



Sample Syllabus



The Ciinde

Reviving the heART of Nursing

PRESENTS

Comprehensive Holistic Nurse, Nurse Coach & Consultant Certificate Program

An Integrative Approach to Holistic
Care of Self & Others





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We Acknowledge

At The Canadian Institute of Integrative Nursing Development & Education Ltd., (TheCIINDE©), we acknowledge and respect that we live, learn, and work on traditional, unceded Indigenous territories. We pay our respects to the First Nations, Métis and Inuit ancestors and pledge our commitment to upholding healthy relationships, ethics, protocols, traditional knowledge, and cultural practices that reflect and pay tribute to the Truth and Reconciliation Calls to Action.

We honour the importance of listening to the heartfelt stories shared by those who are willing to share. We reflect into the depths of our shared history, acknowledging that stereotypes about Indigenous peoples and the impact of racism persist within our healthcare system and beyond. Our pledge to this lifelong journey of learning at TheCIINDE© is the very essence of the path toward reconciliation.

As nurses, we embrace the responsibility of diving deeper into our understanding of the intergenerational traumas born from residential schools. As the largest group of direct care providers, we are entrusted with the key to nurturing a culturally safe environment rooted in trust and mutual respect.

Let us never cease to look within and strive for individual and collective growth. Let us continue to seek understanding and pose the profound questions. Let compassion and cultural care be our guiding light as we confront and challenge racism.

In the forthcoming months at TheCIINDE©, we will be continuing to implement new strategies that embrace cultural and community care through a lens of compassion and holistic nurse coaching principles, contributing to the healing journey of truth and reconciliation.

We have gone the extra mile to ensure that you are receiving quality education. We are proud to say that we are accredited by...

This program has been accredited by the Canadian Nurses Association (CNA) for 135 contact hours

TheCIINDE® is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Endorsed by the Canadian Holistic Nurses Association (CHNA), an international chapter of the American Holistic Nurses Association

Endorsed by Watson Caring Science Institute (WCSI)

We have no Conflict of Interest or Financial Relationships to disclose at this time.



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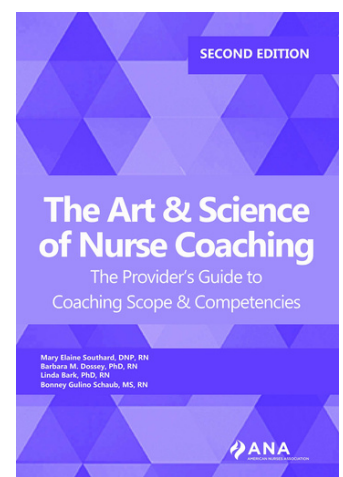
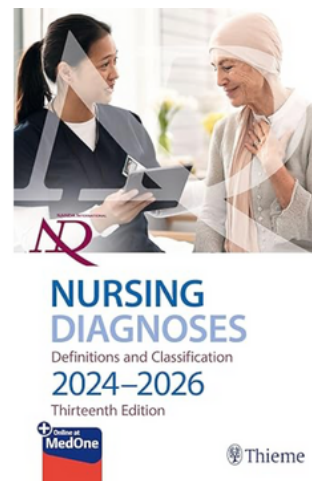
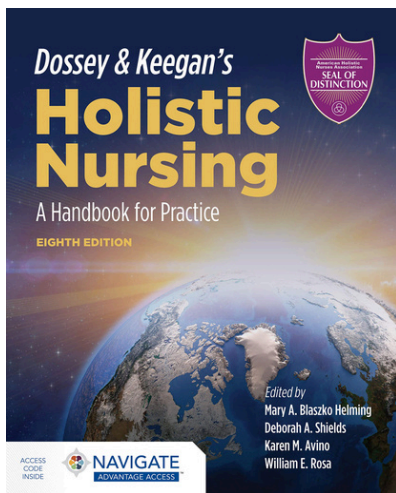
**TO READ OUR ROOTS AND FOUNDATION
PRESENTED ON THE NIGHTINGALE INITIATIVE
[CLICK HERE](#)**

Required & Optional Texts

Dossey, B. M. & Keegan, L. (2020). *Holistic nursing: A handbook for practice*, 8th Ed. Burlington, MA: Jones & Bartlett Learning.

