

9th ANNUAL CONFERENCE

New England Holistic Nursing



Walking Our Path:

**Grounding Wisdom for
Contemporary Times**

**Thursday–Friday,
September 12-13, 2019**

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

PRESENTED BY:



SAINT ANSELM
COLLEGE

CONTINUING NURSING EDUCATION
Committed to Advancing the Practice of Nursing



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FEATURED SPEAKERS



GLORIA DONNELLY, PHD, RN, FAAN, FCPP, Editor, Holistic Nursing Practice, Professor, Dean Emerita, Drexel University, College of Nursing and Health Professions, Philadelphia, PA



ROB SPENCER, MD, Hospice & Palliative Medicine Specialist, Concord, NH

DISTINGUISHED FACULTY

PAUL ARNSTEIN, PHD, RN, FAAN, Clinical Nurse Specialist for Pain Relief, Massachusetts General Hospital, Boston, MA

ALETA BILLADEAU, MSN, RN, CCAP, Associate Professor of Nursing, NHTI, Concord, NH

JOSEPH CARRINGER, Didgeridoo Sound Therapist and Musician, Elizabeth, PA

PAUL THOMAS CLEMENTS, PHD, RN, Professor, School of Nursing, University of Nevada, Las Vegas

AMANDA BULETTE COAKLEY, PHD, RN, FNAP, AHN-BC, Staff Specialist/Nurse Scientist, MGH, Boston, MA

CATHLEEN C. COLLERAN, DNP, RN, Chair, School of Nursing, Curry College, Milton, MA

PAMELA J. CORMIER, MSN, RN, AHN-BC, Professional Development Manager-Primary Care, Brigham & Women's Hospital, Boston, MA

MICHELLE EARNEST, APRN, FNP-BC, EEM-AP, MSN, DMIN, Former Director of Education, Innersource (Donna Eden Energy Medicine), Nashua, NH

SARA SCHELLER, BSN, RN, NBC-HWC, HNB-BC, Integrative Nurse Health Coach, Hackensack Meridian Integrative Health & Medicine, Red Bank, NJ

PLANNING COMMITTEE

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

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

ANN FOURNIER, PHD, MS, MSN, RN, ACNP-BC, AHN-BC, CNE, Bedford, NH

ALICE KINSLER, MA, ATR, CCAP, Manager, Therapeutic Arts and Holistic Services, Concord Hospital, Concord, NH

GALE LYMAN, BSN, RN, HNB-BC, The Lyman Center, Amesbury, MA

JOANNE ROWLEY, MS, PMHCNS-BC, HNB-BC, MGH Revere HealthCare Center Revere, MA; MGH Institute for Health Professions, Boston, MA

SANDRA VAN GUNDY, EDD, BS, RN, LRGHealthcare, Laconia, NH



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CONFERENCE AGENDA

WEDNESDAY, SEPTEMBER 11, 2019

4:00–5:30 PM	Early Registration
7:00–8:00 PM	Didgeridoo Journey Meditation (optional)Joseph Carringer This experiential workshop offers an introductory overview of sound therapy and the didgeridoo as it relates to meditation and journeying for the purpose of self-healing and how to use it in combination with the concept of intention.

THURSDAY, SEPTEMBER 12, 2019 • 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: Leadership in Nursing: Lessons from Zen Gloria Donnelly With unprecedented change in health care and higher education, pressures to grow in response to managing population; the introduction of new technologies in practice and education, closures and mergers of clinical and educational institutions and increasing conflict in organizational cultures, nurse leaders need perspective and strategies to manage with grace and good humor. Zen is an ancient philosophy that grounds, informs and produces good outcomes for the clinical or practice community. This presentation will focus on Zen lessons intended to hone leadership skills and manage the stress of the role.
10:00–10:15 AM	Self Care Nourishment for Body~Mind~Spirit
10:35 AM–12:05 PM	PLENARY 1: Innovations in Holistic Practice Aleta Billadeau, Mandi Coakley, Cathleen Colleran, Pamela Cormier
12:05–1:20 PM	Lunch (included)
1:20–2:50 PM	PLENARY 2: Healthcare Encounters Along the LGBTQIA Continuum Paul Thomas Clements
3:05–4:35 PM	Choose either A or B SESSION A: The Art and Science of Holistic Pain Management Paul Arnstein SESSION B: General Introduction to Sound Therapy Techniques with the Didgeridoo Joseph Carringer
5:00–6:00 PM	Poster-viewing Session

FRIDAY, SEPTEMBER 13, 2019 • CONFERENCE DAY 2

6:30–7:15 AM	Morning Meditation (optional) Sandra Van Gundy
7:30–8:00 AM	Registration and Coffee
8:00–9:30 AM	PLENARY 3: Mindful Mortality Rob Spencer Inspired by caring for patients at the end of life, Dr. Spencer has adapted tools and techniques used in hospice and palliative care for the benefit people who are alive and well.
9:30–9:45 AM	Self Care Nourishment for Body~Mind~Spirit
10:15–11:45 AM	Choose either C or D SESSION C: Compassionate De-escalation to Perceived Threats Paul Thomas Clements SESSION D: Better Health through Balanced Energy Michelle Earnest
11:45 AM–1:00 PM	Lunch (included)
1:00–2:30 PM	PLENARY 4: From Burning Out to Burning Up: Tending the Flames of your Professional Career Sara Scheller
2:30–2:35 PM	Closing Ritual: A Call to Reflection and Connect



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2019 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 \$139 garden side and \$229 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 28, 2019. 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 1, 2019. 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 27, 2019. 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 prior to the start of the conference.

TAPING is not allowed.

CONTACT HOURS: This conference carries up to 14 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

2019 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

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CONCURRENT SESSION SELECTIONS (REQUIRED)

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

Date	Session	1st Choice	2nd Choice
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Wednesday, September 11

Wednesday evening program _____
(optional)

Thursday, September 12

Afternoon choice	A or B	_____	_____
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Friday, September 13

Morning choice	C or D	_____	_____
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CONFERENCE FEES

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

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

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