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## Words For Great Nurses

For many of us Fall means going back to school.

One of the goals of the Canadian Holistic Nurses Association is to reach out to nursing students, universities, and training centers.

What better way to introduce holistic perspectives than at a grass roots level, for client care *and* self-care?

What and how we learn as students will impact us throughout our careers. The CHNA hopes to be there from the beginning, and support nurses to integrate body-mind-spirit approaches whatever direction their practice takes them.

A holistic perspective grounded in theory helps us as nurses to assess our clients and provide care in a multi-dimensional way. Connecting with the CHNA also helps to integrate holism in a way that fits into our busy workloads and busy lives. We fully support holistic self-care and are here to assist you in any way we can.

If you are a student *or* an educator, we are available to answer your questions 1:1 or give presentations to your class. For more information and resources, you can reach us at [info@chna.ca](mailto:info@chna.ca) and through our website [www.chna.ca](http://www.chna.ca)

Let us know what we can do for you!

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





# Spotlight On...



## **Kelly Rose Flanagan RN BN CCNHC**

Kelly has been a registered nurse for 12 years in Manitoba in various areas such as remote northern, flight, and travel nursing, emergency, and ICU. She has well-rounded experience while taking pride working with Indigenous communities, gaining experience in the Manitoba Indigenous cultures. Kelly has taken various workshops and courses in safety and competent care

for Indigenous clients, learning more about the traditional aspects of culture, medicine, and spiritual beliefs. In 2022 Kelly has completed the Comprehensive Holistic Nurse and Nurse Coach Certificate program through the CIINDE and is a new addition to the CIINDE team as an advisor for the program. This is her story ...

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I wish I could tell you that I became a nurse because I wanted to help people. At least this is what I hear most nurses say when asked “why did you become a nurse?” I admit my initial reasons for going into nursing was a little self-serving. When I reflect on the time period I decided to become a nurse, not only was it self-serving, but a decision out of desperation. It was also divine intervention which would have brought me where I am today.

Nursing is my second career. I was a paramedic before and during nursing school, I vowed I would “never become a nurse.” I was a die-hard paramedic, but the constant trauma I had been exposed to was taking its toll, not to mention the physical demand on my body. The comradery of the profession helped me get through, although I truly felt that this was what I wanted to do as a career.

# Spotlight On...

It wasn't until 5 years in that I found myself in a domestic violent situation which forced me to re – evaluate everything, I realized needed a major shift in my life. I figured it should be easy enough to get a job as a paramedic after moving provinces to follow my then partner's career, so I wasn't concerned. Well, it turns out it was very difficult to get a job, and I became officially unemployed with no prospect of getting a job in my chosen field. After leaving my partner during a crisis - like situation, I found myself couch surfing with only the clothes on my back. The reality of the situation hit my hard, "is this my life? How did I end up here?"

Through the depression and shock of where my life had just landed, I knew I had to get my life together and I had to do it fast. I moved back to my home city and started looking for jobs. I couldn't go back to where I used to work, I was too embarrassed, ashamed, and triggered about how my life turned out. I didn't find much work as a paramedic, but wow, were there ever a lot of jobs for nurses! There were endless listings for nurses in my province alone, it wasn't long before I started to fantasize my life as a nurse. I could finally become independent and financially secure, not to mention travel nursing, the opportunities were endless (this is where the self-serving part comes in). I enrolled in a nursing program with much hope, yet little confidence.

Over the next 12 years, although thankful for what I have achieved, I worked tirelessly at the bedside in various aspects of nursing. I learned so much about the role of a nurse, people, and myself, however struggled with feeling drained, misused, underappreciated, and developed a severe lack of motivation in my career. I wondered what else there was to do as a nurse, nothing I researched motivated me. Another major shift came into my life, lets call it an "awakening." My tolerance for our current health care system, treatments, and philosophies conflicted with what I was experiencing. I was beginning to have my own health problems in which my usual practitioners couldn't help me with. This left me with a strong sense of frustration and disconnect in what we were doing as health care professionals. It occurred to me that the lack of holism and a severe disconnect of the body from the spirit. I can't even count how many times

# Spotlight On...

I've treated patients knowing that all we were doing was band aid fixing symptoms of a much deeper and complex problem.