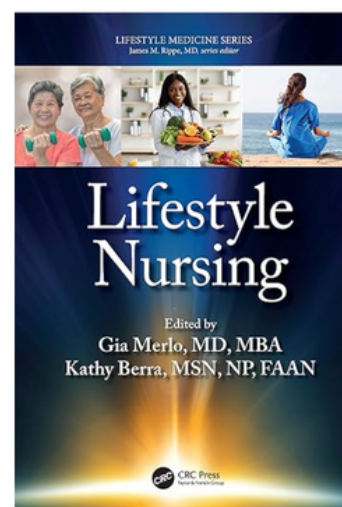
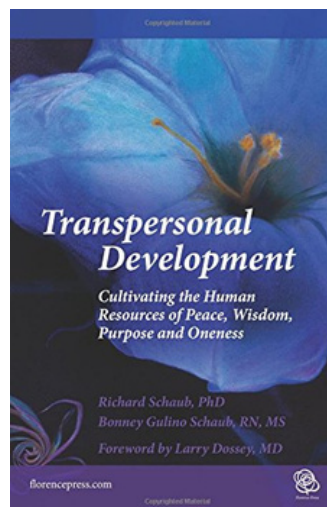
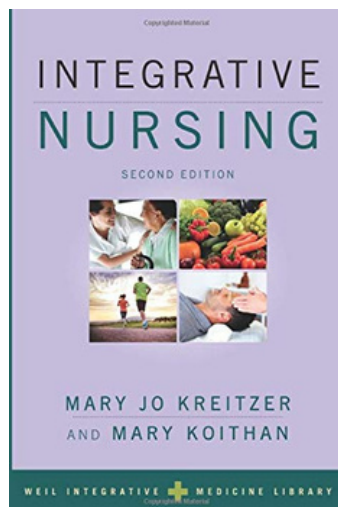
Dossey, B., Luck, S., & Schaub, B. (2014). *Nurse coaching: An integrative approach for health and wellbeing*. North Miami, Florida: International Nurse Coach Association.

American Holistic Nurse's Association & American Nurses Association. (2013). *Holistic nursing: Scope & standards of practice*, 2nd Ed. Silver Spring, MD: Nursesbooks.org.



Optional (Highly Recommended) Text

Kreitzer, M. J. & Koithan, M. (2014). *Integrative nursing*. New York, NY: Oxford University Press.



Standards of Holistic Nurse Practice

Click on the photo below to find the Canadian Holistic Nurses Association (CHNA) Holistic Nursing Standards of Practice

CHNA
50 Driveway, Ottawa, Ontario K2P 1E2 | www.chna.ca | info@chna.ca



HOLISTIC NURSING STANDARDS OF PRACTICE

APPROVED BY THE CHNA BOARD June 1, 2020

APPROVED BY MEMBERS July 26, 2020

REVISED June 9, 2022

Class Topics & Schedule

Monday Class Times: 10:00AM – 2:00PM MST (1:00PM - 5:00PM AST)

Length: All classes will be 4 hours

**Classroom Opens / Complete Pre-Evaluation
{2 Weeks Pre Class Start}**

Class Topics are subject to be changes and moved around as the program starts

- **Class 1 Topic:** Setting the Foundation for the Program
- **Class 2 Topic:** Introduction to Lenses of Care
- **Class 3 Topic:** Introduction to Holistic Nurse Coaching
- **Class 4 Topic:** Introduction to Lifestyle Nursing + The Language of Coaching
- **Class 5 Topic:** Introduction & Theory of Holistic Nursing + Introduction to Spirituality & Energy
- **Class 6 Topic:** Group Coaching
- **Class 7 Topic:** Introduction to Holistic Nurse Consulting + Exploring Differences in Coaching / Consulting / Counselling
- **Class 8 Topic:** Internal & External Nourishment (Nutrition Focus)
- **Class 9 Topic:** Introducing Complementary & Integrative Modalities
- **Class 10 Topic:** Global Health
- **Class 11 Topic:** Creating a Ripple Effect + Celebration Class (Last Class)
- **BONUS MATERIAL:** The heART of Charting (CIINDE Documentation System)

Note: Number of classes, content and layout of classes is subject to change with each cohort. The foundational knowledge and information remains consistent. When you sign up for the program, each cohort receives an up to date syllabus.

What to Expect

Length of Classes: 4 hours (all classes are recorded)

Dates: Found in Google Classroom & Website

Zoom Link: Same for all Classes

Course work and Dyad Coaching hours are completed during the first 6 months of the program. This is the most active and exciting time in the program! From virtual classes, to coaching collaborative days (coaching workshops), group chats and transformational activities/assignments, you are sure to find yourself on a spectacular journey of self-discovery and self-growth! Being a holistic nurse is truly just as much about embodying a holistic, balanced lifestyle as it is about how we provide care for another. ***Note: All coaching must be completed with individuals who are 18+, at this time students are not eligible to work with children/youth. Upon graduation you may determine that this is the population you would like to work with.***

Although the program is designed so that students will complete Pro-Bono coaching hours after the dyad coaching hours are complete, nothing is stopping you from starting Pro-Bono coaching sooner, if you feel ready and/or want to complete the program in a shorter time span.

Once you have completed the first 6-months and your dyad coaching hours, you will be ready to take the next step by sharing your holistic nurse coaching skills with others! You will have up to 4 additional months to try these new skills out with Pro-Bono (non-paying) clients of your choice. If you are struggling to find Pro-Bono clients, let us know. We usually have a list of individuals who have offered to be of service.

