



Words For Great Nurses

Moving Forward

After increasing our membership this past year and solidifying our communication platforms we are looking forward to a productive year!

The CHNA held its Annual General Meeting on June 12/22. We welcomed new board members and outlined our goals for the next fiscal year. Exciting ideas include connecting with nursing students and bringing holistic theory into that realm of education. We will continue to provide resources to our members and the public to raise the profile of holistic nursing in Canada.

Some of the themes that will guide our work this year include supports for nurses in independent holistic practices, and informative webinars with holistic practice experts. We are also aware of the need to support nurses in integrating holistic theory into practice. We will continue to find and refer to resources and mentorship opportunities.

We are listening to nurses from across Canada. This is how the CHNA will grow. We welcome your emails and posts. Let us know what we can do for you!

Kate Shelest RN BSN MAIH CAIHP™
President - The Canadian Holistic Nurses Association



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Spotlight On...



Linda Shea has been a Registered Nurse since 1984. She is a certified [Integrative Nurse Coach](#), certified [Integrative Energy Healing Practitioner](#), certified [Life Mission Guide](#), a practitioner of [The Way of the Heart](#) field integrations, and nurse educator. Linda's doctoral dissertation focused on Ken Wilber's Integral Theory as a meta-framework for locating integrative health care within nursing.

Linda Shea
RN PhD NC-BC
Integrative
Energy Healing
Practitioner

As a former neonatal and pediatric critical care nurse working with families in crises, Linda has accompanied people through some of their most vulnerable moments. Through this experience, she came to appreciate the transformative potential available to individuals experiencing disruption in their lives, when offered an authentic nursing presence and safe space to be vulnerable to their deepest longings and fears. To deepen her understanding of these transformational moments, she began exploring healing modalities involving energy and consciousness. She also focused her doctoral studies on **Integral Theory** as a way of linking seemingly divergent viewpoints in nursing (biomedical approaches, relational inquiry, critical perspectives, and unitary transformative caring philosophies) within one integrated framework, which also maps the evolution of human consciousness.

Evidence-Based Holistic Nursing Practice

In keeping with Integral Theory, Linda believes that humanity is at a point of transformation, where we are being called to up-level our lives for individual and collective healing, and to live in a manner that is more in harmony with the unique needs and circumstances of today's rapidly changing world.

Consequently, in her integrative coaching practice, Linda supports individuals who have a passion and desire to be in service to something greater than themselves, to step into what they truly love and long to do in self-nourishing, self-sustaining ways.

In her private sessions with clients, Linda draws on a variety of coaching skills and integrative healing modalities such as appreciative inquiry, change theories, awareness practices, guided imagery, and energy field integrations, in a manner that is responsive to the unique needs and circumstances of individual clients.

Through these activities, clients are supported to clarify personal intentions and goals, access their inner guidance, and consciously act in their lives toward what they truly love and long to do. Clients are supported in navigating transitions in their lives from a place of self-awareness, conscious choice, and inner guidance so they may live with more vitality and aliveness.

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[Take my life mission quiz](#)

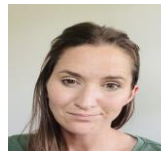


CHNA AGM 2022

Our CHNA AGM was held June 12/22. We would like to thank those members who were able to attend & participate in the meeting. We are happy to welcome our new Directors Jocelyn, Lauren, and Julie, and Susan as our VP.