At this stage in my life, I began a personal healing journey. It wasn't a conscious effort at first, it just sort of "happened", it was a struggle to say the least. My healing journey has included modalities such as shadow work (a lot of shadow work), meditation, dreamwork, astrology, journaling, and art. My job in starting this journey, was to get to know who I was at the core, I had forgotten over the years. Working through my physical body was also very therapeutic, movement in nature, water, and yoga reconnected me to my body in a positive manner. Since initiating these actions, I've developed a more connected relationship with my body, mind, and soul, intuitively checking in with what I needed to serve them (bodies) better.

In 2020, I discovered a concept called Holistic Nurse Coaching, I researched more about it, listened to podcasts, and almost instantly knew this is what my soul was urging me to do. The pull towards it was so strong, the opportunity practically fell onto my lap. Within 6 months, the Universe (whom I believe was making the arrangements), provided me with the means (time, space, energy, and finances) to take the **Comprehensive Holistic Nurse and Nurse Coach Program** through the CIINDE. My spirit provided me with the trust and faith of going ahead with the new venture despite not knowing what is yet to come.

Since taking the program, I finally feel connected and fulfilled in my work, and felt a profound shift from self serving to service of others in a meaningful way. The new concept of holistic nursing brings me peace, motivation, excitement, and most importantly hope. I can now utilize my gifts; creativity, intuition, and sensitivity to an advantage, opposed to them being hinderances, resulting in supressing my innate traits in the workplace. I no longer feel shame for who I am at the core or fit into a nurse cookie cutter like mould.

So where do I go from here? The opportunities are both endless and intimidating at the same time. I've been researching, learning, experimenting,



# Spotlight On...

reading, writing, breathing, grounding, dreaming (the list goes on). I am building my foundation of what all this means to me, my developing practice, and way of life. I have been drawn to energy reading, healing, and intuitive medicine, as well I'm keenly interested in the effects of stress and trauma in the bodies (physical, mental, spiritual, biofield). The physical body is a common method in which our inner/higher selves try to communicate with us, yet we've never learned how to listen. Masters such as Gabor Maté MD, Anodea Judith PhD, Caroline Myss author, and Norman Shealy MD, PhD, have been my teachers to date.



"Bloodvein"

My goals are to help people reconnect to themselves, their spirit, and their body creating a harmonious and trusting relationship between all aspects of themselves. In doing this, I would love for people to be able to listen to their inner/higher selves, while developing this trusting relationship as a catalyst to their healing. The method in which an individual wishes to develop this relationship is what I would love to help them discover with in my future holistic nursing practice.

# Evidence-Based Holistic Nursing Practice

## The Nurse Heroine's Journey... Toward Transformation: Part 1

**Linda Yetman, RN PhD CCHNC**

This article is Part 1 of a two-part article that outlines the development of a body of work I have created to support my nursing colleagues in the work they do in the world. Every nurse shares a gift of self through their work. However, in that sharing of self, sometimes the nurse's soul becomes eroded. I ask nurses to pause and reflect on what they need to prevent or stop this erosion of nurses' souls.

Wherever you are in your nursing journey, likely, there are times during a shift you have said, "This is not what I signed up for!" And your brain and your heart say, "I deserve more than this... I deserve better than this." Countless challenges impact nurses in their work life that affect their mental health and overall well-being (1). The factors contributing to nursing burnout such as excessive workload, unmanageable work schedules, and inadequate staffing have been well documented in the literature (2). While nurses know what is needed for self-care (eating well, sleeping well, and moving well) (3), nurses neglect their own self-care needs (4).

As a nurse, our work is very much relationship-based, yet the relationship with oneself is the one that needs the most support. While we know what we are supposed to do for our well-being the question is WHY do we NOT do those things? Why do we not look after ourselves before others? Nursing is sacred, worthy of reverence and respect; yet too many in our profession, feel anxious, overwhelmed, stressed, energy-drained, and (close to) burnout.

