

The 2011 Annual Oregon Holistic Nurses Association (OHNA) Conference has a new focus!

The theme for this year is **RETURN TO CENTER: Mind-Body Techniques for Stress Reduction**. Burnout is a stress state characterized by symptoms of mental exhaustion, physical fatigue, detachment from work, and feelings of diminished competence¹. At least 38 biomarkers associated with the results of severe stress have been identified. Health care workers tend to be ripe for diagnosis with any number of these biomarkers if they don't have tools and practices to reduce and manage their stress.

Holistic health care work takes focus, attention and walking the talk. Most practitioners have more stress these days, and the healthcare system itself is more challenging. At the same time, the opportunity for holistic healthcare has never been greater. This conference introduces participants to principles and tools for reconnecting with their passion, power and purpose so they can create a healthy environment for true healing.

Program of Events

Sunday - October 16, 2011

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| 3:00pm—4:00pm | Registration & Cabin Set-Up |
| 4:00pm—6:00pm | Free Time |
| 6:00pm—7:00pm | Dinner |
| 7:30pm—9:00pm | Opening Ceremony |

Monday - October 17, 2011

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| 8:00am—9:00am | Breakfast |
| 9:30am—11:00am | Recharging the Healer in You: Simple Coaching Techniques for Boosting Passion, Power & Purpose Deborah Munhoz, MS, PCC |
| 11:30am—1:00pm | Introduction to Therapeutic Applications of Homeopathy Susan O'Brien, FNP, HMC |
| 1:00pm—2:00pm | Lunch |
| 2:30pm—4:00pm | Therapeutic Application(s) of Integrative Imagery Bev Hollander, MS, BSN, HNB-BC |
| 4:05pm—4:25pm | Yoga break Jane Golden |
| 4:30pm—6:00pm | Therapeutic Applications of Energy Medicine Linnie Thomas, HTCP, HTCI, MLW |
| 6:00pm—7:00pm | Dinner |

OHNA offers presenters who are experts in their modality. They will share unique ways of utilizing their holistic practice in both personal and professional settings to help reduce stress associated with home and professional life. You will be able to take away simple and practical ways to enhance the creation of a healthy environment wherever you are.

The conference is held at the beautiful Breitenbush Hot Springs Retreat Center, nestled in the Oregon Willamette National Forest. <http://www.breitenbush.com/> OHNA members find this a restful and healing environment for reinforcing the concepts learned where connection with nature reminds them to breathe.

The conference is open to all holistic health care practitioners.

1. Danhof-Pont MB, van Veen T, Zitman FG. Biomarkers in burnout: A systematic review. J Psychosom Res. 2011 Jun;70(6):505-24. Epub2011 Jan7



Presenters

Linda (Linnie) M. Thomas, HTCP/I

Therapeutic Energy Practices

Author: *The Encyclopedia of Energy Medicine*, publication date April 2010, Fairview Press; *Understanding Facebook*, an ebook due out June 14, 2011
Healing Touch Certified Practitioner & Instructor possessing teaching and presentation experience with excellent organization, writing, communication and interpersonal skills.

Energy healing practice featuring Healing Touch, shamanic and esoteric skills.

Deborah Munhoz, M.S.

Recharging the Healer in You: Simple Coaching Techniques for Boosting Passion, Power & Purpose

Drawing upon a successful career as a leader in healthcare, Deborah specializes in working with women primary care physicians who are frustrated with the status quo. They see the opportunity to influence health care in more meaningful ways and deliver quality patient care. Her approach to leadership development is uniquely effective because she creates a bridge between heart and action that upgrades leadership skills and produces real business results. **Certified Professional Coach**, has delivered professional coaching and leadership development workshops for over 10 years and worked with leaders in medicine, nursing, accounting and engineering. She is also a Reiki practitioner.

www.coachforhealthcareleaders.com





Program of Events

Tuesday - October 18, 2011

- 8:00am—9:00am Breakfast
- 9:30am—11:00am ***The Therapeutic Application of Essential Oil Therapy***
Caryn Gehlmann, CCA
deonne wright, RN, CRNI, RA
- 11:30am—1:00pm ***Therapeutic Application of Meditation Practices***
Tammy Conklin, RN, HN-BC
- 1:00pm—2:00pm Lunch
- 2:30pm—4:00pm ***The Therapeutic Application of Non-Violent Communication***
Bev Hollander, MS, BSN, HNB-BC
- 4:05pm—4:25pm Yoga break
Jane Golden
- 4:30pm—6:00pm ***Therapeutic Applications of Mindfulness Practices & Music***
Lynda Cole, RN
- 6:00pm—7:00pm Dinner

