



**Save the date!**  
**CHNA AGM**  
**June 9 @10am PST**

**This Issue:**

**Words for Great Nurses**  
**p. 1**

**Spotlight On ... p. 2**

**Celebrating p. 8**

**Coffee Breaks p. 9**

**Meet the Board p. 10**

**Webinars p. 11**

**Good Reads p. 12**

**Memberships p. 14**

**Advertise p. 15**

## **Words for Great Nurses**

### **New Year – New Goals**

2024 is lining itself up as a year of change and growth.

Based on our 2023 Members' Survey, we have created a list of goals that will guide our work over the next 12 months. Thank you to those who participated! The themes were clear: communication, connection, education, & mentorship.

We will continue to strive to meet these points by ensuring we continue to communicate through email, website, & social media. Our monthly Coffee Breaks & Webinar presentations will continue to be offered. Our quarterly Newsletter is very popular with nurses & the public alike, & we are always looking for content!

We are actively reaching out to students & educators, inviting them to join us in discussion webinars hosted by holistic nursing educators with guests from established nursing programs. This year the CHNA will be exploring the creation bursaries for nurses entering holistic based training, &/or attending conferences that support the Mission & Vision of the CHNA.

The CHNA is always available to facilitate connection with mentors, practicing holistic nurses & those who are experts in their field. Together we are stronger, & by keeping the vision alive, our foundation will hold our future growth.

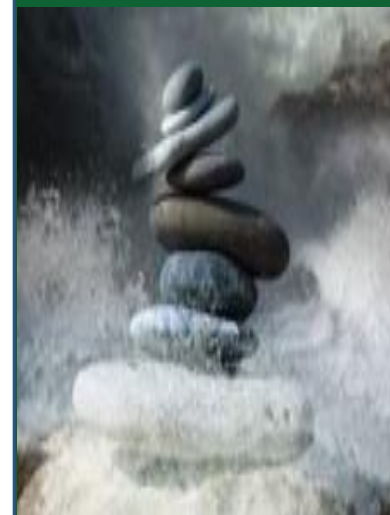
I would like to invite you to consider a position on our Board of Directors. Due to terms coming to an end, we will be filling the President & Secretary positions, as well as a few Directorships. If you are interested in joining an innovative group of nurses in supporting the growth of Holistic Nursing in Canada, please contact our nominations chair [Amanda Dallow](#) for more information.

Kate Shelest RN BSN MAIH CCHNC

President: The CHNA

**The CHNA represents nurses from coast to coast to coast and acknowledges the ancestral territories of all Indigenous people of this country.**

**As the CHNA pledges to uphold and uplift the voice and values of nurses, so do we pledge our commitment to upholding healthy relationships, ethics, protocols, traditional knowledge, and cultural practices that reflect and pay tribute to the Truth and Reconciliation Calls to Action.**



# Spotlight On...

## Angela Wilkins BN RN TI-CCHNCC



**Angela Wilkins is a Registered Nurse who graduated with a Bachelor of Nursing from Memorial University's Center for Nursing Studies in 2016.**

**She became a CIINDE-certified holistic nurse coach in 2021 and studied trauma-informed coaching in 2022.**

A series of her own personal traumas inspired her to become a nurse, allowing her to support patients and families going through some of the greatest challenges of their lives. She strives to use her lived experience, education, and professional practice to serve others and

minimize the impacts of potentially traumatizing experiences. She started her career in Intensive Care, shifting to Public Health's Covid Response and Communicable Disease Nursing in late 2020.

This role allowed her to become part of teams supporting populations with challenges in mental health, addictions, and housing.

In 2022, Angela developed a Facebook group, The DeStressed Healer, offering free trauma education and creating a healing community. Angela is committed to cultivating trauma awareness and advocating for trauma-informed healthcare through her Nurse Coaching and Consulting role. Becoming a nurse was honestly a part of my professional journey that happened by chance. I always had an interest in mental health and trauma-specific care as a result of my own traumatic childhood.