In addition to class time, you can expect to dedicate an average of 4-8 hours per week on independent study such as: your choice of readings, activities/assignments, and engaging in discussions with your peers, This is an estimate and will depend on individual study habits, personal learning goal, and life circumstances. You may specifically choose to focus on one area of learning more than another. This is ok! It is important that you tailor your learning to meet your personal needs and goals. It is for this reason that we do not provide 'grades' for assignments. We simply need to see that these are completed with effort and consideration. There really is no 'right' or 'wrong'! How empowering is that?!

What to Expect

We understand that some students will have more time to engage than others throughout the course journey. We encourage you to be compassionate with yourself when you find that life does not allow you to partake to the degree that you wish you could. It took us many years to get to where we are today and we are regularly humbled by what we continue to learn from our students and other nursing pioneers.

Learning is a life long venture, which is what makes it so interesting!

We take pride in the fact that our students and graduates regularly share how this program has transformed their lives both personally and professionally. We believe this is because we care about nurturing nurses, which is evidenced by our commitment to mentor, guide and support you as you explore a new way of being.

In light of this, we welcome you aboard and look forward to exploring the following areas with you:

- Advocating for optimal health and wellbeing for all, including yourself
- Optimizing health and wellness while preventing disease, illness, and injury
- Alleviating suffering and achieving balance through the integration of complementary and holistic modalities and approaches that are both evidence-based/informed and/or clinically significant
- Exploring holistic and integral theories and principles and how these can support and enhance your practice as a holistic nurse coach, while finding balance, peace, joy, harmony and comfort in ones' life



Learning Outcomes

Upon successful completion of the program, students will be able to:

- Evaluate and apply theories, concepts and history related to Holistic Nursing and Holistic Nurse Coaching
- Evaluate and apply holistic nursing principles; Core Values, Ethics and Scope & Standards of Practice
- Broaden your understanding and application of holistic and integrative approaches and modalities that are clinically significant and evidence-based/informed, including the role these play in care-provision
- Demonstrate the ability to hold space and be present during holistic & integrative health assessments and sessions
- Demonstrate and apply holistic communication and coaching techniques, including the 5-step coaching process and the ability to implement powerful coaching questions and skills
- Understand and develop therapeutic use of “Self” as Role Model and Facilitator of Healing’ (in care of both self and others)
- Develop empathy including resilience and boundaries in respect to care of self and others
- Understand and integrate concepts of mindfulness, presence, and intentionality within the evolving holistic relationship
- Explore the Mind-Body-Spirit Connection
- Explore the influence of nutrition on overall health and well-being
- Explore and recognize the influence of artful expression in healing
- Examine current trends, opportunities, challenges and the evolving role of the holistic integrative nurse as they relate to holistic (nursing) care and practice, particularly in Canada
- Explore community, trauma and cultural lenses of caring for self and others
- Recognize and apply strategies around The 6 Step Process to Investing in You, that enhance self-awareness and continued self-development (e.g. reflective journaling; self-care plan; holistic self-assessment; etc.)
- Explore Holistic Nurse Consulting as an extension of your nursing practice



Criteria for Completion

- ♥ Completion of 60 Coaching Hours
- ♥ Completed Coaching with 10 Clients over 4 Sessions Each
- ♥ Coaching Reflection Sheets x 10 (1 for each client)
- ♥ Advisor Feedback Session
- ♥ Completion of 8/10 Discussion Post Questions
- ♥ Reflective Journal & Self Care Plan (Submission 1)
- ♥ Reflective Journal & Self Care Plan (Submission 2)
- ♥ Presenting Yourself as a Holistic Nurse & Nurse Coach Assignment
- ♥ Course Pre / Post Evaluation
- ♥ Consultant Module (Self-Study) (Separate Google Classroom)

The American Holistic Nurses Credentialing Corporation (AHNCC) requires that you complete 60 hours of supervised coaching in order to sit for the Board Exam in Nurse Coaching. AHNCC requires that you work with 10 clients, for a minimum of 4 sessions each.

We understand that learning a new skill like Holistic Nurse Coaching can be scary in the beginning, especially if it is not something that you have done in the past. Be open to the process and take this time to approach all your coaching sessions with a beginners mind. Learn from one another - talk through how this process feels.

Supervised Coaching Hours	Classes x 11 & Pre-Class Preparation	Assignments	Total Hours	+ Consultant Module
60 Hours	65 Hours	10 Hours	135 Hours	20 Hours (Receive a separate certificate listing 20 CE hours)

Academic Integrity

At TheCIINDE©, we value academic integrity and thus expect students to abide by copyright laws. To maintain the integrity of the Institute and the programs it offers, students who intentionally breach copyright laws will be dismissed from the program. Students are encouraged to review MLA or APA referencing guidelines to avoid any potential issues.

