



Oregon Holistic Nurses Association
466 W 17th Avenue
Eugene, OR 97401
www.oregonholisticnurses.org



OHNA 2019 12th Annual Conference

Theme: **ILLUMINATE THE PATH: LIVE FROM YOUR LIGHT**

Date: **October 20 - 23, 2019**

Location: **Breitenbush Hot Springs
Resort and Retreat Center**

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

1. Define holistic nursing.
2. Name at least three ways holistic nursing is practiced.
3. Identify at least two holistic practices to use in an entrepreneurial practice that would result in greater impact for clients.
4. Demonstrate proper acupressure technique (including proper point selection, location, and treatment) for at least one symptom.
5. Identify at least two specific mindfulness practices that enhance resilience, compassion, and physical well-being.
6. Name at least three effects of an imbalance in the gut microbiome.
7. Demonstrate at least three energy clearing and stress-reducing techniques that increase inner peace.

Conference Overview

The year 2019 is powerfully influenced by massive astrological energies supporting truth, transformation, communication, and examination of old beliefs. As we consciously operate from within the center of these energies, we have the potential to be an influence for good that radiates farther than we can imagine. OHNA addresses this challenge with the 2019 theme 'Illuminate the Path: Live from your Light'.

American Biologist E.O. Wilson posits that humanity thrives when individuals creatively nurture themselves and their communities to evolve. In "Consilience: The Unity of Knowledge" (1998) he theoretically links science and the humanities - *the essence of nursing!* His call for conscious change is such: "We are drowning in information, while starving for wisdom. The world henceforth will be run by synthesizers, people able to put together the right information at the right time, think critically about it, and make important choices wisely."

Our presenters will provide ways to assist in removing barriers to new ways of thinking, allowing us to access our inner knowing so we make wiser decisions that positively affect our collective community. Connect with your Inner Authority and step into all that supports you to illuminate the path forward from within your Center. What you do now shapes the future!

Who should attend:

Nurses at all levels of practice, including students, energy and integrative practitioners

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

Registration

CONFERENCE BEGINS: At Sun dinner 10/20
CONFERENCE ENDS: After Wed lunch 10/23

Conference Fee: Early Bird Discount through August 19, 2019:

OHNA Members - \$225
Non-members - \$275

After August 19, 2019:

OHNA Members - \$265
Non-members - \$315

Lodging Rates: Breitenbush Lodging rates are Per Person Per Night (meals included) for Sun - Wed, 10/21 - 10/24
Plumbed Cabin: \$122 (3-night total=\$366)
Regular Cabin: \$100 (3-night total=\$300)
Lodge Room: \$78 (3-night total=\$234)
Dorm: \$75 (3-night total=\$225)
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 at the gate house on 10/20/2019.

The members' discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/6/2019. To become a member go to: <http://www.oregonholisticnurses.org/join/>

Cancellation and Refund Policy:

Lodging fees - subject to Breitenbush Hot Springs regulations

Conference fee: Not collected in advance of event. Non-refundable once paid on site.

OHNA is a 501c6 federal tax exempt organization

Program of Events



FS: Forest Shelter
NH: North Hall of the Main Lodge

Please plan to only attend each topic session once so others may as well. Visit the OHNA website for full session

Sunday - October 20th, 2019

Time	Topic
5-6:00p	Registration (FS)
6-7:00p	Dinner
7-7:30p	Breitenbush Orientation
7:30p-8:30p	Introduction & Opening Ceremony (NH)

Monday - October 21st, 2019

Time/CE	Topic
7-8:00a	Yoga - Brucks (NH) Qi Gong - Gaines (FS)
8-9:00a	Breakfast
9:15a	Start silent auction/book sale (NH)
9:30a - 10:45a	Holistic Nursing: An Overview - Bell (NH)
1.5 CE	Holistic Entrepreneur Panel Q&A (FS) [Holistic Overview is Prereq.]
11:00a-12:50p	Intro to Pranic Healing: Focus on Energy Hygiene - Burney (NH) Chinese Medicine Wisdom & Acupressure for Nurses - Gaines (FS)
2.4 CE	
1-3:30p	Lunch & Break
3:45p-5:45p	Mindfulness & Meditation: Practices for Nurses and Those in Their Care - Bell (NH) Balancing the Gut-Brain Axis to Improve Mental Health - Dr. Lipski (FS)
2.4 CE	
6-7:00p	Dinner
7:30-9p	Healing Room Experience (NH) Open sound circle (FS)