## **Angela Wilkins BN RN TI-CCHNCC**

For me, the natural fit seemed like becoming a psychologist until life experiences put me on a different path.

When I was 19 years old, my mother had a sudden, unexpected health crisis. Her care team was having a difficult time establishing a diagnosis, and she was placed in a palliative care unit where they did their best to fight against time while she continued to decline.

I don't think I truly understood the gravity of the situation then, but I noticed a massive shift in her emotions and thoughts from visit to visit. One day, that was quite challenging for her emotionally; I curiously asked her why, on some visits, she was in high spirits and hopeful, then the next, she was tearful and giving up. She immediately knew it was because, on one shift, she had a kind, warm and thoughtful nurse, while on other shifts, she had a cold, abrupt nurse who always seemed in a rush to leave her side.

At that moment, I didn't have the language for it, but I realized the importance of having trauma-informed care. I thought of all units ... shouldn't there be kindness for those who are potentially facing death? I went home that night knowing I could be a kind, warm and thoughtful nurse who lifted the spirits of patients facing extremely challenging conditions, and my life was forever changed.

Throughout my nursing career, there have been times I thought, how did I get so off track from my goal to provide trauma-specific care? To learn how to offer healing that wasn't available to me when I was acutely suffering from Post Traumatic Stress Disorder.

## Angela Wilkins BN RN TI-CCHNCC



The more I witnessed trauma in my patients, colleagues, and myself, the more I felt uncomfortable with the absence of a trauma-informed system and access to trauma-specific care that was publicly funded.

Attending The CIINDE allowed me to explore how I wanted my nursing career to look going forward. It opened up possibilities, relationships and a holistic model for how I could provide care. It made me feel like I could do this work in nursing; I did not need to be a psychologist or a social worker. In fact, the more I studied trauma, the more I understood that it was not a mistake; life set me on the path of becoming a nurse. I understood why I first became a holistic nurse coach before I became a trauma-informed coach. I learned that trauma cannot be placed in a mental health box because it is one small piece of how trauma affects us, so it requires a holistic approach.

In 2022, I was offered the opportunity to bring what I learned back to The CIINDE and develop a module about trauma for their Complementary & Integrative Modalities (CIM) Certificate Course. Through the development of this module, I became acutely aware of just how much work it entailed for organizations to become trauma-informed. It was eye-opening because my experience in healthcare was hearing terms like trauma-informed lenses, trauma-informed spaces, trauma-informed education and so on. I had heard about the concept of tokenism when I attended seminars about caring for Indigenous and People of Color, as well as the 2SLGBTQIA+ community, but now I really understand what that meant and how that felt.

Trauma has shaped my life, my health, and my profession; it was something that could be healed but not removed from my nervous system. I knew that trauma affected so many people I worked with and cared for as well, and still within the system; it simply felt like another checkbox, as if we could put a lens on and take it off, and that was enough.

## Angela Wilkins BN RN TI-CCHNCC

### The Missouri Model:

A continuum from trauma aware to trauma informed



Reference:

<https://dmh.mo.gov/media/pdf/missouri-model-developmental-framework-trauma-informed-approaches>

While working on the CIM's Trauma Module, I found the Missouri Model, which provides a framework for becoming a trauma-informed system. It offers a continuum that helps organizations grow from trauma-aware to trauma-sensitive to trauma-responsive and, finally, trauma-informed. It's important to be honest about where we are so we know what it will take to achieve trauma-informed care delivery and build or transform into trauma-informed systems. First, organizations must cultivate Trauma Awareness by receiving education about the prevalence and the impact trauma has, not just on patients and clients but also on the care providers and support teams themselves. This provides a foundation for becoming trauma-sensitive, learning the principles of trauma-informed care, why they're important, considering the implications and preparing for change.



