

12:30 p.m. – 2:00 p.m.

Concurrent Session 2J

Holistic Nursing: Healing for Yourself and Your Patients

In-person only

Description of Workshop:

Holistic healing arts foster an individual's healing process and addresses the needs of the whole person: body, mind, emotion, and spirit.

Healing does not necessarily equate to curing, but an integrated and balanced approach to patient care and self-care promotes an optimal healing environment.

This presentation combines Chinese, conventional medical theories and meditation practices to create an integrated and optimal healing environment for you and your patients.

•Learning Objectives

- Define principles of self-care
- Define some of the different types of alternative care
- Understand the principles of Traditional Chinese Medicine (TCM)
- Understand benefits and risks of Alternative treatments in palliative care
- Learn meditation and bodywork (massage) techniques to use for patients and for self-care

Speaker Biography:

Joanne Christophers has been an R.N for forty-nine years, educated at a hospital school of nursing. She continued her education to receive her B.S.N. and a B.P.S. in AMMA Therapeutic Massage (Traditional Chinese Medical Bodywork). She is the former Clinic Director and Director of Holistic Nursing at New York College in Syosset. She has worked in a variety of nursing positions including Med/Surg., Home Care and Integrative Medical Care. She is presently working with the Northwell Center for Wellness and Integrative Medicine, Roslyn, N.Y.