Examples of breaching copyright or engaging in plagiarism include:

- Paraphrasing or quoting verbatim from any source (written, electronic or otherwise) without acknowledgement/reference.
- Using another's research findings, arguments, or lines of thought without proper acknowledgement/reference.
- Submitting another's work or ideas without proper acknowledgement or reference.
- Intentionally presenting another's work or ideas as one's own.
- Acknowledgement of the use of AI to assist in your work. We are not saying you can't use it, but please acknowledge its use.

The program and the contents of this program are the property of TheCIINDE©.

Unauthorized use of photographic, sound, or film equipment during course/programs or events is not permitted.

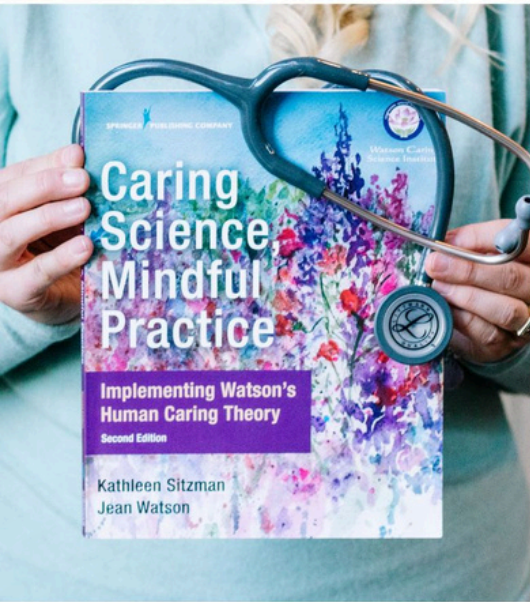
Reference to any portion of this program must be appropriately acknowledged and only used with written permission from the TheCIINDE©.

Permission granted will be at the discretion of TheCIINDE©.

To request permission, please write to info@theciinde.com



Thank You



Six Agreements

6 Agreements

CORE AGREEMENTS THAT WILL GUIDE OUR TIME TOGETHER



We agree to treat each other with compassion, kindness, and respect



We are present and listen when others are speaking



We recognize and honour the power of silence



We recognize the innate healing power within us all and therefore, listen without 'judgment' or feeling the need to 'save' or 'fix' each other



We hold one another's stories and experiences in confidence



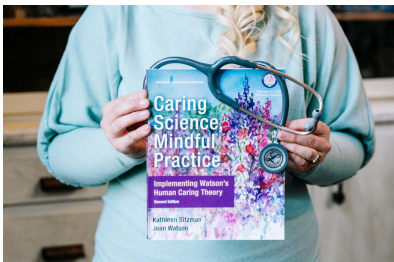
We agree to both 'take' and 'give' space to allow everyone an opportunity to share

What is Holistic Nursing?



The American Holistic Nurses Association (AHNA) defined holistic nursing as an 'attitude, a philosophy, and a way of being that applies to both client and practitioner'. This means that holistic nursing is not limited to the way care is provided, but that it is also a lifestyle and mindset that the practitioner or nurse embodies. This embodiment allows nurses to enjoy balance and optimal health within their own lives, while also acting as educators, role-models and advocates for the betterment of their clients' health.

Dossey (2013) expanded on this, stating that integrative care, an essential component of holistic care, is focused in the patient-practitioner relationship as well as the undeniable influence of family community, and other healthcare practitioners, services and interventions. She believed that an integral world-view was instrumental in expanding and deepening our understanding of the healing process.



At TheCIINDE© we believe in the body-mind-spirit-environment connection, the importance of whole-person care, and that holistic care and an integrative approach are fundamental to ensuring optimal health and wellness. Our hope is that you will gain a deeper understanding and appreciation for holistic philosophies and practice and the complementary role that exists between Eastern and Western medicine.



Our teachings are based on the premise that whole-care is vital to healing and that care must include one's internal and external environment, as well as their biological, psychological, social, spiritual, mental, emotional, and cultural needs. We also believe that those who hold space and act as facilitators of healing must first engage in practices that promote self-healing.

Together, we will explore the attitudes, philosophies, characteristics and theoretical underpinnings of holistic nursing as a specialty practice.

What is Holistic Nurse Coaching?



NURSE COACHING IS COLLABORATIVE

Nurse Coaches use a structured--yet, organic--skilled, purposeful, results-oriented and relationship centered interaction with clients for the purpose of promoting achievement of clients goals. The client is respected as the expert in their own care with an innate ability to heal. The Nurse Coach acts a facilitator of healing, providing guidance and resources as needed or desired.

NURSE COACHES FOCUS ON ILLNESS PREVENTION & HEALTH PROMOTION

A professional nurse coach is a registered nurse who integrates coaching skills and competencies into any practice setting with the intention of shifting reactive disease-focused care to one that proactively focuses on facilitating sustained health, wellness, and wellbeing.

Focus is on the client's strengths, as opposed to trying to 'fix weaknesses'.

Dossey, et. al. 2013

Healing is not defined as curing or fixing; rather, as 'making whole and achieving balance.'



