



SPECIALIZATION PROGRAM IN HOLISTIC NURSING

This Specialization Program is for any registered nurse interested in growing professionally and becoming prepared for holistic nursing practice. It is designed to meet the Canadian Nurses Association requirement of acquiring specialty practice status. The program, along with the CHNA Nursing Practice Standards, provide credibility and recognition to holistic nursing within the Canadian Nurses Association, Provinces, and Territories. It provides you with a framework to guide your holistic nursing practice based on a unitary human universal essence field theory and energy-based nursing practice. Supported by nursing theory and research, the program offers you a language to explain holistic nursing practice and the use of unitary energy-based modalities. It also provides you with opportunity to learn and practice a variety of unitary energy-based modalities.

Level-I: Introduction to Energy-Based Holistic Nursing Practice

The prerequisite for this course is Level I - Therapeutic Touch

This introductory level course provides you with the opportunity to examine the importance of nursing theory to guide holistic nursing practice, acquire an understanding of a unitary human environment essence field theory, the basic principles of energy, and Martha Rogers' philosophy and conceptual system of Unitary Human Beings. You will learn to apply the Health Patterning Practice Method and the unitary energy-based modalities of Meditation and one of the following: Guided Imagery or Progressive Muscle Relaxation. Therapeutic Touch will be used in your practice as indicated by the clients' needs.

Level-II: Being A Holistic Nurse

The prerequisite for this course is successful completion of Level-I Specialization Program and Level-I Healing Touch or Reiki.

This second level course focuses on being a holistic nurse with self and clients, practicing professionally as guided by ethics and research. In this level, you will examine theories derived from Rogers' Science, the human essence field, and psychophysiology of body/mind healing. You will gain further ability in applying the Health Patterning Practice Method. You will learn and apply the two unitary energy-based modalities of Sound/music and Light/colour. Healing Touch or Reiki will be used in your practice as indicated by the clients' needs.

Format of Study

Each level consists of three components, to be taken in the following order:

- 1. The Home Study Component** begins three months prior to the Institute date, and requires approximately 50 hours to complete. The CHNA Home Study Notebook will guide and assist course participants in completing the required self-study units.
- 2. The Institute Component** provides classroom instruction to clarify theory and concepts, hands on practice of unitary energy-based modalities, health patterning practice method, and aspects of being a holistic nurse. Level-I Institute consists of three full days, and Level-II consists of four days. Please contact CHNA for the Institute sites and dates.
- 3. The Clinical Practice Component** each participant will complete the course requirements at their home site. A program mentor will support each participant during the practicum, and will evaluate the clinical work. (Refer to the evaluation section).

Evaluation

Your mentor will review and give feedback on your clinical practice activities through your Client Health Records, professional growth journal, video recordings of unitary energy-based modalities with clients, and written assignments.

Admission Requirements

Open to any registered nurse who is a member of CHNA.

Course Start Dates and Information can be obtained by:

www.chna.ca

Fees

Level-I: \$650.00, and Level-II: \$800.00.
Payment by cheque or money order.
Fees include a copy of the CHNA home study notebook, the institute, and mentoring support.

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ASSOCIATION