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(1) Foli, K. J. (2022). A middle-range theory of nurses' psychological trauma. *Advances in Nursing Science*, 45(1), 86-98.

(2) National Academies of Sciences, Engineering, and Medicine. (2019). Taking action against clinician burnout: A systems approach to professional well-being.

<https://nap.nationalacademies.org/catalog/25521/taking-action-against-clinician-burnout-a-systems-approach-to-professional>

(3) Couser, G., Chesak, S., & Cutshall, S. (2020). Developing a course to promote self-care for nurses to address burnout. *OJIN: The Online Journal of Issues in Nursing*, 25(3).

(4) Crane, P. J., & Ward, S. F. (2016). Self-healing and self-care for nurses. *AORN journal*, 104(5), 386-400.

# Evidence-Based Holistic Nursing Practice

It is my belief that the nurse's journey is a unique one and each nurse needs to really explore what is needed for their mental, emotional, physical, and spiritual well-being. What works for me, may not work for you or your colleague; it is about seeking out what works for you to provide self-compassion to build your own resilience and to do so on a consistent basis. There are many programs that you can follow to help develop consistent practices of self-compassion and resilience.

Self-care is often associated with meditation, yoga, and mindfulness practices, and these are needed, however, a question I have for nurses' overall well-being is this: What else might be helpful for nurses to support them in the work they do? I believe there is, and it is through inner healing work for nurses to identify and understand their own stories connected to their identity as a nurse.

The development of The Nurse Heroine's Journey of Transformation has been influenced by several sources. First, transformation occurs through a process of renewal that occurs through breakthroughs. It is not a one-time event (at least it is not for me!).

## THE NURSE HEROINE'S JOURNEY OF TRANSFORMATION

In an experiential format, the deep inner work associated with this journey asks the nurse to work with questions such as:

- What do I need?
- What do I want?
- How do I become more self-compassionate?
- How do I become more resilient?
- What is getting in the way of me developing self-compassion and resilience?

### THE NURSE HEROINE'S JOURNEY OF TRANSFORMATION Seven Steps



# Evidence-Based Holistic Nursing Practice

We often think of theory-guided practice or evidence-informed care in application to the nursing of our patients/clients/families. In thinking of the nurse as the client, this work has been influenced by nurse theorists and theories/models (not limited to those below):

- Florence Nightingale: What Nursing Is
- Jean Watson: Human Caring Theory
- Patricia Benner: Professional Advancement Model
- Hildegard Peplau: Interpersonal Relations Model
- Rosemarie Rizzo Parse: Human Becoming Theory
- M. J. Smith & P. R. Liehr: Story Theory in Nursing

Additionally, development has been influenced by:

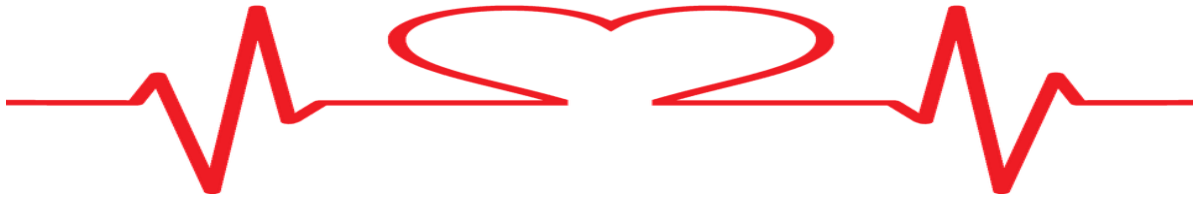
- The Wounded Healer by Henri J M Nouwen
- The Heroine's Journey by Maureen Murdock
- Cat Caracelo, Founder of Journey Path Institute
- 7 Energy Centers (Chakras)
- Joanna Lindenbaum, Applied Depth Practitioner Institute

