



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

It is the purpose and intention of OHNA to seed the Earth with peace and feed the vortex it creates.



2015 8th Annual Conference

Theme: Consciously Creating Space for Transformation

Date: October 18 – 21, 2015

Location: Breitenbush Hot Springs Resort and Retreat Center

Conference Objectives:

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

1. Demonstrate Heartmath Resilience Techniques for will improving wellbeing, mental clarity, emotional resilience, cognitive functioning, and performance.
2. Apply compassionate listening skills to enable strong communication and bring insight into judgments of self and others
3. Develop Therapeutic Touch techniques to bring body, mind, and emotions to a quiet, focused state of consciousness, fully present and grounded.
4. Demonstrate strategies to detoxify the body using the NeuroModulation technique.
5. Describe how music-thanatology helps create space for transformation at the end of life.
6. Identify industry and research biases that color healthy food and nutrition choices.

Conference Overview

Transformation takes place throughout one's lifetime in many different ways. OHNA's goal is to assist this constant flow of change by creating the space needed for personal metamorphosis. The intention for empowerment and a deepened sense of self has been set. One of the ways to become more in tune with the self is through music. A 2013 study published in *Frontiers of Psychology* titled 'The Psychological Functions of Music Listening' showed that listening to music can bring about a higher sense of self-awareness. It is also no surprise that what we eat can have an impact on our physical and emotional growth. By bringing presenters that can offer insight using research based modalities, OHNA provides the space needed for growth. This year OHNA is "Creating Space for Transformation".

Join us in accessing the truth in what the soul really wants. Bring discussions of new ideas, create new friendships and grow your network.

Who should attend?

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

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



Registration

CONFERENCE BEGINS: 5PM, Sunday 10/18
CONFERENCE ENDS: 2PM, Wednesday 10/21
Conference Fee: OHNA Members - \$199
Non-members - \$249

Lodging Rates: **Breitenbush lodging rates are Per Person Per Night** (meals included) for Sun – Wed, 10/18 – 10/21
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 10/18/2015. The members' discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/17/2015. 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 18, 2015

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 19, 2015

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	Therapeutic Touch – Cordy Anderson	1.8
11:10a-11:30a	Break	
11:30a-12:30p	Transforming Communication through Compassionate Listening – Joanie Levine & Yehuda Winter	1.2
1p – 2p	Lunch	
2:30p – 3:30p	Transforming Communication through Compassionate Listening – Joanie Levine & Yehuda Winter	1.2
4p – 6p	Music-Thanatology: Transforming Space at the End of Life – Sharilyn Cohn	2.4
6p – 7p	Dinner	
8p – 9p	Ecstatic Dance – Dawn Garcia	

Program of Events

Tuesday - October 20, 2015

Time	Topic	CE
7a – 8a	Meditation/Yoga – Jess Young	
8a – 9a	Breakfast	
9:30a – 11a	Our Journey with Food – Transformation of lasting Health - Tammera Karr	1.8
11:30a – 1p	Member's Meeting	
1p – 2p	Lunch	
2:30p – 4p	Heartmath: Inner Balance and Emotional Resilience – Hanna Jordan	1.8
4:30p – 6p	Regaining Health from Autism and Other Chronic Illness: The Conscious Application of Diet, Detoxification, and Energy Healing – Luminara Serdar	1.8
6p – 7p	Dinner	

Wednesday – October 21, 2015

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



Tammera J Karr, PhD, DAAIM, BCII, BCHN, CGP, CNC, CNW, CNH, is an author, public speaker, educator, and clinician. Tammera serves on the Board of Directors for the National Association of Nutritional Professionals, the Accreditation Commission for the American Association of Integrative Medicine (AAIM). Tammera has established an Integrative Medicine Partnership in 2006 and currently works in a clinical setting with DO's, FNP-C, Bio-Feedback Specialists, and others to provide clients with tools to take control of their health. Tammera provides personalized nutrition consultations. Her clinical and education practice is ever-evolving to meet the needs of clients, the public and fellow practitioners striving to empower those they meet.

Cordy Anderson, RN, BSN, QTTT has recently "retreaded" from 42 years of nursing, the last 29 in home health and hospice to follow her passion, *Therapeutic Touch*. A practitioner since 1984 and a teacher since 1991, she has helped countless people through grief, treatment for Cancer, and the dying process. She says, however, "the person who has benefitted the most is me", as each day she realizes the transformation that occurs when one is a practitioner of *Therapeutic Touch*. Cordy has a private practice in Eugene, OR and travels to teach *Therapeutic Touch* in communities where there are currently no teachers.

Sharilyn Cohn, CM-Th, was a professional cellist in Memphis, TN and Atlanta, GA, performing with symphony orchestras, on studio soundtracks, and special performance engagements with popular artists. Sharilyn taught in both the private studio and public classroom settings. Sharilyn is the executive director and co-founder of *SacredFlight*. She has served as the vice-president and conference chair of *Music-Thanatology Association International*. Sharilyn has presented the work of music-thanatology at conferences nationwide and is the co-founder and a core faculty member of the Lane Community College *Music-Thanatology Training Program*.

About the Conference Presenters

Yehudah Winter, RN, MS in Counseling
Joanie Levine, MA in Dance Ethnology and a K-12 teaching credential. During the winter of 2013-14, they facilitated one day workshops in Rwanda with an organization that serves genocide survivors, and in Uganda with many groups, including one with counselors screening HIV/AIDS villagers. They are currently offering two-day Basic Intensives in the Art of Compassionate Listening, conduct monthly practice groups in Portland and have recently given short workshops for Mercy Corps, Air National Guard Diversity and Inclusivity Council, Alternatives to Violence Project and Tillamook County Women's Resource Center. They are both certified trainers of *Compassionate Listening*.

Hanna Jordan is a licensed psychotherapist, herbalist, health educator, and certified Heartmath resilience trainer, and has been supporting people on their healing journeys since 2004. She is the co-founder of *The School of Traditional Western Herbalism*, which she has co-directed for the past five years. She has ten years experience as a body-centered psychotherapist with specialization in trauma and emotional resilience, overcoming limiting emotional patterns, nature deficit disorder, and the heart-brain connection in stress regulation. She's deeply influenced by the wisdom of the healing forces in nature and many healing traditions from around the world. Her passion is empowering people in taking charge of their health, and in facilitating healing relationships between our hearts and minds, plants, and nature.

Luminara Serdar was involved in the human sequencing genome project in the '90's, and spent almost 20 years in the biotech industry before recognizing that the ag-pharma-government-industrial complex was not in alignment with her values, nor with her idea of health. She experienced her own healing with *NeuroModulation Technique (NMT)* in 2003 when her allergies were eliminated and her vision improved. She took her first training in NMT in 2006 and became a holistic health practitioner, continuously training and eventually offering trainings of her own. In 2014 her passion for food and nutrition evolved into completing a nutrition certification program, thereby adding nutritional counseling to her repertoire of offerings to clients. In her daily work she eliminates allergies and kids helps kids with autism.