## **Angela Wilkins BN RN TI-CCHNCC**

While working on the CIM's Trauma Module, I found the Missouri Model, which provides a framework for becoming a trauma-informed system. It offers a continuum that helps organizations grow from trauma-aware to trauma-sensitive to trauma-responsive and, finally, trauma-informed. It's important to be honest about where we are so we know what it will take to achieve trauma-informed care delivery and build or transform into trauma-informed systems. First, organizations must cultivate Trauma Awareness by receiving education about the prevalence and the impact trauma has, not just on patients and clients but also on the care providers and support teams themselves. This provides a foundation for becoming trauma-sensitive, learning the principles of trauma-informed care, why they're important, considering the implications and preparing for change.

Once organizations implement changes in their culture, routines, and infrastructure at all levels, they take a Trauma Responsive approach. To move from trauma-aware to trauma-responsive, there will need to be experts and mentors embedded in the organization to be consultants and support and manage the tasks required to achieve the organizational goals. It isn't until organizations have made trauma-responsive practices the norm and are so embedded in policies, standard operating procedures, service delivery and employee health that it is not reliant on mentors that a system truly becomes trauma-informed.

As you can see, becoming trauma-informed is complex and is a long-term commitment to change, education, support, and ongoing funding. Holistic Nurse Coaches have a unique skill set that makes for a natural fit to support and become consultants leading the transformation toward trauma-informed healthcare systems.

## Angela Wilkins BN RN TI-CCHNCC

Holistic Nurses assess and address all aspects of health affected by trauma, are professional leaders of care teams, and have the greatest interaction with patients, interdisciplinary professionals, support staff, and community partners. Furthermore, Holistic Nurse Coaches and Consultants are excellent at needs assessments, taking a strengths-based approach and are part of the largest healing profession in healthcare. Nurses often go feeling unheard and report feeling more supported by nurse-led initiatives, which is important given the emphasis on including employee health in a trauma-informed approach.

In Angela's words...

Promoting Trauma-Informed, Evidenced-Based Holistic Nursing Practice  
In my final thoughts and reflections, I reflect on how valuable my time as a student at the CIINDE and, likewise, Trauma Informed Coaching education was. I attribute this to the experiential learning approach. Nothing is more powerful than learning the principles of trauma-informed holistic care by first experiencing the healing and supporting yourself. It was the first time my health was prioritized since becoming a nurse, even by myself. I experienced healing from responses that dated back to my childhood, shining the light on just how much suffering could have been avoided with a trauma-informed healthcare system that prioritized employee health and offered trauma-specific services.

If trauma-informed transformation models were approached through experiential learning, it would meet the initiatives around improving employee health and supporting recruitment and retention.

Advocating for trauma-informed transformation is so healing for me to know that if I can meet my goals, other people may not have to suffer as deeply and as long as I did.

Angela Wilkins BN, RN, TI-CCHNCC

Facebook @TheDeStressedHealer



# CELEBRATING

Published in *The Canadian Nurse* last year, Kelly Flanagan's article: *"Holistic nursing and nurse coaching — why this could be the right type of specialty for you"* is a must-read for any nurse considering this specialty!

Kelly outlines three key takeaways messages:

- Holistic nurses take a whole-person perspective, looking at the big picture in someone's life.
- Nurse coaches work with clients, using specialized tools and theory to help them achieve desired growth.
- An accredited program offers nurses the opportunity to earn a certificate in holistic nursing and nurse coaching.

[Check out the full article HERE](#)

\*Courtesy of The CIINDE Newsletter December 2023





# COFFEE BREAKS

This is a CHNA *Members-Only* Perk!

**Join Us for Our COFFEE BREAKS!**

The CHNA hosts Coffee BREAKS monthly!

**Members' Access:**

[Coffee Break Schedule & ZOOM LINK](#)

**Not a Member yet?? [JOIN NOW](#)**



Offered specifically for CHNA members, Linda Yetman and Kate Shelest will facilitate a Coffee Break Chat monthly over Zoom for about 30 – 45 minutes. Some Breaks will be structured, like a podcast, where we will explore the meaning of holistic nursing from nurses who have embraced this perspective. What does it mean to *'be'* a holistic nurse? Other sessions will be “Open Mic” where members are invited to join for a no-agenda conversation about what is on your mind.