In Part 2, I will outline some of the processes and strategies to guide nurses to make breakthroughs toward a transformation on their nursing journey. I welcome comments and/or questions. I may be reached at: [lindayetman@gmail.com](mailto:lindayetman@gmail.com)





# Standards in Action



**Sherry Hole BN MN RN, CHNA Standards Officer, CEO & President of  
The Canadian Institute of Integrative Nursing Development & Education Ltd ©**

We are excited to be launching a new section in our newsletter where we will explore and bring awareness to Holistic Nursing Standards of Practice. In this edition, we will begin with an overall introduction to the Standards of Practice, Holistic Nursing and will take a glimpse at Standard # 1: Holistic Philosophies, Theories, and Ethics. In subsequent editions, we will feature each standard and explore application of these in both personal and professional nursing practice.

Nursing practice standards outline expectations to ensure the provision of safe and ethical nursing care (CNO, 2022). While provincial standards apply to all nurses regardless of their role, these standards may be augmented by additional standards and guidelines specific to specialty areas of nursing practice, such as holistic nursing. The Holistic Registered Nurse is personally responsible and accountable for ensuring that holistic nursing practice and conduct meet the standards of the RN profession and the legislative requirements in the province or territory in which the holistic nurse is licensed to practice.

Holistic nurses believe that human beings are composed of an internal and external environment, and that healing can occur at any level including: physical, cognitive, emotional, social, environmental and spiritual. Health is seen as more than the absence of disease or illness and encompasses balance, harmony, right relationship (between the whole); and, an improvement in one's overall well-being.

Holistic nursing is a way of being that recognizes and honors the mind-body-spirit-environment connection, as well as whole health and well-being for the nurse, client, and the planet. Holistic nursing also recognizes the nurse as an instrument of healing or facilitator in the healing process.

Holistic nursing requires that the nurse engage in reflective practice and demonstrate self-responsibility by fostering self-care, self-development, self-awareness and self-healing practices into one's own life.

# Standards in Action



The Holistic Nursing Practice Standards are a reflection of the following Five Core Values of Holistic Nursing Practice as identified by the American Holistic Nurses Association (AHNA, 2019), and the American Nurses Association (ANA, 2019):

## Five Core Values of Holistic Nursing Practice

- 1) Holistic Philosophy and Education
- 2) Holistic Ethics, Theories, and Research
- 3) Holistic Nurse Self-Care
- 4) Holistic Communication, Therapeutic Environment and Cultural Competence
- 5) Holistic Caring Process

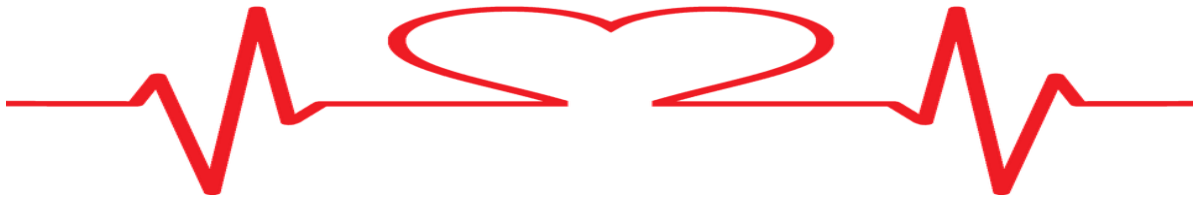
### Holistic Nursing Standard of Practice # 1: Holistic Philosophies, Theories, and Ethics

The Holistic Registered Nurse (HRN) upholds this standard by:

- a) engaging in practice that is based upon scientific foundations (theory, research, evidence-based/informed; reflection and critical thinking); and, art (creativity, intuition, presence, caring, communication and relationship).

**Discussion:** prior to the planning phase of care, the holistic nurse *collaborates with* the client to do a holistic assessment where the nurse pays particular attention to the client's story. Nursing theorists, Dossey, Luck and Schaub (2015) shared that stories are instrumental in accessing client's strengths, inner wisdom, self-knowledge and awareness, as well as any obstacles that they may be facing in their health journey. In addition, story-telling in the assessment process is a way for the client to explore, within a safe environment, what health and healing mean to them. Smith and Liehr's Story Theory (2010; 2014) is a middle-range theory that includes seven phases of inquiry.

