



Oregon Holistic Nurses Association
 1630 Williams Hwy, #43
 Grants Pass, OR 97527
 www.oregonholisticnurses.org



2014 7th Annual Conference

Theme:
Integration of Holism into Nursing Practice

Date: October 19 – 22, 2014

Location: Breitenbush Hot Springs Resort and Retreat Center

Conference Objectives:

At the conclusion of the conference, participants will be able to:

1. Incorporate meditation as a strategy for managing personal health concerns for personal and patient use.
2. Develop confidence in utilizing Energy Hygiene techniques to manage personal stress and assist patients/clients manage their stress.
3. Implement simple Dance Movement Therapy interventions to increase interpersonal communication.
4. Apply acupressure therapy to relieve physiological and psychological symptoms for personal and client care.
5. Develop music therapy skill in drumming/chanting effectively as a stress relief intervention for personal and client use.
6. Identify benefits/uses of hydrotherapy as a therapeutic practice.

Conference Overview

We are stepping into a new paradigm of healing, and OHNA would like to create space for the breakdown, breakthrough, and transformation needed to confront old systems and beliefs. Dr. Herbert Benson, professor, author, cardiologist, and founder of Harvard's Mind/Body Medical Institute has found scientific based evidence showing how something as common as meditation can decrease metabolism, lower blood pressure, and improve heart rate, breathing, and brain waves. Knowing there is an alternative practice that has great benefit, but not knowing how to integrate the practice into our own professional setting, has been a challenge facing holistic nurses today. OHNA addresses this challenge with this year's theme 'Integration of Holism into Nursing Practice'. Using scientific based research, multiple presenters focus on teaching complementary and alternative healing practices, and ways to take them into your own professional setting.

Be courageous and take action to authentically bring about a new way of practice into your life and those whose lives you touch.

Who should attend:
 Nurses at all levels of practice, including students, energy and holistic practitioners

13 CONTINUING EDUCATION CONTACT HOURS AVAILABLE: Provider approved by the California Board of Registered Nursing, Provider # 15842



Registration

CONFERENCE BEGINS: At Sun dinner 10/19
CONFERENCE ENDS: After Wed lunch 10/22

Conference Fee: OHNA Members - \$199
 Non-members - \$249

Lodging Rates: Breitenbush Lodging rates are **Per Person Per Night** (meals included) for Sun – Wed, 10/19 – 10/22
 Plumbed Cabin: \$95
 Regular Cabin: \$78
 Lodge Room: \$61
 Tent/Dorm: \$58
 Vehicle Space: Please inquire at Breitenbush

To contact Breitenbush Hot Springs for reservations: 503.854.3320 or office@breitenbush.com
 website: www.breitenbush.com

The OHNA conference fee will be collected by Breitenbush Hot Springs upon arrival 10/19/2014. The members' discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/18/2014. To enroll as a member, go to: <http://www.oregonholisticnurses.org/join/> and join.

Cancellation and Refund Policy:

Notification two weeks prior to conference: – Conference fee will be fully refunded. Lodging fees are subject to Breitenbush Hot Springs regulations
Notification within two weeks of conference: – All but \$25 of the conference fee will be refunded.

OHNA is a 501c6 federal tax exempt organization



Program of Events

Sunday – October 19, 2014

Time	Topic	CE
5:00p – 6p	Registration in the North Hall of the Lodge	
6p -7p	Dinner	
7:30p – 8p	Breitenbush Orientation	
8p – 9p	Welcome and Opening Ceremony	

Monday - October 20, 2014

Time	Topic	CE
7a – 8a	Meditation – Jess Young Yoga – Dawn Garcia	
8a – 9a	Breakfast	
9:30a-9:40a	Gathering, Introduction Start silent auction/book sale	
9:40a-11:10a	Energy Hygiene – Take it or leave it! – Liza Burney	1.8
11:10a-11:30a	Break	
11:30a-12:30p	Hydrotherapy at the Bedside: How does it work – Tracy Barnett	1.2
1p – 2p	Lunch	
2:30p – 3:30p	Hydrotherapy at the Bedside: Hands On – Tracy Barnett	1.2
4p – 6p	Dance Movement Therapy Workshop – Carolyn Johnson	2.4
6p – 7p	Dinner	
8p – 9p	Ecstatic Dance – Dawn Garcia	

