2nd Annual Art of Healing
February 26, 2016
8:00 am – 3:00 pm
Red Cross Building
Ft. Vancouver National Historic Site, Vancouver, WA

Program Description
Millions of nurses around the globe are drawn to practicing person-centered, relationship-based care that incorporates the use of integrative or complementary therapies with conventional care and is focused on advancing the health and well-being of people, communities, and organizations. The 2nd Annual Art of Healing conference will focus on current evidence-based integrative and complementary therapies to renew the art and science of nursing practice and the heart of the healer.

Who Should Attend?  Registered Nurses, Advanced Registered Nurse Practitioners (ARNP), Clinical Nurse Specialists (CNS), and Other Health Science Professionals.

Learning Outcomes:  At the conclusion of the 2nd Annual Art of Healing educational activity, you will be able to implement integrative and complementary therapy techniques into clinical nursing practice.

1. Examine current evidence-based integrative and complementary therapies as it applies to your professional nursing practice.
2. Apply relevant integrative and complementary practice guidelines to your professional nursing practice.
3. Interact with other health care practitioners in a professional setting.

Program Agenda

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<th>Time</th>
<th>Event</th>
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<tr>
<td>7:30 am - 8:00 am</td>
<td>Registration / Continental Breakfast</td>
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<tr>
<td>8:00 am - 8:05 am</td>
<td>Welcome Announcements</td>
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<tr>
<td>8:05 am - 9:20 am</td>
<td>“Positive Psychology and Self-Care” Pamela Potter, DNS, RN, CNS</td>
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<td>9:20 am - 9:30 am</td>
<td>Break</td>
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<tr>
<td>9:30 am - 10:45 am</td>
<td>“Compassionate Communication” Jennifer Bevacqua, RN, MS, CPNP-AC, CPNP-PC</td>
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<td>10:45 am - 11:15 am</td>
<td>Poster Session</td>
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<td>11:15 am - 11:50 am</td>
<td>Lunch</td>
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<tr>
<td>11:50 am - 1:05 pm</td>
<td>“Essential Oils and You: Reinvigorating Your Practice Makes Scents” Margo Halm, PhD, RN, ACNS-BC, NEA-BC</td>
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<tr>
<td>1:05 pm - 1:15 pm</td>
<td>Break</td>
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<tr>
<td>1:15 pm - 2:30 pm</td>
<td>“Zen and the Art of Nursing: Centering and Contemplation Self-Care Strategies” Susan Schoenbeck, RN, MSN</td>
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<tr>
<td>2:30 pm - 3:00 pm</td>
<td>Q &amp; A / Online Evaluations</td>
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Program Descriptions

“Positive Psychology and Self-Care”

In this era of the brain, how can we learn to use our minds to cultivate positivity? This session will address the interpersonal neurobiology of positive psychology and how our brains change when we use our mind to redirect our thoughts. This experiential offering includes simple self-regulation techniques that nurses can learn for themselves and for teaching clients.

“Compassionate Communication”

Compassionate communication (CC) is a communication philosophy based on compassion for and, thus, connection with, others. CC provides the skills to enhance the quality of relationships, frees us to be our authentic selves, and communicate more effectively. We will discuss what CC means (how does it differ from “violent” communication?), the basic principles involved, real-world examples of CC application, including the healthcare setting - and the transformative experiences that occur. Effective application of CC can heal emotional wounds (large and small) and mitigate conflict. A big promise, I know!

“Essential Oils and You: Reinvigorating Your Practice Makes Scents”

The clinical use of essential oils offers nurses additional options for healing and symptom relief. The evidence base behind the use of selected essential oils for common problems and symptoms in populations across the age span and clinical settings will be discussed. An experiential will provide nurses the opportunity to smell and trial selected oils as research has shown nurses who personally use integrative modalities are more likely to offer them as options to patients/families. As holistic nurses recognize self-care is essential to practice, participants will be led in a discussion about how essential oils integrated into their self-care can also transform and expand their professional practice.

“Zen and the Art of Nursing: Centering and Contemplation Self-Care Strategies”

This session will engage participants in learning how the use of positive nursing affirmations can counter the physical, emotional and spiritual depletion associated with giving compassionate care to those in emotional and physical distress. The healing role of meditation, centering and contemplation will be discussed. Participants will be led through guided meditation.