NURSE COACHING IS HOLISTIC

Nurse coaches honour the bio-psycho-social-spiritual-cultural and environmental aspects of health. Using holistic approaches to provide a safe space for individuals to be brave and engage in self-discovery is inherent to Nurse Coaching; thus, making a holistic approach an organic process within Nurse Coaching.

We will explore these concepts and practices in much more detail as we progress through the program.

What is Holistic Nurse Consulting?



NURSE CONSULTING IS COLLABORATIVE

Holistic Nurse Consultants help their clients find a solution to a problem or something that has been challenging. Much like Holistic Nurse Coaches, they are working collaboratively with the client, but taking on more of a solution focused role.

NURSE COACHES FOCUS ON HELPING THEIR CLIENTS WITH COME UP WITH SOLUTIONS

Holistic Nurse Consultants are experienced nurses who possess advanced education and training, enabling them to offer specialized services. They bring a wealth of clinical knowledge and expertise to their roles, often serving as valuable resources within healthcare teams, with community organizations and with individual clients,



NURSE CONSULTING SHOULD BE HOLISTIC

A Holistic Nurse Consultant and a General Nurse Consultant differ in their approach, philosophy, and areas of expertise. Holistic Nurse Consultants emphasize a holistic approach to healthcare, focusing on the whole person and integrating complementary therapies, while General Nurse Consultants offer expertise in general nursing care across various specialties without a specific focus on holistic principles. The choice between these roles depends on an individual's training, interests, and career objectives within the nursing field.

We will explore this concept in much more detail as we progress through the program, with a dedicated class in addition to a comprehensive additional Self-Study Module

Western-Allopathic Medicine

The Comprehensive Holistic Nursing & Nurse Coaching Certificate Program was designed to honour and encompass the practice and philosophy of both Western and Eastern Medicine. While distinct, both date back thousands of years and are beneficial, with each offering unique perspectives that are important to the advancement of healthcare and self-care.

Western (or, allopathic) medicine originated with the ancient Greeks and is a deductive method of care that seeks to ease suffering. It is an evidence-based system that focuses primarily on diagnosing and treating a disease or illness based on ones' symptoms. Some have likened it to seeing the body as a machine with separate parts and systems-the body as being separate from the mind.



It is a system where medical doctors and other healthcare professionals, including nurses, treat symptoms and disease with options such as physiotherapy, psychological counselling, pharmaceuticals, radiation, and/or surgery.

To a great extent, the very term psychosomatic has lost meaning. No longer can we talk about “psychosomatic illnesses”, but we must acknowledge that most, if not all, disease is potentially influenced by psychosocial factors. Even dividing the body into systems—such as the immune system or the nervous system—has lost meaning as we observe the overlap and communication among systems.

Stanford B. Friedman,
1988 Presidential Address to the American Psychosomatic Society



Eastern Medicine

Eastern medicine is focused primarily on treating the whole person -seeing the mind and body as one working in unison. There is strong focus on balancing energy fields and releasing blockages that can lead to dis-ease and illness. It is a system of care that is focused on the person, rather than just the symptoms. It is based on the belief that qi (the body's vital energy) flows along meridians (or, channels) in the body.

With a focus on wellness and prevention of illness, it is believed that health begins at a conscious level and that the body is capable of self-healing given the right internal and external environment.

The chakras are believed to be the energy centers that channel and distribute energy throughout the body via the meridians. These teachings and concepts have been woven throughout the program and introduced as a way that will enhance self-care and support optimal health and wellness.



Most people have either been introduced to, or have received some form of Eastern Medicine; for example, acupuncture; Reiki, or naturopathy.



But What If...

What *if* INSTEAD...

"IT IS ACTUALLY ***WESTERN MEDICINE*** THAT
IS THE COMPLEMENT TO A TRADITIONAL
HOLISTIC APPROACH TO CARE?"

Traditional and Eastern medicine have been practiced for thousands of years to promote health and well-being by focusing on harmony and balance of the mind-body and spirit.

Western or Allopathic medicine focuses on targeting and treating specific diseases, illnesses and symptoms.

By integrating these approaches into a harmonious and synergistic model of care, we can better achieve the shared goal of reducing chronic illnesses and disease, ultimately fostering a sustainably healthier society.



Sherry Hole {Founder of TheCIINDE®}

The heART & Science of Nursing

“AWARENESS IS THE FIRST STEP IN HEALING” – DR. DEAN ORNISH

It is all too easy to get caught up in the busyness of our lives. From the minute we open our eyes in the morning, we start to think about the day ahead--from making lunches, to get children off to school, to filling up the car, getting groceries, remembering to call a friend, and so on and so forth. If we are not careful, we find ourselves simply going through the motions of life without pausing to enjoy the little moments that make life worth living in the first place. Sound familiar?