EXECUTIVE BOARD

Kate Shelest (Pres) Susan Hagar (VP) Meg Knapp (Treasurer) Danielle Dawe (Secretary)



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Kim Derkach Sherry Hole Vivien McTavish Lauren Kellar



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Members' Forum

Our CHNA Member contributor: Kelly Rose Flanagan RNBN CCHNC

“I am a CIINDE Certified Holistic Nurse Coach from cohort 3. I have been a nurse for 13 years with a wide range of experiences from acute, emergency, and critical care to working in remote northern Manitoba clinics. Like many nurses, I became discouraged, burned out, and frustrated with the status quo of our current health care system. I struggled to find my “niche.” It wasn’t until I had some stressors in my own life that I began to understand a deeper meaning of how our mental, physical, and spiritual health affects our overall wellbeing and vice versa. At this point, I searched for some way to incorporate holistic health and healing into my own life and longed to share this knowledge with other people, especially in a nursing capacity. It wasn’t long after this when I came across the idea of becoming a Holistic Nurse Coach. Although I have never heard of this before, I knew it was meant for me and found the CIINDE’s Comprehensive Holistic Nurse & Nurse Coach program. I instantly fell in love with the concepts, ideas, and theories and began my journey into Holistic Nurse Coaching.

Today I am still learning what this practice will look like for me and how I will incorporate what I’ve learned into my work. I am currently learning and exploring about energy systems in the body, and how to help others manage and protect those energy systems to improve their lives in whatever facet they wish. My other passion is learning about trauma informed care, the effects of stress on our health, and intuitive medicine. “

Kelly Rose Flanagan, RNBN, CCHNC

The following article on Gabor Maté was written and submitted by Kelly for the CHNA Summer 2022 Newsletter:



Members' Forum

Dr Gabor Maté

by Kelly Rose Flanagan

Dr. Gabor Maté is an experienced physician, who began his career in family medicine and palliative care on the west coast of Vancouver British Columbia during the 1970's. He then moved into the Downtown East side of Vancouver where he felt passionate about working with people with addictions and mental illness. He became a well-known author, scientist, and speaker though out Canada (now the world) for his research and work on childhood development, experience, and trauma, and the relationship it had with addictions, stress, and illness. His range of books include his studies and research on the underlying causes of addictions, disease, and mental illnesses (Lee, *Maté* 2021)

Dr. Maté's work dives deep into the human experience we all have within our own human frame. Whether deeply buried, or bubbling just below the surface, we can all relate to the effects of our own painful experiences throughout our lifetime, which inevitably affects the individual we are today and how we cope and exist in this world. Gabor isn't afraid to dig into the threatening dark corners of our existence to bring to light our shadows, shame, and our demons in order to relate them to disease, illness, and addictions. Profound questioning such as "Why do we get disconnected? Because it's too painful to be ourselves" and "Can our deepest pain be a doorway to healing?" (*Wisdom of Trauma*, 2021) What his work shows is that we are not exactly innocent bystanders in our current condition.

His discoveries concluded things like "Trauma is not the bad things that happen to you, but what happens inside you is the result of what happens to you" (*Wisdom of Trauma*,2021).

In his book *When the Body Says No*, (2013), Gabor Maté reviews several of his clients with critical and chronic illnesses he's worked with over the years, and



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the underlying possible causes for their status. Over time, he discovers trends in patients with cancer, Amyotrophic Lateral Sclerosis (ALS), irritable bowel syndrome (IBS), heart disease, and even Alzheimer's disease. The list goes on. Stress held in the body, and its effects in the body are not necessarily a new concept in the medical field, however, Gabor connects specific stressors throughout one's life, and makes connections to more specific diagnoses. It is with this information that we may begin to understand root causes of illness, and how to manage them.

The Breast Cancer Conundrum

An example of his work is his research into breast cancer. Many studies have been done over the decades and although various conclusions presented themselves, it was Gabor who researched and compiled these studies, along with his own, presented the idea that emotional stress is a “major contributing factor in breast malignancy”, whereas evidence for genetic influence in breast cancer is not as high as we once thought. The concept of emotions biologically affecting the hormones involved in breast cancer (either suppression or increase of) are more intimately connected than what some research has led us to believe. Gabor states in his breast cancer research among women and men “It is artificial to impose a separation between hormones and emotions.” Further on this topic in his book is quoted studies by the U.S. National Cancer Institute where natural killer cells (immune cells which aid in fighting cancer cells), are more active in breast cancer patients who are able to express anger, adopt a fighting stance and who have more social support. (Maté, 2012, p 60 - 65)