Program of Events

Tuesday - October 21, 2014

Time	Topic	CE
7a – 8a	Meditation/Yoga – Jess Young	
8a – 9a	Breakfast	
9:30a – 11a	Meditation for Healing – Kathy Bell	1.8
11:30a – 1p	Member's Meeting	
1p – 2p	Lunch	
2:30p – 4p	Healing through Acupressure – Elizabeth Monson	1.8
5p – 6p	Panel discussion: Integrating Holistic Practice into Hospital and Clinic Setting	1
6p – 7p	Dinner	
7:30p-9:00p	Drum/Chant circle – Jodi Winnwalker	1.8

Wednesday – October 22, 2014

Time	Topic	CE
8a – 9a	Breakfast	
9:30a-10:30a	Closing Ceremony	
10:30a-11:30a	Wrap up Silent Auction/ Book Sale Turn in evaluations Receive CE Certifications	
11:30a – 1p	Vacate cabins	
1p – 2p	Lunch	



About the Conference Presenters



Kathleen Bell, RN, MSN, CMN, MS1-BC, AHN-BC, is retired as Assistant Professor of Nursing from Linfield College in Portland, Oregon. Kathleen has taught nursing and midwifery at both undergraduate and graduate levels. She is certified by American Midwifery Certification Board (CNM), by the American Holistic Nurses Association as an Advanced Holistic Nurse, and by the Center for Meditation Science as a Meditation Specialist, and is also a member of the National Meditation Specialists Certification Board of Directors. She consults independently as an Advanced Holistic Nurse/ Meditation Specialist under the business name Northern Light: Illuminating the Path to Wholeness.

Tracy Barnett, RN, LMT, CDE has expertise in Shiatsu, Reiki, hydrotherapy, reflexology, nutrition therapy as a certified diabetic educator and nutrition support for medical weight loss clients. Through lifelong learning she continually gains additional tools to assist her clients in restoring peace and well-being. Her goal is to support and integrate alternative means of care in the hospital setting.

Liza Burney, owner of Heart to Heart Healing, LLC, in Portland, OR, is a certified Pranic Healing Instructor and experienced Energy Healer. She has been studying and practicing energy healing, using many different modalities, since 1999. Originally a trial attorney, Ms. Burney uses her teaching skills to introduce people to the world of subtle energy, and shows them how they can accelerate physical healing and reduce stress for themselves and their loved ones. She has both a clinical practice and a busy workshop schedule.

Dawn Garcia, RN, BSN, HNB-BC, D.Hom, RYT is a certified holistic nurse currently working in acute care. She has also received a degree in the study of homeopathy, and is a registered yoga teacher with a passion for the practice of yoga.

About the Conference Presenters

Carolyn Johnson, MA, BC- DMT, NCC, RYT-200, is a Board-Certified Dance-Movement Therapist, Nationally Certified Counselor and Registered Therapeutic Yoga Teacher. She has worked as a Dance-Movement Therapist for almost 30 years with a variety of clinical populations. For the last 17 years she has been a Group Therapist on the Adult Psychiatric Unit at Providence Portland Medical Center. She is chair of the Oregon Dance-Therapy Study Group, on the Steering Committee of the Creative Arts Therapies Association in Portland (CATA) and is teaching at Portland Therapeutic Yoga studio in southeast Portland.

Elizabeth Monson, CNP, MA, has 15 years' experience as a Nurse Practitioner, primarily in the area of Cardiology and is also a certified clinical acupressure therapist, Reiki master, and yoga teacher. She obtained a second masters' degree in Applied Healing Arts with focus on creation and implementation of inpatient integrative medicine programs. She assisted with the creation of program and training health care professionals, primarily nurses at University of Maryland Medical Center. In 2010, she began a similar program at Good Samaritan Regional Medical Center in Corvallis, Oregon. She is currently involved in research for the efficacy of these integrative therapies and patient satisfaction.

Jodi Winnwalker, LCSW, MT-BC, is a gifted music therapist. As founder and CEO of Earhttones Music Therapy, LLC, she has over 30 years of experience using her skills with music in many settings and in many situations to help people open up and connect to their authentic self. During that time, she has written and recorded powerful, healing chants. She is passionate about developing collaborative community relationships and providing excellent music therapy services for people in need. Jodi will take the stage at the 2014 TEDxSalem on Saturday, September 13, at the historic Elsinore Theater under this year's theme: MOXIE.

Jessica Young, RN, BSN is a registered nurse with a background in dance and a passion for complementary medicine. Jess's vision is to empower the health of her community. She views illness as the body's way of getting our attention so that we might start to make positive lifestyle modifications. Jess believes that disease can be reversed by learning to listen to the body, increasing self-awareness, releasing old emotions, adopting healthy practices and increasing the number of tools individuals have in their "healing toolbox." She is passionate about sharing her holistic perspective with her community and offers classes, workshops,