Do you have questions about holistic nursing? This would be a place to come to explore them! Or it could be a place to just quickly visit to escape for a Time Out with a coffee, tea, or another beverage.

We can't offer spa treatments; however, we can offer a space for a few minutes where you can schedule a time to “just be” ... no expectations! Sessions will be live with the occasional recorded content.





# Meet the Board

**\*Board openings for 2024 include: President, Secretary & Directorships\***

## **EXECUTIVE BOARD**

*Kate Shelest (Pres) Susan Hagar (VP) Dana Clay (Treasurer) Danielle Dawe (Secretary)*



## **DIRECTORS**

*Kim Derkach*

*Sherry Hole*

*Lauren Kellar*



*Linda Yetman*

*Jocelyn Uygen Ocsena*



## **Become a Board Member of the Canadian Holistic Nurses Association**

Candidates for the Board of Directors will be voted for at  
the **AGM June 9<sup>th</sup>, 2024.**

For more info contact:

Nominations Committee Lead [\*\*Amanda Dallow\*\*](#)



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)

**February 27th**

*Kim Derkach RN BScN & Kate Shelest RN BSN MAIH*  
**Energy Work and Nursing Practice**  
12pm PST

**March 5<sup>th</sup>**

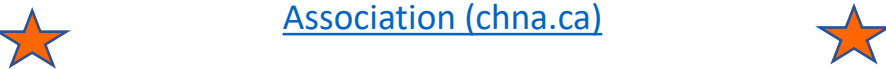
*Canadian Association of Nurses for the Environment*  
**Promoting environmental health and climate action across the health sector, and in advocacy for planetary health**  
12:00 PM PST

**April 11<sup>th</sup>**

*Natalie Sawyer RN BSN*  
**Functional Medicine & Nursing ... the Ideal Partnership!**  
1:00 PM PST

**Check the Website for more Webinars**

[Monthly Webinar Schedule - Canadian Holistic Nurses Association \(chna.ca\)](#)



**ALL WEBINARS ARE ARCHIVED FOR MEMBER VIEWING**

[\*\*ZOOM LINK FOR MEMBERS\*\*](#)

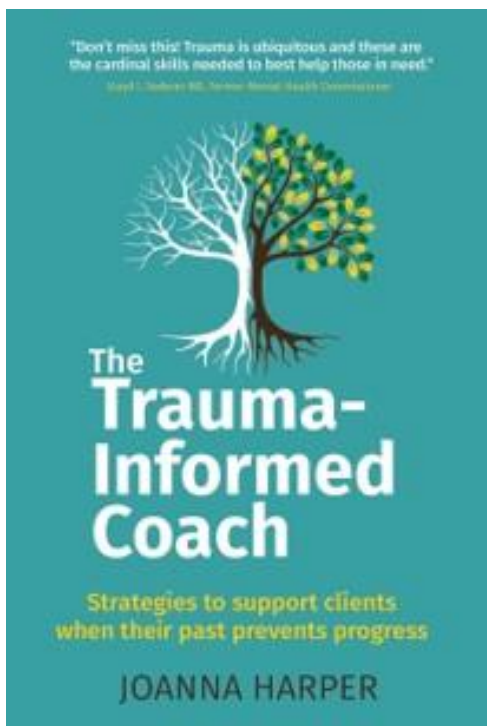
Webinars are Member Privileges. To become a Member and access our Archives or join in person: [Memberships](#)

Webinar notices & ZOOM addresses are 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 2024! This is your CHNA ... help us grow it for you!