***We encourage you to take a moment here to pause and reflect
Ask yourself what you thought about when you first woke up today.***

Even the most seasoned meditators and mindfulness practitioners will tell you that although the practice of mindfulness becomes more intuitive with time, staying grounded and present requires dedication, intention and heightened self-awareness. In light of this, our team take time between each cohort of students to pause, reflect, and ask ourselves what we have learned along the way, and what we can add or do differently to ensure that we are providing education and experiences that speak to our students needs.

While doing the Self-Reflective Journaling exercises during Cohort 2, our Research Consultant (Dr. Linda Yetman) discovered that TheCIINDE© Way to Nurse Coach reminded her of the Chakra system, a complex system that helps to explain the movement of life-force energy throughout one's body.

Similarly, while meditating one day in the midst of our 4th cohort training, Sherry realized that not only did the TheCIINDE© Way to Nurse Coach reflect the Chakra system, but so does the entire Comprehensive Holistic Nurse & Nurse Coaching Certificate Program! Not only was she grateful that she brought a notepad to jot down her thoughts, but she was also reminded of the importance of the **PAUSE**. After all, if we are always busy doing, thinking, and trying to problem-solve, we are not providing space for our inner guide/wisdom/ intuition to come through.

Over the next few pages, we will delve deeper into what you can expect from each class in each section, while also demonstrating how each section (and, your learning) unfolds in alignment with the Chakra system. We are also excited to offer you a BONUS workbook on 'The 7 Major Chakras' to further enhance your curiosity and learning!

Comprehensive Program Certificate Example



THE CANADIAN INSTITUTE OF INTEGRATIVE NURSING
DEVELOPMENT & EDUCATION LTD.



YOUR NAME HERE

HAS SUCCESSFULLY COMPLETED THE REQUIREMENTS FOR
THE COMPREHENSIVE HOLISTIC NURSE, NURSE COACH & CONSULTANT CERTIFICATE PROGRAM:
AN INTEGRATIVE APPROACH TO HOLISTIC CARE OF SELF & OTHERS; AS A
CIINDE® CERTIFIED HOLISTIC NURSE, NURSE COACH & CONSULTANT (CCHNC-C)

AWARDED ON OCTOBER 30, 2024

CONTACT HOURS AWARDED: 135 CE

SHERRY HOLE MN BN RN
HWNC-BC, FOUNDER

JANESSA DECOSTE MN BN RN
NC-BC, CO-FOUNDER

KIM DERKACH BN RN
HWNC-BC, CO-FOUNDER



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CONTACT HOURS & ENDORSED BY THE CANADIAN HOLISTIC NURSES ASSOCIATION & WATSON CARING SCIENCE INSTITUTE

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This is an example of the beautiful certificate that students receive
upon completion of the program.



The Connection Between the Chakra System & The Comprehensive Program

Knowledge of the chakra system is known to come from the Vedic tradition and to have been studied for thousands of years over various cultures. Chakra is a Sanskrit word meaning 'wheel' or energy vortex. These wheels of energy reside along the midline of the body and are energetically linked to the endocrine system. There are hundreds of chakras located within, around, and throughout the body. Essentially, they function as energetic 'filing cabinets' that store information. The 7 most commonly referred to Chakras (or, energy centers), introduced to the West in the 1880's: root, sacrum, solar plexus, heart, throat, third eye and crown (in that order). These are described as being aligned in an ascending order beginning at the base of the spine traveling to the crown, or top of the head. There are mental, emotional, spiritual and physical chakras, each represented by a different colour and pattern.

When the body experiences situations that challenge the mental or emotional world or threaten physical security, the chakras will be affected. One of more chakras may become 'overactive' in an effort to eliminate imbalances in the body or emotional imprints such as addiction or abuse. Similarly, if a chakra is under-active it means that the chakra needs stimulation; whereas, an active chakra is considered to be functioning well/balanced. Chakras may also be considered to passive/balanced in that they are resting or harmonious. To maintain emotional, physical, and spiritual well-being and health, the chakras should remain open, patent and in alignment.

To this effect, it is important to know the basic anatomy of the body and the organs, and which specific chakras correlate with which specific organ. The deeper you explore your own energetic being, the more aware you will become of your own and others' energetic responses. This will also be helpful in facilitating a conversation with your clients and demonstrating how each Chakra is associated with consciousness, as well as physical, emotional, mental, and spiritual balance. You may find that a wonderful time to further explore your own chakras is when you are working through the Reflective Journal exercises.

As you share what you are learning about chakras, you may find that there are conflicting views as to whether chakras actually exist, especially in our modern Western society where little emphasis is placed on spirituality or the importance of honouring the mind-body and spirit. Holistically speaking, the chakra system makes sense—even if only metaphorically—and, is a wonderful tool for tuning inwards and bringing about balance in one's life.

Note: as Holistic Nurse Coaches, we are not making a medical diagnosis; rather, we are simply informing clients where energy blockages/disruptions may be present. At times, it is sufficient to point out where more energy was required in the body or auric field. Some clients may want to know what your findings are and this is a means to address their curiosity without offering a diagnosis.

