

# 13th ANNUAL CONFERENCE

## *New England Holistic Nursing*



## Cultivating Holism for Self and Systems

**Thursday–Friday,  
September 18-20, 2024**

**The Colony Hotel  
140 Ocean Avenue  
Kennebunkport, Maine**

PRESENTED BY:



**JEAN SCHOOL OF  
NURSING & HEALTH SCIENCES**  
Saint Anselm College

**CONTINUING NURSING EDUCATION**  
Committed to Advancing the Practice of Nursing



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# Cultivating Holism for Self and Systems

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## FEATURED SPEAKERS



**KATELYN CAREY, BSN, RN**, Author, Educator, Speaker, Crisis Communication Specialist, KatelynCarey.com



**JAN S. WHITTEN, APRN, MS, HTCP, HTSM-C/I, CA**, Deaconess and Spiritual Director. Instructor of Healing Touch Spiritual Ministry, Institute for Spiritual Healing and Aromatherapy, Knoxville, TN



**KAREN PISCHKE BSN, RN**, Alumnus CCRN, Founder, Owner/Manager of Dreamtime Wellness, Peabody, MA



**TOYOKO YASUI, DNP, MSN, RN, AHN-BC, OCN, HWNC-BC, CCAP, CHTP**, Holistic Nurse Coordinator, White Plains Hospital, White Plains, NY

## DISTINGUISHED FACULTY

**KIMBERLY BAXTER, MA, RN, HN-BC, CHPN**

**ANN FOURNIER, PHD, MS, MSN, RN, AHN-BC, CNE**, Associate Professor of Nursing, Colby-Sawyer College, New London, NH

**KATE JOHNSON, PHD, RN, CNE, CPH, RA, AHN-BC**, Adjunct Nursing Faculty, CNI College, Santa Ana, CA, Independent Aromatherapy Educator & Consultant

**ELLEN KENNEDY**, Founder and former Director, Mount Holyoke College Sacred Circle Dance Troupe, S. Hadley, MA

**NADINE MAZZOLA**, Certified Forest Therapy Guide, Founder/Director, New England Nature and Forest Therapy Consulting, Acton, MA

**KATHLEEN MILLER, PHD, RN, AHN-BC, CCDS**, Mass General Hospital, Boston, MA

**ANDREA PAQUETTE, MSN, APRN, PNP-BC, APHN-BC**, Integrative Pediatric Nurse Practitioner, Londonderry, NH

**SHANNA SULLIVAN, MSN, RN, AGCNS-BC**, Program Director, Resilience & Retention, Dana Farber, Boston, MA

**ANNETTE WATSON, BSN, MBA RN HN-BC**, Consultant/Founder, Watson International Consulting LLC, Dover, NH

## PLANNING COMMITTEE

**BRIANA POSANKA MSN, RN, CNE, NCSN**, Director, Continuing Nursing Education, Saint Anselm College, Manchester, NH

**KIMBERLY BAXTER, MA, RN, HN-BC, CHPN**

**ALETA BILLADEAU, MSN, RN, CCAP**, Professor, CCSNH-NHTI, Concord, NH

**ANN FOURNIER, PHD, MS, MSN, RN, AHN-BC, CNE**, Associate Professor of Nursing, Colby-Sawyer College, New London, NH

**MICHELLE GOODNOW, BSN, RN, CCTM**, Nurse Care Coordinator, Solution Health/Elliott Health System, Manchester, NH

**KATE JOHNSON, PHD, RN, CNE, CPH, RA, AHN-BC**, Adjunct Nursing Faculty, CNI College, Santa Ana, CA, Independent Aromatherapy Educator & Consultant

**ANDREA PAQUETTE, MSN, APRN, PNP-BC, APHN-BC**, Integrative Pediatric Nurse Practitioner, Londonderry, NH

**JOANNE ROWLEY, MS, APRN-BC, HNB-BC**, Newburyport, MA

For more program details and to register, please visit <https://anselm.eventsair.com/CEPortal/cne-database/cne> or call 603-641-7086.

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## CONFERENCE AGENDA

### WEDNESDAY, SEPTEMBER 18, 2024

4:00–5:30 PM	Early Registration
7:00–8:30 PM	<b>Introduction to Sacred Circle Dance in the Findhorn Tradition .....</b> Ellen Kennedy Sacred Circle Dance provides a holistic approach to healing and relaxation, incorporating spiritual elements that differentiate it from traditional folk dance. In circles, lines, and spirals we join hands to learn simple, traditional and newly crafted village dances from around the world. Bring your life experience, and curiosity as we explore these simple and timeless dancers. Each dance is taught, no experience needed.

### CONFERENCE DAY 1 — THURSDAY, SEPTEMBER 19, 2024

7:30–8:15 AM	Registration and Coffee
8:15–8:25 AM	Welcome and Opening Remarks
8:25–8:30 AM	Opening: A Call to Presence
8:30–9:30 AM	<b>KEYNOTE: Holistic Nursing Advocacy: Expanding Holistic Services in Clinical Settings.....</b> Toyoko Yasui Toyoko Yasui is a trailblazer in the field of holistic nursing, having initiated and nurtured the Holistic Nursing Program at White Plains Hospital over a decade ago. Her dedication and leadership have led to the program's growth and success resulting in greater access to Holistic and compassionate care for the community. In this session, she will share insights about the inception and development of the program, and how Holistic practice can create a healing environment that benefits patients, staff, and the organization.
9:45–10:45 AM	<b>PLENARY 1: Integrating Reiki into Mainstream Healthcare .....</b> Karen Pischke
11:15 AM–12:15 PM	<b>Concurrent Choose A or B</b> <b>SESSION A: Introduction to the Holistic Certification Exam.....</b> Kate Johnson and Kim Baxter <b>SESSION B: The Missing Piece: Incorporating Spiritual Care into Nursing Practice .....</b> Jan Whitten
12:15–1:15 PM	Lunch (included)
1:15–2:15 PM	<b>Choose either C or D</b> <b>SESSION C: Holistic Approaches to Inspire Positive Behavior Change .....</b> Andrea Paquette <b>SESSION D: Self-Hypnosis: A Tool for Self-care and Achieving Goals .....</b> Karen Pischke
2:30–4:00 PM	<b>PLENARY 2: We All Belong: Eco-Enlightenment with Holism .....</b> Annette Watson

