

**Beyond Bubble Baths-Holistic Nurse Coaching as Self-Care.**

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## **Holistic Nurse Coaching**

### **Nursing Burn-out and Exit.**

The Nursing profession is reaching a feverish peak of Burn-out, and we hear a lot about self care as a solution. But are bubble baths, meditation and mindfulness enough? No we are not doing enough.

- “Burnout, a common phenomenon within the nursing profession, can cause emotional exhaustion, depersonalization, and apathy after prolonged exposure to stress. (McLeod 2019)”
- ““Nurses appear to experience rates of post-traumatic stress disorder, depression and anxiety at higher rates than the general population, which may result, at least in part, from the experiences at work,” write the authors, Carleton and Andrea Stelnicki, both of the University of Regina. (Payne 2020)
- Leaving the profession mostly due to “work environment -- a hostile work environment or a milieu of low autonomy or empowerment. For graduate nurses, in particular, inaccurate job expectations or an inability to adjust to the pace of the job are possible causes (Sinclair 2020).

### **Holistic Nurse Coach And Empowerment**

Hiring a Holistic Nurse Coach is an empowering act of self care. A coach does not have to be an expert in the area you want to work on, but is an expert in coaching, seeing things from a different point of view, helping you expand your mind, nudge you and encourage you to make the changes even when it gets difficult.

***What's a Holistic Nurse Coach?***

A Holistic Nurse Coach is an RN (who may also be Board Certified) that uses an integrative approach in any setting or area, striving to empower and facilitate their client (individual or group) in achieving their potential, purposefully promoting achievement of client goals (Dossey et al., 2015). The Coach “works with the whole person utilizing principles and modalities that integrate body-mind-emotion-spirit-environment (Dossey et al., 2015)”.

Most importantly, the Nurse Coach uses the Nursing Process, and utilizes evidence-based techniques like Active Listening, Cognitive Behavior Therapy (CBT), Appreciative Inquiry (AI) and grounding techniques. The nurse may also use Complementary and Alternative Medicine (CAM) such as Reiki, Bowen Technique, Healing Touch, Thought Field Therapy (TFT), intuition and energy work, etc. as is within their individual scope of practice.

***When to Start? Yesterday.***

It's never too early or too late to work with a Holistic Nurse Coach, but the sooner the better. Don't wait until you're completely burnt out and ready to quit! But if that's where you're at, that's ok too.

- Feeling lost, frustrated, discouraged, enraged etc.
- Conflict at work or at home
- Losing interest in what used to bring you joy
- Overwhelm and financial stress
- Toxic workplace, dreading going to work
- Dealing with a challenge or change

- Grief and loss
- Disease condition-ex new diagnosis, chronic pain, etc.
- Ready for a change-specialty, career, mindset, better wellness
- Thriving and want to take it up a level

### **Personal Experience**

I'm a nurse, and I've been on the holistic path for a long time, and like you I have a lot of knowledge that I admit, sadly have not been applying to myself. Sometimes we need an outside observer, and accountability.

I just completed the Holistic Nurse Coach program through The Canadian Institute of Integrative Nursing Development & Education (CIINDE), and am proud to have been part of the first cohort! Talk about progress and pioneers in the Nursing field! And there were so many wonderful aspects of the program, including a positive and supportive community of like-minded faculty and students.

One of the most powerful assignments was to coach 2 assigned peers, and be coached by them, five sessions each. Of course we benefited from practicing what we were learning, however there was a bigger gain. What a gift it is to have a whole hour dedicated to you and your healing, exploring your thoughts and feelings, options, resistance, underlying subconscious issues... and receiving support as you break through your resistance and blocks to change, and making positive steps to achieving your goals. Never underestimate the power of Active Listening. It's surprising the truths and epiphanies that will come out.

For example, I had been wanting to create better routines, but was not succeeding. With my Nurse Coach's support, we discovered that I had associated routine with boring, stifling, auto-pilot, numb, and oppression; even though logically I saw the benefits to routine. She helped me reframe it as rituals, which are done with love, intention, presence, and gratitude, creating space and energy to be more creative and spontaneous. We also used Thought Field Therapy (TFT) and energy work to address the subconscious associations. This has reduced my sense of overwhelm, and I've since found it easier to make time and have energy for the important things and people in my life. Now couldn't we all use more of that?

### **Benefits of Holistic Nurse Coaching**

- Ethical and trustworthy, liability insurance
- Understands the experience of nurses
- Nurse takes medical conditions, treatments and options into account
- Uses the Nursing Process, and Start with a holistic assessment
- Co-creates an individualized Care Plan with you
- \$-may be in your Benefits Plan, tax benefit.

### **How to Access a Holistic Nurse Coach**

- Ask your employer/HR

-Contact your Employee Assistance Program and ask for one; and if they don't have one, request that they add this service to their program.

-Privately, self-referred

### Where to find a Holistic Nurse Coach

-The CIINDE [www.theciinde.com](http://www.theciinde.com)

-Canadian Association of Self Employed RN's (CASE RN) <https://www.case-rns.ca/>

-American Holistic Nurses Association (AHNA) <https://www.ahna.org/>

-Canadian Holistic Nurses Association (CHNA) [chna.ca](http://chna.ca)

-[The Canadian Association for Integrative and Energy Therapies](https://caiet.org/) CAIET  
<https://caiet.org/>

-Search online, preferably one in your province if possible.

### Holistic Nurse Coaches are leaders

“...Perhaps most importantly, nursing leaders hold the power to resolve nursing burnout by leading through example, showing us all how to have successful, and healthy, nursing careers. (McLeod, C. 2019)

As a nurse, you strive to give your clients the best possible nursing care you can... isn't it time you received that yourself?

No more putting yourself last. You matter too. Find a Holistic Nurse Coach today.

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**BIO**

Amelie D.L. Samson RN/BScN, is a Holistic Nurse Coach and Consultant in Kamloops, BC, Canada. She is writing her doctoral thesis in Integrative Medicine through IQUM. She uses Healing tech, TFT and energy work in coaching groups and private sessions for healing in quantum leaps, and creating multiple streams of income for a life worth living; in her hammock. She's a mother of four, loves to hike and paddle board.

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