PHASE 1: HOLISTIC NURSE FOUNDATIONS

Students engage in deep introspective work to facilitate both personal and professional growth as a holistic nurse. Self-care will be emphasized through self-reflection and the development of self-awareness, self-acceptance, self-compassion and bringing balance into one's life. Students will begin to explore the role of the Nurse Coach, the transformational power of coaching questions and the use of behavioural change models such as Motivational Interviewing, Cognitive Behavioural Therapy, Appreciative Inquiry and more.



Associated Chakras

Root/ Base (Muladhara) & **Sacral/Navel** (Svadisthana)

Associated words: Grounded & Nourished

Associated Expressions: I AM / I FEEL



Phase 1 is a time of settling in, of finding common ground and developing a sense of trust and safety within the learning environment and with ones' peers. To successfully move forward, students must feel that they are in a safe non-judgmental space that allows for openness and vulnerability- a place to be brave.

The Root/Base Chakra forms the vital foundation for all the Chakras; thus, it relates to Section One of the program. It is the foundation of our very being, it is where we focus to feel grounded and to take care of our basic needs (safety and security). When this Chakra is balanced there is a sense of security and healthy body awareness. It represents survival, stability, balance, as well as creativity. Grounding or earthing is also associated with the Root Chakra-like the root of system of a tree, this Chakra supports life.

The colour of influence for the Root/Base Chakra is RED. Red is the lowest frequency energy of visible light and is a hue associated with passion, strength, power, bravery, and self-awareness, and it assists you in being anchored in your physical body.

The Sacral/Navel Chakra is considered to be our pleasure or vitality centre. It is where we move beyond our basic needs into relationships with others. When balanced, it provides fluidity in our actions and allows us to let go and express ourselves openly through creativity. It resonates with the water element, its colour of influence is ORANGE which is representative of relationships, emotions, survival, joy and creativity-all of which are significant during Section One of the program.

Related Complementary Approaches

To honour this process, students will participate in group discussions and centering and grounding activities such as guided imagery, visualizations, and mindful meditation.

PHASE 2: HOLISTIC NURSE COACHING (EXPLORATION & APPLICATION)

In Phase 2, students engage in coaching interactions with dyad partners (peers) utilizing behavioural change models, coaching tools and questions, all-the-while refining their practice in mindfulness, presence, and being a facilitator of healing.

Topics such as authenticity, communication, culture, and story-telling will be explored. This continues to be a time of significant growth and connection., students engage in coaching interactions with dyad partners (peers) utilizing behavioural change models, coaching tools and questions, all-the-while refining their practice in mindfulness, presence, and being a facilitator of healing. Topics such as authenticity, communication, culture, and story-telling will be explored.

This continues to be a time of significant growth and connection.

Associated Chakras



Solar Plexus (Manipura) & Heart (Abahata)

Associated Words: Intention/Harmony

Associated Expressions: I DO/ I LOVE



In Phase 2, we explore the meaning of presence and how to hold space with others without feeling the need to fix them (this can be a tough one, especially for nurses). We do not see ourselves as healers, but rather of facilitators of healing.

We do not see problems; rather, challenges or life experiences that are wrought with learning opportunities. We learn to focus on strengths and solutions, while also showing compassion for what our clients are experiencing or how they are perceiving their situation.

By our very nature, we care for people. As a holistic nurse, you will learn that caring for yourself becomes your number one priority--not simply so you can provide optimal care for others, but because you have a responsibility to care for your spirit and the physical body that you were gifted with. Once you have mastered this (or, are well on your way), you will feel more confident and motivated to guide others in doing the same.

You will become a role model for healthy wholesome living. This is a time when the student must stretch themselves which can be both an uncomfortable and joyous process.

PHASE 2: HOLISTIC NURSE COACHING (EXPLORATION & APPLICATION) - CONTINUED...



Associated Chakras

Solar Plexus (Manipura) & **Heart** (Abahata)

Associated Words: Intention/Harmony

Associated Expressions: I DO/ I LOVE



The Solar Plexus Chakra, located just below the chest represents self-esteem, will-power, and personal responsibility (i.e. empowerment through self-development and the act of sharing with others through nurse coaching). The Solar Plexus is the center for motivation and setting our intentions. The element is fire and the colour of influence for the Solar Chakra is YELLOW which symbolizes intellect, creativity, happiness, the power of persuasion and clarity of thought.

This is where it is believed that root (or, upward flowing energy) meets downward flowing energy called Apana (a form of prana). It is believed that this is where emotions are processed and harmonized (think, 'gut-feeling' about something). In Chinese medicine it is considered the 'Triple Warmer' because of the heat generated in this area through digestion.

It is also referred to as our 'lower mind' because of the nerve ganglion or visceral brain where our digestion is regulated. It is a very powerful center and when not balanced can lead to various stress-related issues such as ulcers.