Essentially, Dr. Mate's work over the past few decades has led to great discoveries in the mind, body, and soul connection and how these connections affect our well-being, and our ability to thrive in harsh conditions. Now what do we do with this information? This is exactly what his studies and teachings are gearing towards. As therapists and holistic nurse coaches, we have the capacity to incorporate trauma informed care into our work, furthermore, to help

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individuals heal from simply experiencing life as a human and ultimately, we learn how to manage our trauma. Dr. Maté's life's work contains the knowledge to keep the momentum in this capacity.

“When we have a trauma informed society, we have a society that’s much more compassionate” (Maurizio & Benazzo, 2021).

submitted by

Kelly Rose Flanagan

References

Lee, S. (2021, August 18). *Addiction expert, speaker and best-selling author dr. Gabor Maté*. Dr. Gabor Maté. Retrieved July 9, 2022, from <https://drgabormate.com/>

Maté, G (2012). *When the body says no: The cost of Hidden Stress*. Vintage Canada.

Maurizio & Benazzo (2021). *The Wisdom of Trauma*. Retrieved July 9, 2022, from Science & Nonduality.





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Independent Practice

Part 1: The Marriage of Nursing & Business

by Janessa DeCoste RN, NC-BC

I have always had an entrepreneurial spirit, and something awoke in me when I discovered Nurse Coaching, I had contemplated leaving the profession to create my own business where I would focus on life and health coaching...but the nurse in me kept seeking and searching. When I found Nurse Coaching it was like everything just made sense. I knew deep in my soul that this was the path I was meant to be on, I was never meant to leave behind nursing.

I embarked on my adventure into independent practice tentatively (like many of you may be doing now), I was dipping my toe in the water, fearful that if I didn't follow the rules, that I would be in jeopardy of getting myself in trouble. What were the rules for nurses who had their own business or practice? How did I make sure I didn't do the wrong thing? All the business advice I could find at the time was specific to anyone but nurses. There were so many conflicting messages that made me even more nervous. I would often fall back on what I call "security blanket" jobs that I could do as a nurse, that ultimately, I was not passionate about. Over time as I navigated the work of nurse-entrepreneurship I began to put the pieces all together, I began to see that I could make it all work and that there was a way to follow the rules, while still being creative in my approaches. This was exciting!

In the beginning I didn't fully sit with these questions, I skimmed over them when I was starting out, but now they have become the questions I ask any nurse looking to start their own business because clarity and awareness of why you want to do this is paramount.

I'd love to encourage you to take some time to truly ponder these questions:

- *Why do I want to start my own nursing business?*



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- *Am I prepared to trade in the traditional way of nursing to be a nurse entrepreneur where I am responsible for all aspects of how things unfold?*
- *Am I prepared to learn to love the nuances associated with starting and growing my business?*
- *Am I prepared to not let other people's opinions of what I am doing impact me?*
- *Am I prepared to seek out mentorship and community and ask for help when I need it?*

****** Yes, it's completely possible to hire out and have many of these business elements taken care of, but before you do this, it's vital you first understand the foundation and how things are running first.

The reason I ask these questions is that in the beginning I believed that trading one way of nursing for another meant that things would ultimately be easier. This is simply not the case, while things may appear easier from the outside looking in, there is still a significant learning curve that you will come up against. You truly must learn to love the business side of your practice as much as the nursing side of it. This is no easy feat – because there will always be things that we really dislike in our business. There were many instances in the beginning where I felt disconnect, frustration, overwhelm and burnout from trying to figure it all out. On the other hand, I also felt passionate, joyful, and free. The magic began to happen when I allowed myself to embrace both parts of the process, which I will share with you in **Part 2** of this article.