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Pamela Potter, DNS, RN, CNS

Dr. Potter, Associate Professor at University of Portland School of Nursing, focuses on teaching Integrative Health in undergraduate and graduate nursing education. As a psychiatric mental health clinical nurse specialist, in practice she integrates complementary energy therapies (Reiki) with psychological counseling for people facing challenging mental and physical health diagnoses and treatment. She has presented at national and international conferences on approaches for teaching Integrative Health.

Jennifer Bevacqua, RN, MS, CPNP-AC, CPNP-PC

Jenny Bevacqua is a dually certified pediatric nurse practitioner (trained & certified in primary care and acute care, as a pediatric nurse practitioner). She has worked in multiple emotionally-charged environments, including pediatric critical care, pediatric trauma, and pediatric emergency medicine in which emotional wounds of patients & families are evident. Moreover, Jenny has been a strong advocate for the nurse practitioner profession in work environments where the nurse practitioner role has not matched the vision she has had for the role- resulting in employer-employee dissonance. Jenny was introduced to the philosophy of Nonviolent Communication approximately 2 years ago- and has since been enamored with its method- and more importantly, its results! Jenny currently lives in a co-housing community where she is an active member of the conflict mediation committee.

Margo Halm, PhD, RN, ACNS-BC, NEA-BC

Margo is the Director of Nursing Research, Professional Practice and Magnet at Salem Health in Salem, Oregon. She is the guest co-editor of a new series on ‘Integrative Care’ in the Fall/Winter issues of the American Journal of Nursing. Over the years, Margo has collaborated with nurses and other healthcare providers in bringing evidence-based integrative options such as music therapy, acupressure and essential oils to promote healing in acute care settings. As the principal investigator of two clinical trials investigating the effects of essential oils on the symptoms of preoperative anxiety and radiation-associated skin reactions, Margo is passionate about sharing her knowledge on how clinical essential oils can bring new options to professional nursing practice, as well as self-care.

Susan Schoenbeck, RN, MSN

Susan Schoenbeck holds Baccalaureate and Master’s degrees in nursing from the University of Wisconsin-Madison. She served as Clinical Nurse Specialist for Death and Spiritual Care for the University of Wisconsin Hospitals and Clinics. She is an experienced educator and teaches nursing students at Walla Walla University -- Portland, Oregon campus. She is an oblate of a Benedictine Monastery where she learned centering and contemplative meditation practices. In addition to many peer-reviewed and lay articles and books, she is author of the 2015 book, Zen and the Art of Nursing. She received the Universal Voice Award for her research with patients experiencing near-death events. She has been honored with many awards for excellence in teaching. She is a board member of the NorthWest Association for Death and Bereavement Support.

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Accreditation Statement

Acute Care Education, LLC is an approved provider of continuing nursing education by the Washington State Nurses Association Continuing Education Approval & Recognition Program (CEARP), an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Criteria for Successful Completion

In order to obtain a Certificate of Successful Completion for 6.0 contact hours (including 0.0 pharmacology hours), you must complete the following criteria:

1. Register with Acute Care Education  
2. Sign the Verification of Attendance Form  
3. Attend one or more sessions at the activity  
4. Complete and submit the online evaluation form within 30 days of the activity  
5. Learners may earn an additional 0.25 contact hours for completing the 1 month follow up learner survey

Participants who complete the Criteria for Successful Completion will receive a Certificate of Successful Completion. Partial credit is permissible. Contact hour is based on session attendance and completion of the evaluation for that session. Certificates of Successful Completion are available to learners immediately upon completion of the evaluation process and stored in the learner profile under the Courses tab for future access.

Registration Information

ONLINE REGISTRATION: https://www.acutecareed.com/events/2-art-of-healing/

Registration Deadline: Tuesday, February 23, 2016

Registration Fee: RN/ARNP $179; Student: $149

Registration includes: Attendance at program, downloadable program handouts and disclosures, all day coffee, tea, water, continental breakfast, and lunch. Upon registration, please specify meat entrée or vegetarian entrée and if you are gluten free. Wi-fi is available in the conference center.

Cancellation Policy: Acute Care Education reserves the rights to cancel a program due to low registrations within 14 days of the event. Attendee registration for an event may be cancelled by written request up to 10 days before the event for a full refund. No refunds will be issued for written cancellations received less than 10 days to the event. Please send all written cancellation requests to: Register@AcuteCareEd.com or Mail: Acute Care Education, 15640 NE Fourth Plain Blvd, Suite 106, #160, Vancouver, WA 98682. Questions: (971) 231-4413 or Register@AcuteCareEd.com

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