Wednesday - October 19, 2011

- 8:00am—9:00am Breakfast
- 9:30am—11:00am Annual Business Meeting
- 11:00am—11:45am Annual Board Meeting
- 11:45am—12:30am Closing Ceremony
- 12:30am—1:00pm Cabin Check-out
- 1:00pm—2:00pm Lunch

Registration

Contact: Sierra at (541) 326-6559 or runnergrl76@yahoo.com

RATES: *Early bird rate* if paid by August 15, 2011

Member: \$150 Non-member: \$200

After August 15, 2011—

Member: \$185 Non-member: \$235

Lodging: for 3 nights (vegetarian meals included beginning Sunday dinner Oct 16, ending Wed lunch Oct 19):

Plumbed Cabin - \$264; Regular Cabin - \$216, Lodge Room - \$165, Dorm - \$156

Cancellation Policy:

Notification two weeks prior to conference:

Conference and lodging fees will be fully refunded.

Notification within two weeks of conference:

Participant will forfeit entire lodging fee. Conference fee will be fully refunded. If a non-member participant wishes to become an OHNA member, \$50 of the conference fee will be applied to membership.



Presenters

Susan Bone O'Brien, FNP

Introduction to Therapeutic Applications of Homeopathy

Susan began her study of Homeopathy in 1994 and has integrated Homeopathy into her primary care practice. She completed a Homeopathic Master Clinician Course in 1998 and continues her life-long study of Homeopathy by attending Conferences, Workshops, group gatherings and individual study.

Bev Hollander, BSN, MS, HNB-BC

Therapeutic Application(s) of Integrative Imagery

The Therapeutic Application of Non-Violent Communication

Bev has studied and practiced Nonviolent Communication (NVC) since 2000 - countless hours spent in weekly practice groups as well more than 70 hours of education through certified NVC trainers. She has developed and offered workshops on a variety of topics including Imagery and Nonviolent Communication (NVC). Bev has certification in Integrative Imagery, a process to foster personal growth and healing in clients, as well as a national certification as a board certified holistic nurse.

Caryn Gehlmann, CCA

The Therapeutic Application of Essential Oil Therapy

Caryn has a Bachelor of Arts degree in Sales and Marketing from Oakland University in Michigan. Caryn is a certified clinical aromatherapist. She did her studies, clinicals, and certification in Medical and Aromatic Medicine with Dr. Raphael J. d'Angelo, MD. She has studied the professional and practical uses of aromatherapy with the country's leading educators. Caryn is a skilled and popular aromatherapy consultant. <http://www.essentialthree.com/index.cgi>

Deonne Wright, RN, CRNI, RA

Therapeutic Applications of Essential Oil Therapy

Has a long nursing career, holding a Board certification in Infusion Therapy since 1995. She has been a Registered Aromatherapist since June 2001, sitting a national Board exam, and has remained current through the recertification process. As a faculty member at the local community college, she teaches Levels I and II Essential Oil Therapy Courses for continuing education credit. She developed the curriculum and instructed the course to implement a hospital-based aromatherapy program. Deonne is also a Reiki II practitioner, sound healer and shamanic practitioner. www.deonesaromablends.com

Tammy Conklin, RN, HN-BC

Therapeutic Applications of Meditation

Long-time personal practice of meditation and dedication to attending weekly classes has taught Tammy the value of meditation as a stress management tool. She has studied locally and abroad to further ground her in the tenets of the principles of meditation. She has a background as an educator within her nursing practice and combines those skills in this presentation to make meditation a practical tool for application in any setting. Tammy is a board certified holistic nurse.

Lynda Cole, RN

Therapeutic Applications of Mindfulness Practices & Music

Has a long background as a psychiatric and hospice nurse with extensive experience in holistic health. Lynda teaches mindfulness-based stress relief, and has an audio class series in mindfulness at StressReliefRightNow.com. Lynda is also a musician/singer-songwriter, having composed and produced three music CDs. Additionally, Lynda plays flute and harp. She combines her knowledge of mindfulness with her music and world poetry to create a deep experience of relaxation, clarity and aliveness. She has a one woman show called "The Best Season of Your Life". <http://www.lyndacole.com/wp/index.php>

Conference Objectives

Upon completion of this conference, participants will be able to:

1. Identify the role of the relaxation response in health and healing
2. Develop an awareness of when the effects of stress symptoms are being experienced
3. Design strategies to reduce stress symptoms in the moment in professional and personal settings
4. Describe at least two useful stress-reduction modalities/techniques for staying energized
5. State at least two stress-reduction techniques helpful in facilitating stress reduction for patients and/or their families