Part 2: The Power of YOU in your Business

Janessa DeCoste RN, NC-BC

I have read ALOT of books and taken MANY courses and workshops and felt that nothing truly captured the essence of what it meant to be running a nurse and female led business.

I would feel bursts of energy throughout the month, where I was on fire and could get so much done, I was creative and eloquent with my words and truly felt like I was



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in complete and utter flow, then I would hit a wall and feel like I couldn't do anything right and I felt frustrated and overwhelmed and felt that I couldn't clearly articulate my wants, needs and desires. Moreover, I was a fairly new mama and desired to show up in nursing in a different way. I knew that I didn't want to return to the world of nursing I knew before my son was born. For a long time, I believed that I needed to work hard, all the time, that I needed to follow along with the masculine way of doing business.

I had always loved the moon and had dabbled in following the moon cycle, but for some reason I always got caught up in the practicalities of it all. Astrology continues to be something that intrigues me, but when I stumbled upon a book by Kate Northrup called *Do Less*, I knew that this was something I was meant to explore and embody. This was for me the catalyst for changing how I showed up in my business and in my life!

From Kate Northrup and many other amazing women, I have learned to embrace the feminine power of my menstrual/moon cycle. For me, learning how tuning into my menstrual/moon cycle and understanding how this impacts me daily has changed how I structure my workdays and how I plot out tasks throughout the month. I know when my energy will be high and low, I know when I should have a meeting or not have a meeting.

The next "ah-ha" moment for me was when my coach and mentor asked me if I had ever done my Human Design chart. After a deep dive and exploration into Human Design I become even more in tune with how I best work and run my business. For example, I am a 1/3 Sacral Generator, which means I am a 2-step learner, I like to understand knowledge and truth, I am always looking to see how things apply to real life. I trust in my gut and intuition; I know something in an instant. As a Generator my energy is boundless when I am in alignment with the things that bring me joy and are my purpose. When things are not in flow for me, I feel frustration.



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I share these both with you today as they have become foundational for me in my nurse-entrepreneurship journey.

These have become processes that I have built into my client intake forms both in my independent practice where I work with clients as well as in my Business Consulting Practice where I work with nurses to help them gain clarity around how they best work in their business, who they are here to serve, and how to build a signature system on how they work with clients, making it easier for them to attract paying clients!

What are some foundations you have used in your own business? Is there something that just “clicked” for you and made things flow for you? I’d love to hear more! Please feel free to share with me and start the conversation around YOUR business journey!

Your Nurse Coach | The Nurse Coach

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Instagram: @your.nurse.coach

Join my FREE membership Community:

<https://app.heartbeat.chat/thenursepreneurmembership/invitation?code=66DC76>

Interested in being part of my Beta 90-Day Business Mentorship for Nurses starting in September 2022? Details & Application can be found here:

<https://www.thenursecoach.ca/mentorship>

We would like to thank Kelly & Janessa for their submissions to the CHNA Newsletter. Do you have an article, poem, or story re: holistic health you would like to submit to our next newsletter? Please let us know! info@chna.ca



Advertise with the CHNA

The CHNA has developed an advertising policy for those who align with our Mission and Vision. This opportunity is open to members and non-members.

Membership with the CHNA already includes space in our Members' Directory for you to place contact information, link to your website and business icon or headshot.

<https://chnamembersdirectory.ca/>

Haven't taken advantage of this membership perk?

Contact us at info@chna.ca

Want to advertise more fully in this News Letter?
Contact us at info@chna.ca to receive an application.

