



# PRESS RELEASE

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FOR IMMEDIATE RELEASE

## **American Holistic Nurses Association Promotes Holistic Self-Care for Nurses through One-Day Regional Conference in New York City, New York**

On February 22, 2019, the American Holistic Nurses Association will hold a regional conference entitled *Holistic Self-Care: Your Secret Power for Enhancing Patient Care* in New York City at the New York Society for Ethical Culture. 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 topics will be covered by local nurses:

- Mindfulness & Self-Compassion by Mary Beth White MS, NP, APHN-BC, HWNC-BC
- Pleasure & Power of Essential Oils for Self-Care by Nicole Libretti, RN, MSN, AHN-BC
- Jin Shin Jyutsu as a Self-Care Practice by Catherine Errico, MSN, RN, HWNC-BC
- Qi Gong for Better Balance, Energy & Well-Being by Bonney Schaub MS, RN, PMHCNS-BC, NC-BC
- Resilience & Joy in the Journey by Dorothy Larkin, RN, PhD

The American Holistic Nurses Association's Education Provider Committee is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission (ANCC) 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 Tuesday, February 15, 2019. To register for the conference, visit <http://www.ahna.org/Regionals>

### **About the Keynote Speaker**

The Keynote speaker will be 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 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 Vascular and General Surgery in 1995 and roles including Senior Staff Nurse, Geriatric Nurse Practitioner, Patient Care Director and Director of Nursing Quality and Improvement Initiatives.

Barry is the Regional Director of Clinical Quality Services at Broward Health Imperial Point and is currently serving as President-Elect on the Board of Directors for the American Holistic Nurses Association. He is a Manuscript Reviewer for the Journal of Holistic Nursing and serves on the Advisory Board for the Advanced Holistic Nursing Master's Degree at Florida Atlantic University. Barry is an active member on the national Nurses on Boards Coalition. His research on Acute Care Nurses Spiritual Care Practices was published in the 2013 Journal of Holistic Nursing.



### **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 5,000 members through 146 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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