

# 8th ANNUAL CONFERENCE

## *New England Holistic Nursing*



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

**Thursday–Friday,  
September 13-14, 2018**

**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

## 8th ANNUAL CONFERENCE

# New England Holistic Nursing

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

[WWW.ANSELM.EDU/CNE](http://WWW.ANSELM.EDU/CNE)

### FEATURED SPEAKERS



**JANET QUINN, PHD, RN, FAAN**, Director, HaelanWorks, Lyons, CO; Faculty Associate, Watson Caring Science Institute; Adjunct Professor, University of Arizona College of Nursing



**NANCY EMERSON LOMBARDO, PHD**, CEO, Brain Health and Wellness Center; Adjunct Research Assistant Professor of Neurology, Boston University Alzheimer's Disease Center and School of Medicine

### DISTINGUISHED FACULTY

**CAREY S. CLARK, PHD, RN, AHN-BC, RYT**, Associate Professor, University of Maine at Augusta; President, American Cannabis Nurses Association

**NANCY CARLSON, RN, BSN, NC-BC**, Joyful Healing, LLC, Arlington, MA

**MINDA DWYER, MSN, ANP-C**, Nurse Practitioner/ Clinical Quality Auditor, OptumHealth, Mechanicville, NY

**MATTHEW HAND, DO**, Director, Pediatric Nephrology and Integrative Medicine, Elliot Hospital, Manchester, NH

**JANE LACHANCE, MA, BSN, RN, NC-BC**, Tour Guides for Health, Beverly, MA

**KATIE O'CONNELL, ERYT, AHP, AYT**, Ayurvedic Yoga Therapist, Owner, Dragonfly Yoga, N. Sandwich, NH

**HEATHER TALLMAN RUHM, MD**, Bedford, NH

**CHRISTIAN TETER, PHARM D, BCPP**, Neuropsychiatric Pharmacist, Psychopharmacology Consulting, Portland, ME

**LISA C. WITHROW, APRN, NP-C, ACHPN**, Palliativity Medical Group, Bedford, NH

### PLANNING COMMITTEE

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

**CAREY S. CLARK, PHD, RN, AHN-BC, RYT**, University of Maine at Augusta; President, American Cannabis Nurses Association

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

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

**SANDRA VAN GUNDY, MED, BS, RN**, Plymouth State University, Plymouth, NH



[www.facebook.com/cne.saintanselm](http://www.facebook.com/cne.saintanselm)

Visit us online: [www.anselm.edu/cne](http://www.anselm.edu/cne)

# 8th ANNUAL CONFERENCE

## *New England Holistic Nursing*

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

WWW.ANSELM.EDU/CNE

## CONFERENCE AGENDA

### WEDNESDAY, SEPTEMBER 12, 2018

4:00–5:30 PM	Early Registration
7:00–8:30 PM	Yoga Nidra and Self-Healing: The Art of Conscious Relaxation (optional) ..... Katie O'Connell Yoga Nidra is an ancient and powerful healing modality found in the oldest philosophical yoga texts, and that offers the participant a deep state of rest and relaxation.

### THURSDAY, SEPTEMBER 13, 2018 • 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: The Principles of Ayurveda ..... Katie O'Connell SESSION B: Nurturing the Seeds: An Integrative Approach to Pediatric Care.....Matthew Hand
12:05–1:20 PM	Lunch (included)
1:20–2:50 PM	PLENARY 1: Cannabis as a Holistic Herbal Medicine ..... Carey Clark, Christian Teter, Lisa Withrow This session will explore cannabis from several different interprofessional perspectives, and provide participants with a clear overview of the use of cannabis as holistic medicine.
3:05–4:35 PM	Choose either C or D SESSION C: An Integrative Approach to Sleep..... Nancy Carlson SESSION D: Walking Alongside Our Patients: Cultivating an Environment of Trust to Foster Treatment Adherence ..... Minda Dwyer
5:00–6:00 PM	Poster-viewing Session

### FRIDAY, SEPTEMBER 14, 2018 • 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: 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.
9:30–9:45 AM	Self Care Nourishment for Body~Mind~Spirit
10:15–11:45 AM	Choose either E or F SESSION E: Power of Presence in Care: Personal Storytelling..... Jane LaChance SESSION F: Green Self-Care: A Wise Approach to Household and Personal Care Products..... Heather Tallman Ruhm
11:45 AM–1:00 PM	Lunch (included)
1:00–2:30 PM	PLENARY 3: What Science Tells Us about Nutrition and Healthy Brains.....Nancy Emerson Lombardo
2:30–2:35 PM	Closing Ritual: A Call to Reflection and Connect



www.facebook.com/cne.saintanselm

Visit us online: [www.anselm.edu/cne](http://www.anselm.edu/cne)



# 2018 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: July 29, 2018. 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](http://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 9, 2018. 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, 2018. 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 14.5 contact hours.

**MORE INFORMATION/SPECIAL NEEDS:** Please call 603-641-7086. You may also visit [www.anselm.edu/cne](http://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](http://www.anselm.edu/cne)  
credit card required

### 2018 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 12

Wednesday evening program \_\_\_\_\_  
(optional)

Thursday, September 13

Morning choice	A or B	_____	_____
----------------	--------	-------	-------

Afternoon choice	C or D	_____	_____
------------------	--------	-------	-------

Friday, September 14

Morning choice	E or F	_____	_____
----------------	--------	-------	-------

### CONFERENCE FEES

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

	EARLY: by Aug. 9	REGULAR: after Aug. 9
1-day Registration <input type="checkbox"/> Th <input type="checkbox"/> Fri	_____ \$205	_____ \$235
2-day Registration	_____ \$385	_____ \$435

**WWW.ANSEL.M.EDU/CNE**