CHNA Members Receive A 20% Discount



Join us at our monthly webinars with expert speakers presenting topics specific to holistic nursing, holistic practices, and self-care. Time and ZOOM address available in the CHNA Members Area www.chna.ca

July – Blasts from the Past

1. Tai Chi Wellness
2. Integrating Cannabis Science into Holistic Nursing Practice

August 11 @ 11pm PST

Janessa DeCoste RN, NC-BC, CCHNC
Why the “Nurse” in Coaching Matters & Launching Your Nurse Coaching Practice

Sept 13 @ 1pm PST

Kate Shelest RN BSN MAIH CAIEHP
Advanced Integrative Energy Healing™

Oct – Dec Schedule TBA

Check the Website for more Webinars
[Monthly Webinar Schedule - Canadian Holistic Nurses Association \(chna.ca\)](http://www.chna.ca)

Webinar notices & ZOOM addresses also posted on the Members’ Community Facebook Page & emailed directly to you. If you have any problems accessing, please let us know: info@chna.ca

We want to hear from you with suggestions for presentations in 2022-23! This is your CHNA ... help us grow it with you!



Membership Options

CHNA is happy to offer membership options that fit your needs including the:

- Exclusive Canadian Membership,
- AHNA Chapter Membership, &
- Retired and Student nurse options

Explore the possibilities at:

<https://www.chna.ca/membership/>

CHNA/The CIINDE/CASE RNs Mutual Membership Discount Program

Membership in 1 qualifies you for a discounted initial membership in the others!





The Canadian Institute of Integrative Nursing Development & Education Ltd. (TheCIINDE) is reimagining the heART of Nursing through educational opportunities for nurses through our Comprehensive Holistic Nurse & Coaching Certification Program, as well as a variety of complementary courses designed to enhance your nursing practice.

- Are you interested in making a change in your Nursing Career?
- Has the idea of a Holistic Nursing caught your attention?
- Have you ever considered becoming a Certified Holistic Nurse and/or Nurse Coach?
- Did you know there is a Canadian Holistic Nurse & Nurse Coach Program accredited by The Canadian Nurses Association (CNA) for 135 contact hours and is endorsed by The Canadian Holistic Nurses Association (CHNA).
- Did you also know that this is a dual certification now also offering an additional certificate in complementary modalities accredited by The American Nurses Credentialing Center (ANCC)?

If these questions peaked your interested and you want to learn more about becoming a trailblazer in Canada and are reimagining what your nursing career could look like as a Holistic Nurse Coach ...

Consider becoming a CIINDE Certified Holistic Nurse & Nurse Coach!

Cohort 5 starts in September! Information can be found at:
<https://www.theciinde.com/reimagine-your-nursing-career/>

Apply today!

CASE RNs was launched by a small group of nurses who acted on their commitment to nursing practice as well as their desire to revolutionize patient care. Across Canada our nurses have taken the risk of leaving the familiar hospital-based model of care to serve the public in another meaningful way.

In 2019 CASE RNs formalized to promote and advocate for the advancement of independent practice nurses, both nationally and internationally. Our members recognize the need to transform the current healthcare 'system' and transform the delivery of care in the community.

Self-employed Nurses Provide Innovative Solutions!

Independent practice nurses use a holistic model of care to meet the unique needs of individuals and their families. We're bridge builders, effectively supporting patients in their lifelong journey across the continuum of care.

Registered Nurses are well positioned to address the gap between hospital and community, given the silos in care delivery and fragmentation of the medical system.

Nurses in independent practice offer innovative services and critical assessments that save the publicly-funded system time and money, which better serves the needs of Canadians.

The Canadian Association of Self- Employed Registered Nurses connects Registered Nurses who are self-employed and offering their services outside the public health care system. We support members through networking and educational events, while informing the public and policy-makers on the ever-expanding scope of nursing practice, and how that benefits health care consumers.

Consider a Membership with CASE RNs <https://www.case-rns.ca/page-18074>



**Members of the CHNA Board welcome and invite
all suggestions from you to grow our
organization and community.
We want to hear from you!**

Contact us at: info@chna.ca

Follow us on Facebook:

**CHNA Members Community or Canadian Holistic
Nurses Association – Public page**

& join us on LinkedIn