The Heart Chakra is the centre of empathy and love. When the heart chakra is balanced, we feel a sense of connection to self, others and even our planet. We support others with unconditional love and encourage empowerment. The element is air and the colour of influence is green. It means 'go' (like a traffic light). The Sanskrit name for heart is Anahata which means "unhurt, unstuck or unbeaten".

Related Complementary Approaches:

Spirituality; Intuition; HeartMath (c) Techniques; Breathwork

PHASE 3 : COMPLEMENTARY & INTEGRATIVE MODALITIES & THE RIPPLE EFFECT

In Phase 3, students explore Complementary and Integrative Modalities (CIMs) and approaches and how to integrate these into practice. Practical learning experiences are provided, including (optional) participation in energy healing. Students continue to engage in practice coaching sessions and are encouraged to include a complementary approach or tool in their coaching sessions (i.e. guided imagery; breathwork; visualization; etc.). Students collaborate with the coaching client to choose a modality or approach that resonates with the client. Students are encouraged to start seeking out Pro-Bono clients. This tends to be a time of challenge for students as they learn to trust their intuition and their voice, while releasing the need to be perfect or to be able to fix things for their clients. It is a time to be vulnerable and authentic.



Associated Chakras

Throat (Vishuddha) & **Third Eye** (Ajna)
Associated Words: Expressive/Insight
Associated Expression: I TALK/ I SEE



The Throat Chakra is the center for communication, self-expression, and speaking ones' truth. There is opportunity here to purify energies from lower chakras as they travel through the throat to the crown. When balanced, there is inner trust, resilience and one can easily express their thoughts and ideas. There is a breaking away from limiting beliefs and external control. The representing elements are ether (space) and sound, and the associated colour is turquoise blue which is indicative of calmness and clarity of thought.

The Third Eye (or, brow) Chakra is considered to be one of the most important Chakras by many. It is the center of intuition, foresight, insight, imagination, balance and sensing things not necessarily seen with the naked eye. It is about perception and perspective and being able to see 'the bigger picture'. It is about being able to move past ego. Its element is spirit which makes sense as it is believed that the third eye is largely responsible for spiritual experiences, enlightenment and lucidity. The corresponding colour is deep blue or indigo, which represents major life transitions, including that from life to death or to another plane of existence. As Holistic Nurses, we are learning to embrace complementary approaches, open ourselves to spirit and the spiritual side of care, while also expanding trust in our intuition and opening our minds to the 'bigger picture'.

Related Complementary Approaches:

Emotional Freedom Technique (EFT); Breathwork and Yoga

PHASE 3: THE RIPPLE EFFECT

In the latter half of Phase 3, students explore Holistic Nursing and Nurse Coaching through a Canadian lens, including provincial/jurisdictional requirements and the services of the Canadian Nurses Protective Society (CNPS), ANCC and CHNA. Non-

Canadian students adapt this section by exploring through their respective organizations and jurisdictions. Students join together to share: how they will present themselves as holistic nurses and nurse coaches; describe their services; and, advocate for Holistic Nursing and Nurse Coaching as a speciality practice.



Associated Chakras

Throat (Vishuddha) & **Crown** (Sahasrara)

Associated Words: Expressive/Wisdom

Associated Expression: I TALK/ I UNDERSTAND



The Throat Chakra continues to align with this section of the program as it is the center for communication, self-expression, and speaking ones' truth. Having a balanced and nourished throat chakra is imperative to speaking up and advocating for the profession of holistic nursing and nurse coaching and ones' ability to articulate the role of a holistic nurse and nurse coach.

The Crown Chakra is the center for connecting to something greater than oneself (higher consciousness); for expressing wisdom and enlightenment; expansion of self as an individual and spiritual being. It represents spirituality, purpose and divine connection. The Crown Chakra is considered developed or balanced when one has evolved to the point of being able to tap into their higher consciousness. This may occur at different levels, may take a lifetime to fully achieve and for some may never happen.

When balanced, one feels strong, has clarity and is empathetic. It is believed that when one achieves or experiences full enlightenment there is no going back-life is changed forever. The Crown Chakra is strongly linked to the root Chakra and is also believed to be biologically linked to the entire endocrine system; therefore, making it the most important Chakra involved in the cycles or rhythms of wake and sleep. While the symbol for the Crown Chakra is the lotus flower which represents purity, enlightenment and spiritual rebirth, there is no tangible element related to the Crown Chakra, instead it corresponds to thought. The associated colour is violet and bright white. Violet is the colour of spirituality and is a unifying colour that contains all the qualities of other chakras when completely activated. It represents the strong emotion of letting go as well as that of joy and transformation.

Related Complementary Approaches:

Emotional Freedom Technique (EFT); Breathwork and Yoga

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Note: Additional readings and videos will be assigned throughout the program.

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**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE
BEAUTY OF
THEIR DREAMS.**

ELEANOR ROOSEVELT