

Don't miss out on the local holistic happenings!



Oregon Holistic Nurses Association

SERVING HOLISM IN OREGON, WASHINGTON & CALIFORNIA SINCE 2007

We Are the Change.

Spring Newsletter

March - April 2016

Issue 9 Vol 1

WELCOME TO OUR NEW OHNA MEMBERS!

Anita Stewart

Rochelle Jaffe

Eileen Stiles

DIRECTOR'S MESSAGE from Marina Ormes, RN, HN-BC

Practicing Gratitude

Greetings Holistic Nurses!

Have you taken a moment of gratitude yet for today? Daily gratitude is a wellness practice that benefits you, your patients, coworkers, and the world around you. I hope you are regularly taking time to reflect on what you are grateful for.



One of the harder places to be grateful can sometimes be for yourself. Planetary alignments this spring make it tempting to ... [read more](#)



Welcome to our new OHNA Treasurer!

Cordy Anderson RN, BSN, CCMHP, QTTT, a nurse for over 45 years, considers herself "retreaded" and not "retired". Her past experiences include Pediatrics, Neonatal Intensive Care, and Public Health. Most recently she completed 29 years in Home Health and Hospice, and currently works ...

[read more about Cordy](#)

OHNA at Oregon Student Nurses Association Conference

OHNA was contacted by Board members of OSNA at the end of the year, 2015 with an invitation to present at their 2016 conference in Portland. It was reported that attendance at the one holistic offering presented to their attendees at the 2015 conference resulted in standing-room only participation!

This response motivated their Board to inquire if OHNA might be able to provide a full track of holistic offerings for their 2016 conference. As a result, ... [read more](#)

Open Board Position Postings for Fall Elections

The Board of Directors are now accepting nominations for the following Board positions:

Communication Coordinator
Director-at-Large (2 positions)

If you are interested in offering your time and talents to your organization, or would like more information about a position, please contact

OHNA Director, Marina Ormes at info@oregonholisticnurses.org

Educational Opportunities From Our Members



Pranic Healing Level I weekend

16 hours continuing education

Learn tools for energetic self-care and helping others

Eugene April 16-17

Portland June 25-26

Bend August 13-14

Click [here](#) for more information:

DISCOUNT: OHNA members - 20% on Level 1 Classes

Therapeutic Touch Krieger/Kunz Method Basic Level Workshop

12 Continuing Education Hours available for Nurses and Massage Therapists



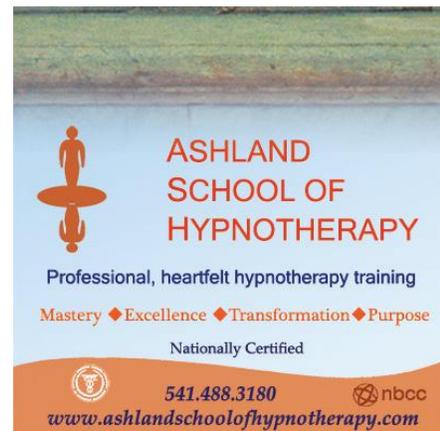
SE Portland, OR
Saturday April 16th 9-5
Sunday April 17th 9-4
\$160.00 includes snacks,
coffee & tea; one hour
lunch on your own
To register Call
Cordy Anderson RN
at 541-870-527
or Lin Bauer MS
at 503-507-3515

Presented by Northwest Therapeutic Touch Institute

Become certified as a Medical Hypnotherapist.

Learn effective techniques to work with high blood pressure, IBS, pain, preparation for surgery and much more.

Contact: **541.488.3180**



DISCOUNT: OHNA members,

20% off of Medical Hypnotherapy, beginning on April 22.

"Conscious Evolution and Integral Fields" -

What does that mean to a holistic nurse?

The holistic nursing theories which most resonate with me are Margaret Newman's, "Health as Expanding Consciousness" and Martha Roger's, "Science of Unitary Human Beings." Newman's theory speaks to me both personally and professionally while I apply the concepts of Roger's theory in my nursing work. According to Newman, our life process is a progression towards a higher level of consciousness (Newman, 1994). I share this belief in that I perceive my life on this planet as my spirit's journey towards wholeness and enlightened consciousness.

My nursing practice is a tool for my spiritual growth as I search for meaning in the relationships and experiences which are often very powerful in the context of vulnerability and suffering. I also try to extend this perspective to ... [read more](#)

The October Conference is Shaping up!

Our conference coordinator, Sierra Bassett, nearly has the speakers lined up for another transformative conference! We'll be sending out registration information as soon as it is finalized. Watch your inbox for more information - we hope to see you there.

MARK YOUR CALENDAR FOR OCTOBER 16 - 19!

www.oregonholisticnurses.org

OHNA is a tax-exempt 501(c)6 organization

Continuing Education Provider approved by the California Board of Registered Nursing,
Provider No. 15842

STAY CONNECTED:

