ritual: A Call to Reflection and Connect



www.facebook.com/cne.saintanselm

Visit us online: www.anselm.edu/cne

2017 NEW ENGLAND HOLISTIC NURSING GENERAL INFORMATION

LOCATION: The Colony Hotel, Kennebunkport, Maine. This 1914 Grand Oceanfront hotel is included in the national Trust's Historic Hotels of America. Spectacularly situated on the rock promontory overlooking the Atlantic Ocean and the mouth of the Kennebunk River, it has a heated salt-water swimming pool, private, safe, surf beach, and gorgeous organic gardens. It's located within walking distance (1 mile) of the charming village of Kennebunkport.

HOTEL INFORMATION: A block of overnight rooms have been reserved at the special conference rate of \$105 garden side and \$155 ocean side per night plus tax; includes a full breakfast. Make reservations directly with the hotel – ask for the Saint Anselm College block. Overnight room reservation deadline: August 2, 2017. Thereafter, rooms and group rate may no longer be available. For additional information and directions, please contact The Colony Hotel at 800-552-2363 or www.thecolonyhotel.com.

GROUP DISCOUNT: If five or more people from the same agency register at the same time for the same conference, you may deduct

20%. Mailed registrations must arrive in the same envelope. Faxed registrations must arrive together. Not combinable with Early Registration Discount.

EARLY REGISTRATION DISCOUNT: In order to receive Early Registration Discount, payment in the form of a check, Visa or MasterCard must accompany registration form and be in our office by August 10, 2017. All payments must be received by the start of the conference or a personal check/cash/credit card will be necessary to attend. Not combinable with Group Discount.

CANCELLATION/REFUND POLICY: Registrants who are not able to attend or send a substitute can obtain a refund of registration fees, minus a \$60 processing fee. A written request must be received by August 30, 2017. REFUNDS WILL NOT BE ISSUED AFTER THIS DATE – NO EXCEPTIONS.

CONFIRMATIONS: Your confirmation will be emailed to you. Since some concurrent sessions will be limited in size, early registration is advised.

CONFERENCE HANDOUTS: A link will be emailed to all participants 10 days prior to the start of the conference.

TAPING is not allowed.

CONTACT HOURS: This conference carries up to 12.75 contact hours.

MORE INFORMATION/SPECIAL NEEDS: Please call 603-641-7086. You may also visit www.anselm.edu/cne.

TARGET AUDIENCE: This conference is ideal for nurses and healthcare providers interested in exploring practical applications to integrate holism and conventional care.

Saint Anselm College is an approved provider of continuing nursing education by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

CONFERENCE REGISTRATION FORM

MAIL: Saint Anselm College, Continuing Ed #1745
100 Saint Anselm Drive
Manchester, NH 03102-1310

PHONE: 603-641-7086,
credit card required

FAX: 603-641-7089
credit card required

ONLINE: www.anselm.edu/cne
credit card required

2017 NEW ENGLAND HOLISTIC NURSING REGISTRATION

Name (please print clearly or type) _____

Home Address _____

City _____ State _____ Zip (Essential) _____

Credentials _____ Phone (_____) _____

Email (REQUIRED) _____

Handout link will be sent to this email address.

Employing Agency _____

Address _____

City _____ State _____ Zip (Essential) _____

METHOD OF PAYMENT

_____ Check enclosed made payable to Saint Anselm College in the amount of \$ _____

Purchase Order # _____

I authorize the use of my credit card: _____ VISA _____ MasterCard

Account # _____ Exp _____

Amount Authorized: \$ _____ Date _____

Signature _____

CONCURRENT SESSION SELECTIONS (REQUIRED)

Assignments will be made on a **FIRST COME, FIRST SERVE** basis.

Date **Session** **1st Choice** **2nd Choice**

Wednesday, September 13

Wednesday evening program _____
(optional)

Thursday, September 14

Morning choice A or B _____ _____

Afternoon choice C or D _____ _____

Friday, September 15

Morning choice E or F _____ _____

CONFERENCE FEES

NOTE: Conference fee includes continental breakfast, lunch, and breaks.

	EARLY: by Aug. 10	REGULAR: after Aug. 10
1-day Registration <input type="checkbox"/> Th <input type="checkbox"/> Fri	_____ \$205	_____ \$235
2-day Registration	_____ \$385	_____ \$435

WWW.ANSELM.EDU/CNE