



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



2017 10th Annual Conference

Celebrating Our 10th Anniversary!

Theme:

A Meaningful Journey: Confidence in Holistic Practice

Date: October 22 – 25, 2017

Location: Breitenbush Hot Springs Resort and Retreat Center

Conference Objectives:

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

1. Name at least three situations for using minimal amounts of essential oils to achieve a therapeutic outcome.
2. Identify their Dream, and at least two next steps to create their ideal holistic practice.
3. Identify at least two specific ways that food has an empowering energy as sustainable medicine for all age groups of clients.
4. Describe how environment and design psychology can be used to support a patient's healing process in three different nursing settings.
5. Identify at least two 'next action steps' to establishing an independent holistic practice.

Conference Overview

It can take a life time to create a tool box of meaningful holistic practices. With each practice comes a shift in beliefs and routine. At first it can appear challenging and life can look a little wonky. As these tools compile, a confidence grows and brings with it a sense of knowing and possibility. Also, the effectiveness can be seen with research. Aromatherapy is just one of the holistic practices proven to help reduce pain. The article "The Effectiveness of Aromatherapy in Reducing Pain: A Systematic Review and Meta-Analysis" concludes that "aromatherapy can successfully treat pain when combined with conventional treatments". This year, OHNA would like to shed light and add meaning to your personal and professional journey in helping you discover the confidence that feeds your practice. If you have a desire to open a Holistic Practice, you'll also want to join us in "A Meaningful Journey: Confidence in Holistic Practice" for tips from practitioners in private holistic practice.

Be courageous and take action to authentically bring about a new way of practice into your life and those whose lives you touch.

Who should attend:

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

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



Registration

CONFERENCE BEGINS: At Sun dinner 10/22

CONFERENCE ENDS: After Wed lunch 10/25

Conference Fee: OHNA Members - \$247

Non-members - \$297

(early bird by Aug 20 Member \$207

Non-member \$257)

Lodging Rates: Breitenbush Lodging rates are Per Person (meals included) for Sun

– Wed, 10/22 – 10/25

Plumbed Cabin: \$339

Regular Cabin: \$279

Lodge Room: \$216

Tent/Dorm: \$207

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 10/22/2017. The members' discount will apply to all OHNA members who are either enrolled or have renewed their membership by 10/21/2017. 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 22, 2017

Time	Topic	CE
5:00p – 6p	Registration in the North Hall of the Lodge	
6p -7p	Dinner	
7:30p – 8p	Breitenbush Orientation	
8p – 8:45p	Welcome and Opening Ceremony	
8:45p-9:15p	10 yr Anniversary Celebration (GF&DF cake in the DR)	

Monday - October 23, 2017

Time	Topic	CE
7a – 8a	Yoga –	
8a – 9a	Breakfast	
9:30a-9:45a	Gathering, Introduction Start silent auction/book sale	
9:45a-11:45a	Confidence in Subtle Scents – Caryn Gehlmann	2.4
11:45a-1p	Break	
1p – 2p	Lunch	
2:30p – 4:30p	What Does Your Dream Look Like – Lee Anne Hellesto	2.4
4:30 – 4:50p	Break	
4:50p – 5:50p	Discussion Panel: The Journey from Dream to Reality	1.2
6p – 7p	Dinner	
7:30p – 9p	Healing Room Experience	

Program of Events

Tuesday - October 24, 2017

Time	Topic	CE
7a – 8a	Yoga –	
8a – 9a	Breakfast	
9a – 11:00a	A Revisited Journey to Health With Nutrition – Tammara Karr	2.4
11:30a – 1p	Member's Meeting	
1p – 2p	Lunch	
2:30p – 4:30p	Past Comforts – Future Dreams: Using Design Psychology to Create Healing Environments – Judith Tamarah Fried	2.4
4:40p	Turn in evaluations	
6p – 7p	Dinner	
7:30p-9:00p	Drum/Chant circle	

Wednesday – October 25, 2017

Time	Topic	CE
8a – 9a	Breakfast	
9:30a-10:30a	Closing Ceremony	
10:30a-11:30a	Wrap up Silent Auction/ Book Sale Receive CE Certifications	
11:30a – 1p	Vacate cabins	
1p – 2p	Lunch	



About the Conference Presenters



Caryn Gehlmann, BA, CCA, 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. Caryn founded her company, Essential 3, in 2002. Caryn teaches aromatherapy to professionals as well as lay people. She specializes in education for hospitals, hospices, massage schools, esthetic schools, wellness clinics, medi-spas, and pain clinics. Classes are tailored to meet the needs of the sponsor and/or attendees and are designed to be informative and participatory. Caryn is an experienced aromatherapy formulator, specializing in proprietary essential oil blends that are both aesthetically pleasing and effective.

Lee Anne Hellesto, MSN, FNP, RN, NP, NP-C is an Integrative Medicine Healer, Licensed Nurse Practitioner and owner of Discover Health in Bend Oregon. She is one of only 1000 people worldwide to graduate from the Integrative Medicine Fellowship at University of Arizona in Andrew Weil's program. With over 29 years of experience in nursing, it is Lee Anne's firm belief that rebalancing your health can eliminate 90% of your symptoms. She specializes in Integrative Medicine with the focus of providing a bridge between Allopathic Medicine and Complimentary Medicine to facilitate communication between these schools of medicine.

Cordy Anderson RN, BSN, CCMHP, QTTT has a private practice in Eugene, OR and travels to teach Therapeutic Touch in communities where there are currently no teachers. She is also Treasurer of the NorthWest Therapeutic Touch Association.

About the Conference Presenters

Tammera J. Karr, Ph.D., FAAIM, BCIH, 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.

Judith Tamarah Fried, holds a Masters Degree in Interior Architecture from the University of Oregon and is Certified in Design Psychology, a design approach that supports an individual's growth by creating environments of deep nurturance. A lifelong artist and the founder of Creatrix Interior Design, Judith specializes in uncovering the soul of healers, artists and creative entrepreneurs through creating transformational workspaces. She is excited to share the practice of creating healing space with the holistic nursing community.

Holistic Practitioner Entrepreneurs Discussion Panel: Lee Anne Hellesto, Caryn Gehlmann, Marina Ormes, and Cordy Anderson

Marina Ormes BA, RN HN-BC (ret) is an evolutionary astrologer and the author of [Cycles of Healing: Personal Transformation in Relationship to a Living Cosmos](#). She is the Director of the Oregon Holistic Nurses Association, and founder of Astrology Heals, an international holistic practice that helps thousands of healers and visionaries step into whole-self wellness with meaning, purpose, and authentic contribution.