# Standards in Action



**Join us in our next edition when we explore Holistic Nursing Standard of Practice # 1: Holistic Philosophies, Theories, and Ethics:**

- a) engaging in practice grounded in nursing knowledge, skill, and theory (e.g. Theory of Human Caring and Caring Science; Science of Unitary Human Beings; Health as Expanding Consciousness; Theory of Integral Nursing; etc.)

## References

American Holistic Nurses Association & American Nurses Association. (2019). Holistic nursing: Scope and standards of practice, 3rd ed. Silver Spring, MD: Nursesbooks.org.

College of Nurses of Ontario. (2022). Professional Standards, Revised. Retrieved from: <http://www.cno.org/en/learn-about-standards-guidelines/standards-and-guidelines/>

Dossey, B. Luck, S. & Schaub, B. (2015). Nurse coaching: Integrative approaches for health and wellbeing. International Nurse Coach Association: North Miami, FL.

You can access the complete CHNA  
Holistic Nursing Standards of Practice  
here:

<https://www.chna.ca/chna-standards-of-practice/>

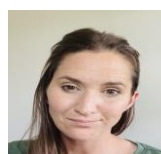




# CHNA BOARD OF DIRECTORS

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We would like to thank Vivien McTavish for her service on the CHNA board, and for sharing her expertise in holistic palliative care and hospice with us. Members can view her June/July 2021 webinars here: <https://www.chna.ca/members-area/webinars/>



# Read A Great Book Lately??

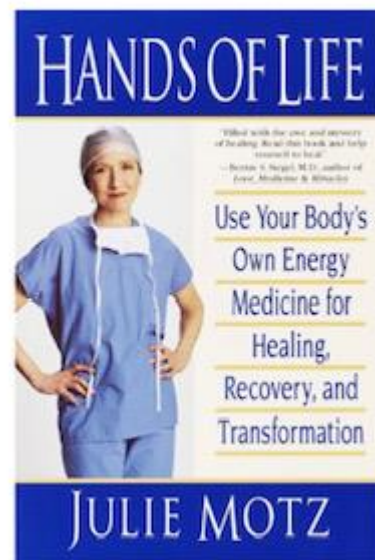
## Our CHNA Members Recommend

### **'Hands of Life' by Julie Motz**

Julie introduced energy healing practices in Columbia University Hospital with patient's pre-op, during surgery, and post-op. She takes you through the obstacles encountered in hospital settings, the triumphs experienced with patients, families, and surgeons (you will be surprised who the cardiac surgeon is!) and the potential of integrating these practices into Western medicine has on everyone.

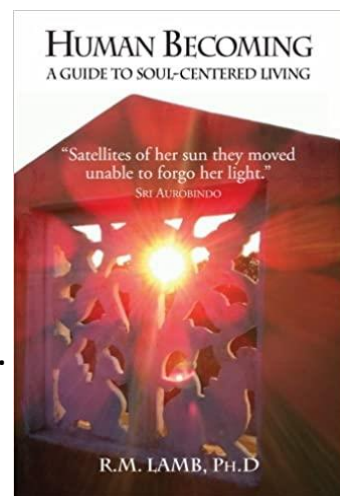
Highly recommend it!

Dana Clay RN NP  
CHNA Member



### **'Human Becoming – A Guide to Soul Centered Living' by Ruth Lamb PhD**

A deep dive into Sri Aurobindo's Integral Yogic Psychology. Dr. Lamb gives us examples of the practical application of consciousness theory & energy healing. "It should be noted that this work is integrative not only in the sense of synthesizing Sri Aurobindo's and the Mother's healing, but also, in linking all of these with the treatment of drug addiction and its accompanying severe psychological distress" (Lamb, 2021, p. viii).



Kate Shelest RN BSN MAIH  
President CHNA





# Members' Forum

## **Peer Support as a Holistic Approach to Health Jocelyn Uygen RN BN ONHC**

It's not news that nurses are experiencing increased stress and burnout. Harvaei et al. (2020a) recently published the results of an exploratory cross-sectional survey of 3676 RNs working in acute, community, and long-term care settings. The survey conducted between June and July 2020 included questions specific to the COVID-19 pandemic and nurses' work experiences. Compared to the original survey conducted December 2019 (Harvaei et al., 2020b) practicing RNs reported "areas of worsening included higher levels of poor mental health (anxiety, depression, emotional exhaustion) and general negative treatment in the workplace; and lower quality of nursing care" (p. 14).

Nurses have shared their stories of coping with the Covid outbreak, and before this, coping with workload increases and unfilled job positions leading to short staffing. Working in this healthcare situation, standards of nursing practice are being compromised. Nurses are feeling the toll of this environment on their morale leading to moral injury and compassion fatigue. Nurses and other healthcare providers are being impacted not just physically but emotionally, mentally, and spiritually.

Research studies linking RN burnout with intent to leave the profession were often reported in context to mediating factors including workload, leadership, work environment, job dissatisfaction, and emotional exhaustion (Harvaei et al., 2015; Jourdain & Chênevert, 2010; Moloney et al., 2017; Nantsupawat et al., 2016; Phillips, 2020). Nurses have reported contemplating leaving their jobs, looking for help from exhaustion mentally, emotionally and physically.

This is where Nurse 2 Nurse Peer Support comes in with their peer oriented approach to supporting nurses who are experiencing physical, emotional, mental, and spiritual crisis.

# Members' Forum

## Peer Support as a Holistic Approach to Health cont. ...

I'd like to share the impact Nurse 2 Nurse Peer Support had on my healing journey:

*'Connecting with Nurse 2 Nurse Peer Support, I felt at home as I feel that I needed the support and would also like to provide support to my fellow nurses. As I was going through emotional fatigue, I was searching for an inspiration, a sign, anything that will change my career path to the better. Then I bumped into Holistic nursing. A few years now, I have been affiliated with organizations that advocate holistic nursing and healing such as the Canadian Holistic Nurse Association. I recently enrolled in a Comprehensive Holistic Nurse Coaching certification at TheCIINDE. Here I learned how to heal myself as I help others go through their healing journey as well.*

*Now, as I self-reflect, feelings that arise were stress, anxiety, hate but at the same time, inspiration - a sign of healing. Self-reflection made me think about my current attitude and demeanour. Why I became to be the person I am today, both positive and negative. It made me think about how far or how close I am to what I thought I wanted to be when I grow up. At my current state and moving forward, I am thankful for all the blessings, big and small, positive or negative. With Self-reflection, self-awareness, I am learning the importance of focusing on self-compassion and self-love. Turning inward, I am learning to make myself, my wellness a priority in order for me to be able to help others. I am at the bifurcation of my legacy; my Ministry of Competence: Holistic and Integrative Nursing; a Wellness Ambassador. This is where I am supposed to be.'*

Holistic approaches that support the physical, emotional, mental and spiritual Whole Self include support from others including our peers. You can reach Nurse2Nurse Peer Support at <https://www.n2nps.com/>.

### References:

Havaei, F., MacPhee, M., & Dahinten, V. (2015). RNs and LPNs: Emotional exhaustion and intention to leave. *Journal of Nursing Management*, 24(3), 393-399.  
<https://doi.org/10.1111/jonm.12334>



# Members' Forum

## References cont. ...

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- Phillips, C. (2020). Relationships between workload perception, burnout, and intent to leave among medical-surgical nurses. *International Journal of Evidence-Based Healthcare*, 18(2), 265-273. <https://doi.org/10.1097/XEB.0000000000000220>

Contact the CHNA for resources for both clients and those who provide their care.