# Read A Great Book Lately??

## Our CHNA Members Recommend:



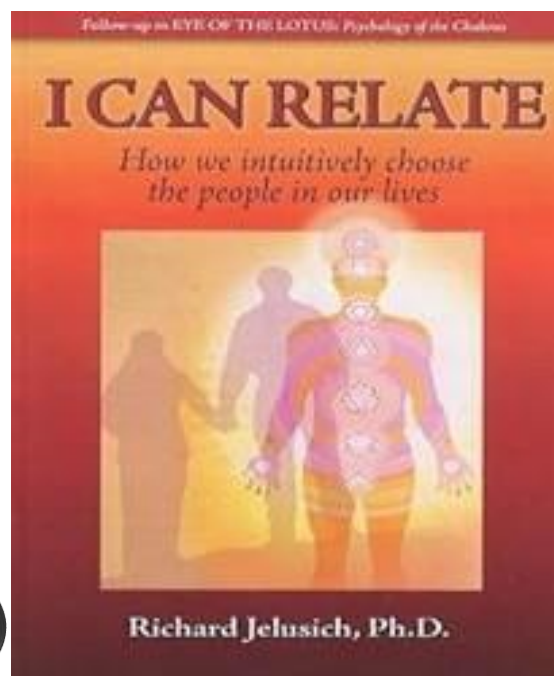
This book, *The Trauma-Informed Coach: Strategies to Support Clients When Their Past Prevents Progress*, was recommended to me by Angela Wilkins (thank you, Angela!).

As holistic nurses and nurse coaches, applying a trauma-informed lens in client care will support us in going deeper with our clients and reaching an understanding that perhaps we would not reach. This book will help you to apply that lens.

**Linda Yetman, RN PhD**

*I Can Relate: How we intuitively choose the people in our lives* by Dr. Richard Jelusich, PhD who also authored, *Eye of the Lotus: Psychology of the Chakras*

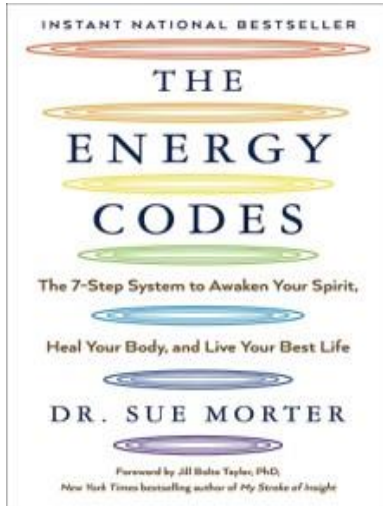
**Kate Shelest, RN BSN MAIH AIEHP CCHNC**





# Read A Great Book Lately??

## Our CHNA Members Recommend:



I recommend the book *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life* by Dr. Sue Morter for anyone seasoned in chakra energy healing and for those who are beginners. So much of my work as a holistic nurse and nurse coach is influenced in one way or another by the 7-chakra system. This book supports me as I deepen my thinking and development of work around best practices with my clients.

**Linda Yetman, RN PhD**

**Wishes have Wings: Soaring with the Chakra Angels** by Alexandria Barker (Author) and Patricia van Asperen (Illustrator), A colourful introduction to the chakra energy for ages 5 to 11 for parents who would like to teach a child to grow in mindfulness practices plus many other areas!