Program of Events

Tuesday - October 22nd, 2019

Time/CE	Topic
7-8:00a	Yoga - Brucks (NH) Qi Gong - Gaines (FS)
8-9:00a	Breakfast
9:00-11:00a	The Spirit Path: Chinese Medicine Wisdom & Acupressure for Nurses - Gaines (NH) Intro to Pranic Healing: Focus on Energy Hygiene - Burney (FS)
2.4 CE	
11:15a-12:45p	OHNA Members Meeting
1-3:30p	Lunch & Break
3:45-5:45p	Balancing the Gut-Brain Axis to Improve Mental Health - Dr. Lipski (NH) Mindfulness & Meditation: Practices for Nurses and Those in Their Care - Bell (FS)
2.4 CE	
6-7:00p	Dinner
8-9:00p	Belly Dancing - Spivey (NH) Social Space (FS)

Wednesday - October 23rd, 2019

Time/CE	Topic
7-8:00a	Yoga - Brucks (NH) Qi Gong - Gaines (FS)
8-9:00a	Breakfast
9:30-10:00a	Wrap up Silent auction/book sale (NH)
10:15a	Group photo outside lodge
10:30-11:30a	Closing Ceremony
** Vacate Cabins by 1 pm **	
1-2:00p	Lunch

Please use self-awareness & personal responsibility while participating in this conference.



About the Conference Presenters

Kathleen Bell, RN, MSN, CNM, MS1-BC, AHN-BC has dedicated her career of over forty years to Maternal-Child nursing, consumer education, and nursing academia. Kathleen completed her MSN in Nurse-Midwifery at the University of Utah weaving integrative health and holistic nursing into her practices as a Certified Nurse Midwife/Women's Health Care NP and as a pediatric nurse. Kathleen has held multiple national instructor and nursing board certifications and is also certified as a Meditation Specialist by the Center for Meditation Science. Though she has been "retired" from ten years of teaching nursing and midwifery at undergraduate and graduate levels, Kathleen maintains adjunct faculty status at Linfield College in Portland, OR, and Pacific Lutheran University in Tacoma, WA, and continues to author publication - the latest of which describes the use of therapeutic touch with a clinical group of pediatric nursing students.

Pamela Brucks, MN, RN began teaching Yoga in the 1980s. She received certifications from Ananda Yoga Ashram & Osho Multiversity in Pune, India. She taught Yoga & Meditation in hospitals, private studios, Buddhist monasteries, and at Breitenbush. She developed a Yoga/Meditation program for student nurses at a community college. Pamela has worked as an RN in inpatient psychiatry, the Burn ICU, nursing education, and case management. She currently works as a discharge facilitator at Harborview Medical Center in Seattle.

Liza Burney, JD, became interested in energy healing after experiencing stress-related health symptoms from 15+ years as an attorney. Her life changed course when she looked beyond Western Medicine to heal herself by studying this 'invisible energy.' Liza has been practicing as an Energy Healer since 1999, and founded Heart to Heart Healing, LLC where she integrates various forms of energy healing and coursework in sessions for individuals, couples, and animals. As a skilled communicator and Certified Pranic Healing Instructor since 2013, Liza also hosts classes and workshops to teach individuals, couples, and professionals the essential tools and techniques they need to know and understand to achieve expansive patterns, clarity, and success.

About the Conference Presenters

Carli Gaines, MSOM, RN, Lac started as a Registered Nurse in Oncology in 2008 and quickly learned from clients that "healing" meant more than modern medicine's focus on "curing" the physical body. In her quest to find a "medicine" to both heal herself and her clients in mind, spirit and body, Carli became a Wellness Coach and ultimately completed a Master's of Oriental Medicine. Carly now uses acupuncture, nutrition, and Chinese Medicine to help her clients find comfort, peace, and balance in their lives in spite of cancer or other conditions. Carly co-owns Acupuncture Cascadia in Bend, OR with her husband David, and also works with Oncology clients in the St. Charles Health System.

Dr. Liz Lipski, PHD, CNS, BCHN, IFMCP, LDN has been working in integrative and functional medicine for over 30 years and holds a PhD in Clinical Nutrition with specialization in Integrative Medicine from the Union Institute, two board certifications in clinical nutrition and one in functional medicine. She is the Director of the Doctoral program in Clinical Nutrition at the Maryland University of Integrative Health, faculty/advisor for several health institutes and organizations, and the founder of Innovative Healing, a webinar-based Nutrition mentoring program for clinicians. Dr. Lipski's research on the health impacts of nutrition is well published in peer reviewed journals, textbooks, and several books.

Breeze Powell Spivey, RN is excited to share her love of dance with you all at this year's conference. Breeze has been dancing for over 25 years. She began belly dancing while visiting India and has been studying different forms of the dance and teaching for over 12 years. Currently she co-teaches a weekly belly dance fusion class in her home community. Come learn basic isolations and have fun!