### CONFERENCE DAY 2 — FRIDAY, SEPTEMBER 20, 2024

7:30–8:30 AM	Registration and Coffee
8:30–9:30 AM	<b>PLENARY 3: The Science of Compassion—A Game-Changing Strategy for Decreasing Burnout and Improving Communication.....</b> Katelyn Carey
10:00–11:30 AM	<b>Choose E or F</b> <b>SESSION E: Using Nature and Forest Bathing to Improve Health and Happiness .....</b> Nadine Mazzola <b>SESSION F: ArtsHealth: The Impact of the Arts on our Brains and Our Well-Being.....</b> Kathleen Miller
11:30 AM–12:15 PM	Lunch (included)
12:15–1:15 PM	<b>Choose G or H</b> <b>SESSION G: Using Aromatherapy to Enhance Mental Health Practice .....</b> Jan Whitten <b>SESSION H: Nurturing Whole Learners: Infusing Holism in Teaching and Learning .....</b> Ann Fournier
1:30–2:45 PM	<b>Reframing for Self-Care: Recognizing Thought Habits and Repatterning for Resilience .....</b> Shanna Sullivan
2:45 PM	Closing

# 2024 NEW ENGLAND HOLISTIC NURSING GENERAL INFORMATION

**TARGET AUDIENCE:** This conference is ideal for nurses and care providers interested in enhancing their understanding of holism and exploring ways to integrate holism into the care of self and others.

**LOCATION:** The Colony Hotel, Kennebunkport, Maine. This 1914 Grand Oceanfront hotel is included in the national Trust's Historic Hotels of America. Spectacularly situated on the rock promontory overlooking the Atlantic Ocean and the mouth of the Kennebunk River, it has a heated salt-water swimming pool, private, safe, surf beach, and gorgeous organic gardens. It's located within walking distance (1 mile) of the charming village of Kennebunkport.

**HOTEL INFORMATION:** A block of overnight rooms have been reserved at a special reduced rate. Room rates include a full breakfast. Please make reservations directly with the hotel – ask for the Saint Anselm College block. Their front desk can be reached at (207)967-3331 x505. **Overnight room reservation deadline:** Rooms will be held until August 4, 2024. Thereafter, rooms and group rate may no longer be available. For additional information and directions, please call The Colony Hotel at 800-552-2363 or visit their website: <https://colonymaine.com/>

**GROUP DISCOUNT:** If five or more people from the same agency register at the same time for this conference, you may deduct 10%. Mailed registrations must arrive in the same envelope. Faxed registrations must arrive together..

**CANCELLATION:** A registrant who is not able to attend or send a substitute can obtain a full refund of registration fees. The request must be made by September 1, 2024. After September 1, 2024 a voucher will be provided for use at a future conference.

**CONFIRMATIONS:** Your confirmations will be emailed to you.

**CONFERENCE HANDOUTS** will be emailed to all participants prior to the start of the conference.

**TAPING NOT ALLOWED.**

**CONTACT HOURS:** 12.5 Nursing Contact Hours

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Saint Anselm College is approved as a provider of nursing continuing professional development by the Northeast Multistate Division Education Unit, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

## CONFERENCE REGISTRATION FORM

**MAIL:** Saint Anselm College, Continuing Ed #1745  
100 Saint Anselm Drive  
Manchester, NH 03102-1310

**PHONE:** 603-641-7086,  
*credit card required*

**FAX:** 603-641-7089,  
*credit card required*

**ONLINE:** <https://anselm.eventsair.com/CEPortal/cne-database/cne>  
*credit card required*

### 2024 NEW ENGLAND HOLISTIC NURSING REGISTRATION

Name (please print clearly or type) \_\_\_\_\_

Home Address \_\_\_\_\_

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Credentials \_\_\_\_\_ Phone ( \_\_\_\_\_ ) \_\_\_\_\_

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### REGISTRATION FEES

**NOTE:** Conference fee includes continental breakfast, lunch, and breaks.

#### CONCURRENT SESSION SELECTIONS:

##### Thursday, September 19:

Morning Choice: A or B 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_

Afternoon Choice: C or D 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_

##### Friday, September 20:

Morning Choice: E or F 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_

Morning Choice: G or H 1st Choice \_\_\_\_\_ 2nd Choice \_\_\_\_\_

#### CONFERENCE FEES:

Early Bird Reg.  
before Aug 4

Registration  
after Aug 4

**2 Day Registration:** \_\_\_\_\_ \$445 \_\_\_\_\_ \$459

**1 Day Registration:** \_\_\_\_\_ \$245 \_\_\_\_\_ \$259

Select day (check box): ☐ Thursday ☐ Friday

☐ I will be attending the Wednesday evening session.

Visit us online:

<https://anselm.eventsair.com/CEPortal/cne-database/cne>