# Members' Forum

## Introducing "The Christian Nurse Coach" Community! Meg Knapp RN BSN BHK

The Christian Nurse Coach is a growing community of men and women that are "supporting one another in health through Jesus Christ." We distinguish ourselves as Christians who are nurses, and are/or are interested in becoming nurse coaches, recognizing our clients as experts in their health.

As holistic nurses we recognize that clients are often both physically and spiritually sick, and that within this lies an opportunity to deepen one's faith and relationship with Jesus. This is seen as a significant aspect and key to healing. A need and demand for this community has been increasing as Christians who are holistic nurse coaching students are requesting to be supported, so we are answering the call.

The purpose of our discipleship is to help Christians live out their faith so they can share the gospel with others. Here we can gather and discuss our values, practices, and thoughts in a safe space. Currently, we are located in a Facebook group and are just shy of 100 members. You can find us here:

<https://www.facebook.com/groups/367755224517227>

Like any grassroots group we have many ideas for future services and ways to support our members, including podcasts, webinar series, group calls, workshops, advertisements, and more. Membership is free, so stop by The Christian Nurse Coach — we would love to meet you.





# Members' Forum

***There's got to be a better way ...***

*CHNA's very own Kim Derkach was recently a guest on The Unbreakable You Podcast with Meg Doll discussing Holistic Nursing, Nurse Coaching and what it means to be a holistic nurse.*

*In this episode, Kim shares how she experienced a health crisis years ago and had the thought we know so many of us have had before... "there's got to be a better way"*

*If you're a nurse and interested in holistic nursing OR if you know someone in your life who could benefit from working with a holistic nurse ... check out this podcast episode:*

<https://open.spotify.com/episode/6gyXdG7E8pm7ZYiQYA5AHL?si=DD5gj0SCQf2Y25MaarZyfg&nd=1>







## Advertise with the CHNA

\* YOUR ADVERTISEMENT HERE \*

CHNA Members Receive A 20% Discount

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/>

Take advantage of advertising with the CHNA!

Contact us at [info@chna.ca](mailto:info@chna.ca)



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](http://www.chna.ca)

### **This Fall the CHNA is focussing on Education**

If you are a Nursing Educator or Student, the CHNA is available to present to your class  
Contact Us: [info@chna.ca](mailto:info@chna.ca) to book.



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

**ALL WEBINARS ARE ARCHIVED FOR MEMBER VIEWING**

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](mailto: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!**





If you have been reimagining what your nursing career could look like as a Holistic Nurse Coach, then consider becoming a CIINDE Certified Holistic Nurse & Nurse Coach!

**We have Fall & Spring offerings!**

This nursing continuing professional development activity is accredited by the Canadian Nurses Association (CNA-AIIC), the American Nurses Credentialing Center (ANCC), and endorsed by the Canadian Holistic Nurses Association - CHNA & Watson Caring Science Institute (WCSI).

Not a Canadian Nurse? No problem! Our program is accredited globally and is available to all nurses.

**Learn more and apply:** <https://bit.ly/3J1FRF7>

Cohort 5 starts in September! Info can be found at:

<https://www.theciinde.com/reimagine-your-nursing-career/>

### **NEW COURSE | Holistic Nurse Reiki Practitioner (HNRP) Program**

TheCIINDE© is thrilled to announce the launch of the HNRP program for all nurses (RN, LPN/RPN, NP, etc.). This continuing education program has been created by nurses for nurses, and is open to all nurses interested in learning this healing practice to enhance both the care of self and care of others.

Instruction in Reiki using the nursing process will allow students to learn Reiki from the perspective of evidence-based nursing practice. Faculty bring over 35 years of combined experience in teaching, using and providing Reiki care, giving students the level of instruction required to integrate this knowledge as a Holistic Nurse Reiki Practitioner.

**Level 1 Course Dates:** Nov 24 & Dec 1

**Format:** Interactive live virtual classes; for those unable to attend class(es) recordings will be available.

**Register:** <https://www.theciinde.com/education/HNRP/>

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](mailto:info@chna.ca)**

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