**Susan Hagar RN BCPA**

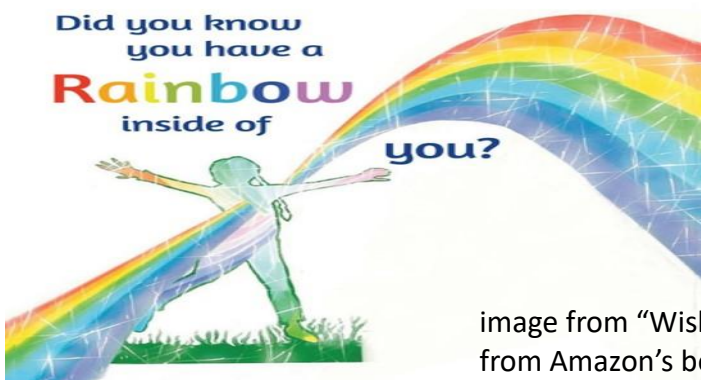
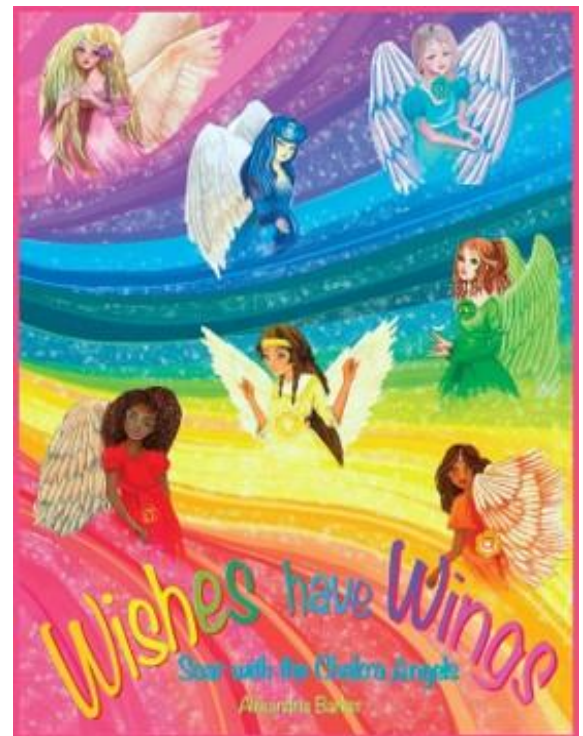


image from "Wishes have Wings"  
from Amazon's book site ...





# Membership Options

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

- Exclusive Canadian Membership
- AHNA Chapter Membership
- Retired and Student Nurse Memberships
- Associate Membership (Non-nurse)

Explore the possibilities at <https://www.chna.ca/membership/>

## CHNA/CASE RNs

### Mutual Membership Discount Program

Membership in 1 qualifies you for a discounted initial membership\* in the other!



\*applies to initial CHNA Exclusive Membership Only



## Advertise with the CHNA

\* YOUR ADVERTISEMENT HERE \*

CHNA Members Receive A 20% Discount

*. website . Facebook . LinkedIn . Insta . newsletters .*

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)

# COMPREHENSIVE CARE FOR PEOPLE WITH PARKINSON'S DISEASE



**OTTAWA'S ONLY PRIVATE NURSING CLINIC  
DEDICATED TO SERVING PD PATIENTS**

**LOCATED AT MAPLE CARE PHYSIOTHERAPY & NEURO REHAB CENTRE**



**MAKE AN APPOINTMENT TODAY WITH A HIGHLY EXPERIENCED REGISTERED NURSE**

**MAPLE CARE**  
PHYSIOTHERAPY &  
NEURO REHAB CENTRE

613.656.1956 - [www.nurseonboardottawa.ca](http://www.nurseonboardottawa.ca)

**NURSE ON BOARD**  
Your Healthcare Navigation Partner 

*Would you like to advertise with the CHNA? [info@chna.ca](mailto:info@chna.ca)*

...



Check out TheCIINDE®

**Emotional Freedom  
Techniques  
(EFT)**

**Through the Nursing Lens  
Levels 1 & 2**

Contact the CIINDE  
[info@theciinde.com](mailto:info@theciinde.com)



<https://www.theciinde.com/>

**THE CANADIAN INSTITUTE  
OF INTEGRATIVE NURSING  
DEVELOPMENT &  
EDUCATION LTD. ©**



*The Ciinde*  
Reviving the heART of Nursing

**BECOME A  
HOLISTIC NURSE,  
NURSE COACH &  
CONSULTANT**

...



...



Would you like to advertise with the CHNA? [info@chna.ca](mailto:info@chna.ca)



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.**

**[BECOME A MEMBER TODAY](#)**

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

Follow us on our [Facebook Page](#)

Join us on [LinkedIn](#) &

[Instagram](#) : chna\_community\_

*Many thanks to Linda Yetman for publishing this newsletter!*

