



# PRESS RELEASE

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December 12, 2019

FOR IMMEDIATE RELEASE:

## **American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in Savannah, GA**

On January 17, 2020, the American Holistic Nurses Association will hold a Regional Conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in Savannah, GA at the W.W. Law Community Center. Nurses will learn self-care skills they can use at home or at work, meet local holistic nurses, enjoy a healthy lunch and earn 6 CNE hours.

The following educational topics will be covered:

- Pleasure & Power of Essential Oils for Self-Care
- Energy Healing as a Self-Care Practice
- Qi Gong for Better Balance, Energy & Well-Being
- Resilience & Joy in the Journey
- Mindfulness & Self-Compassion

The American Holistic Nurses Association's Education Provider Committee is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Provider approved by the California Board of Registered Nursing, Provider #1044.

The conference starts at 9 AM and ends at 5 PM. Registration is \$90 and includes lunch and 6 CNEs. Fees increase to \$105 after Friday, January 10, 2020. The conference will be held at the W.W. Law Community Center located at 900 E Bolton St. Savannah, GA 31401. To register for the conference, visit <http://www.ahna.org/Regionals>

### **About the Keynote Speaker**

The Keynote speaker will be AHNA President Barry Gallison, DNP, MS, APRN-BC, NEA-BC, CPHQ, AHN-BC, his topic is *Holistic Self-Care: Your Secret Power for Enhancing Patient Care*.

Barry Gallison earned his BSN from Point Loma Nazarene University, MS in Nursing: Gerontological Nurse Practitioner from Hunter College, MS in Science: Public Administration from New York University and DNP in Nursing Practice from State University of New York: Stony Brook. He is a certified holistic nurse leader with over 20 years of experience in clinical and nursing operations, quality management and performance improvement. Barry started his nursing career in 1995 in San Diego, California as a staff nurse in Vascular and General Surgery. After relocating to New York City, his many roles at the New

York Presbyterian Hospital ranged from Senior Staff Nurse, Geriatric Nurse Practitioner, Patient Care Director and Director of Nursing Quality and Improvement Initiatives. Barry is currently living in Fort Lauderdale, Florida, is the Corporate Director Clinical Quality Services at Broward Health Imperial Point (BHIP), and holds an adjunct faculty position at The BirchTree Center for Healthcare Transformation. He is a Manuscript Reviewer for the Journal of Holistic Nursing and sits on the Advisory Board for the Advanced Holistic Nursing Master's Degree at the Christine E. Lynn College of Nursing, Florida Atlantic University. He is also an active member on the national Nurses on Boards Collation, sponsored by the ANA. While attending State University New York: Stony Brook, Barry completed his research on Acute Care Nurses Spiritual Care Practices. His research manuscript can be found in the 2013 Journal of Holistic Nursing, 31(2) issue. In 2015, Barry accepted the Fort Lauderdale Chamber of Commerce Excellence in Healthcare Award for Wellness/Lifestyle Program for the Holistic Care Council at BHIP. Barry served two terms as Treasurer on the Board of Directors for the AHNA prior to being nominated President.



### **About AHNA**

The American Holistic Nurses Association (AHNA) is a non-profit specialty nursing professional membership organization that serves as the definitive voice for registered nurses who practice holistic nursing.

Founded in 1981, AHNA's primary mission is to advance holistic nursing through Practice, Community building, Advocacy, Research and Education. The association is dedicated to the continued development of evidence-based holistic research, self-care methods for nurses and non-pharmacological pain management. AHNA offers networking opportunities to its members along with continuing nursing education through webinars, self-study programs, publications, conferences, and scholarship and grant opportunities.

AHNA currently services more than 5,500 members through 166 local chapters in the U.S. and abroad. Holistic nursing is recognized by the American Nurses Association as an official nursing specialty with both a defined scope and standards of practice.

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### **For additional information, contact:**

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