



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



2016 9th Annual Conference

Theme:
Sustaining the Power of Transformation

Date: October 16 – 19, 2016

Location: Breitenbush Hot Springs Resort and Retreat Center

Conference Objectives:

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

1. Discuss what holism means in nursing
2. Identify and apply various tools for enhanced optimal core alignment in everyday situations
3. Create a personal and collective roadmap for tolerating “Sacred Discomfort”
4. Give examples of how Bio Individuality and its blockages affect the American Health Care paradigm
5. Describe wellness outcomes presented in current research on the use of sounding techniques such as humming, toning and chanting.
6. Implement Breathwork to support patients at the bedside
7. Demonstrate Qi Gong exercises that can be used to support nursing practice.

Conference Overview

Stepping into a new paradigm or allowing a shift in consciousness to take place can be revolutionary. OHNA supports an environment of possibilities for maintaining a transformative state. Bringing the concept of indigenous practices into nursing practice is not a new idea. A nurse can use the way of the Shaman to connect with a patient at the bedside, and/or open his/her power as a healer. In 2000 a study called “Shamanic Practices and the Treatment of Life-Threatening Medical Conditions”, authored by Kevin C. Krycka was cited in *The Journal of Transpersonal Psychology*. This study found shamanic practices to bring sufficient benefits to the participants who were experiencing life-threatening conditions. OHNA invites strength and open awareness as a way of “sustaining the power of 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

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



Registration

CONFERENCE BEGINS: 5PM, Sunday 10/16
CONFERENCE ENDS: 2PM, Wednesday 10/19
Conference Fee: OHNA Members - \$225
 Non-members - \$275
 \$189/\$239 if registered by 8/21

Lodging Rates: Breitenbush lodging rates are Per Person (meals included) for Sun – Wed, 10/16 – 10/19
 Plumbed Cabin: \$306
 Regular Cabin: \$252
 Lodge Room: \$195
 Tent/Dorm: \$186
 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 10/16/2016. The members' discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/14/2016. 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 16, 2016

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 17, 2016

Time	Topic	CE
7a – 8a	Yoga – Dawn Garcia	
8a – 9a	Breakfast	
9:15a-9:30a	Gathering, Introduction Start silent auction/book sale	
9:30a-10:15a	What is Holistic Nursing? – Pat Widenoja	0.9
10:30a-12:30p	Feeling Fabulous Again: Transforming Pain through Optimal Core Alignment - Melanie Carlone	2.4
1p – 2p	Lunch	
2:30p – 4p	Supporting Big Change: Cultivating Curiosity and Strength with Shamanic Practice – Elle Rosenthal	1.8
4:30p –6p	Tracking a Healthy Diet: Use of Bio Individuality and Shamanic Practice – Rosemary Beam	1.8
6p – 7p	Dinner	
7:30p – 8:30p	Shamanic Ceremony – Elle Rosenthal and Rosemary Beam	

Program of Events

Tuesday - October 18, 2016

Time	Topic	CE
7a – 8a	Meditation – Jess Young	
8a – 9a	Breakfast	
9:30a – 11a	Use of Sound and Voice to Promote Health and Wellbeing – Cordy Anderson	1.8
11:30a – 1p	Member's Meeting	
1p – 2p	Lunch	
2:30p – 4p	The Healing Power of Breathwork - Margaret Townsend	1.8
4:30p – 6p	Applying Qi Gong to Nursing Practice: Soaring Crane – Christopher Bonnichen	1.8
6p – 7p	Dinner	
8p – 9p	Ecstatic Dance – Dawn Garcia	

Wednesday – October 19, 2016

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

Melanie Carlone DPT, MS, RYT is a physical therapist with 30 years of experience and a broad holistic background in pain relief and improved function. After suffering a debilitating fracture in her foot in 2015, and unable to find lasting relief with standard medical interventions, she founded Custom Orthotic Solutions. Her practice enjoys remarkable results having treated hundreds of people using a system for alignment awareness and foot orthotics that helps people feel better and move more easily than they thought they could. Again.

Elle Rosenthal MA earned a Master's Degree in Anthropology from The City University of New York, and taught as an Adjunct Instructor in Anthropology at Fordham University, the State University of New York and Queens College. Elle began mindful spiritual inquiry in the 1970's with Japanese Buddhism and went on to study the Native American Mystery Teachings, Core Shamanism, Tibetan Buddhist practitioners and Jean Houston's Mystery School. She received Certification from The Four Winds Society for training in shamanic healing, and subsequently was on the teaching staff of The Four Winds. Elle went on to study with Sandra Ingerman as well as pursuing advanced studies with Jose Luis Herrera and other indigenous Peruvian healers in the US and S. America. For the past two decades Elle has been teaching Shamanism first with The Four Winds school and now with Rising Fire.

Rosemary Beam has a certification from the Institute of Integrative Nutrition and takes a unique approach to nutrition by integrating the skills of shamanic perception and energy work with the powerful concept of bio-individuality. Her experience and qualifications range in studies with The Four Winds Society, TAOMCHI, Certified Melody Method Crystal Healing Instructor, Munay-Ki Initiate, Master Crystallist, Certified Healing Touch practitioner, as well as Reiki Master. She has apprenticed with anthropologist and shaman Ellyn Rosenthal, and she continues to study with the Q'ero of Peru. As co-founder of Rising Fire, she is a shamanic healer, nutrition coach, specialist in body cleansing and detoxification, ceremonialist, teacher and mentor.

About the Conference Presenters

Cordy Anderson, RN, BSN, QTTT has been a nurse since 1969 working first in pediatrics, neo-natal intensive care, public health and long-term care. In 1984 she began her 30-year journey in hospice and home health. As she began to care for people who were dying, Cordy had a desire to learn something outside the traditional western medical model. She first learned Therapeutic Touch. Then for the last thirteen years Cordy has been studying with Dr. Pat Moffitt-Cook, founder of the Open Ear Center. In 2005 she received a certification as a Cross Cultural Music and Health Practitioner. She is excited to share the simple yet profound vibrational techniques using music and voice that promote health and well-being.

Margaret Townsend, CHP has been practicing as a certified breathwork facilitator since 1993 and is also a certified Hakomi body-centered psychotherapy practitioner, CHP. Her focus on body awareness grew through her work as a Shiatsu and Reiki practitioner and a teacher of dance, yoga and fitness over the past 30+ years. She brings a wide range of experience to her individual and group sessions that include her studies in Mindful Self Compassion, Qi Gong, Nonviolent Communication, spirituality and meditation practices.

Christopher Bonnichen, LAc, MaAOM, has been a practitioner of Traditional Chinese Medicine for 5 years. He is a native Oregonian who has dedicated his life to raising his two children and to helping others to live better lives. The Chinese energetic movement art of Qi Gong has been a backbone of his own path in life for 24 years. He is certified to teach six forms, his favorite of which is Soaring Crane style. All levels are welcome to join him in his weekly free classes in Portland.

Patricia Widenoja, DNP, HN holds a certificate in Holistic Nursing from Seeds n Bridges, and a Doctorate of Nursing Practice. She has been a long time member of the American Holistic Nurses Association. She joined the Oregon Holistic Nurses Association in 2012 and was president pro tem for a year. Currently she works as a Family Nurse Practitioner and lives in the high desert on a farm.