

## AHNA Purpose

The Southeast Minnesota chapter adheres to the American Holistic Nurses Association (AHNA) purpose of promoting the education of nurses, other healthcare professionals, and the public in all aspects of holistic caring and healing. In addition, SE-MN chapter functions as a community resource for fellow practitioner.



## The AHNA

### *Mission:*

The American Holistic Nursing Association nurtures and inspires its members and advances the philosophy and practices of holistic nursing.

## AHNA Holistic Nursing Description

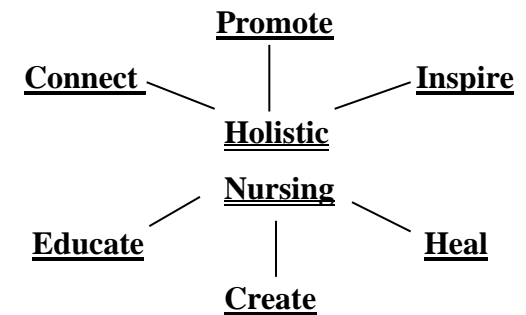
The holistic nurse is an instrument of healing and a facilitator in the healing process. Holistic nurses honor each individual's subjective experience about health, health beliefs, and values.

Holistic nurses may integrate complementary/alternative modalities (CAM) into clinical practice to treat people's physiological, psychological, and spiritual needs. Doing so does not negate the validity of conventional medical therapies, but serves to complement, broaden, and enrich the scope of nursing practice and to help individuals access their greatest healing potential.

The practice of holistic nursing requires nurses to integrate self-care, self-responsibility, spirituality, and reflection in their lives. This may lead the nurse to greater awareness of the interconnectedness with self, others, nature, and spirit. This awareness may further enhance the nurses understanding of all individuals and their relationships to the human and global community, and permits nurses to use this awareness to facilitate the healing process.

Holistic nursing is not necessarily something that you do: it is an attitude, a philosophy, and a way of being. (AHNA, 2009)

## SE – Minnesota Chapter of the American Holistic Nurses Association



Website: [www.semnahna.org](http://www.semnahna.org)

Email: [semnahna@gmail.com](mailto:semnahna@gmail.com)

## About SE – MN AHNA

The Southeast Minnesota chapter was organized in 2008 by a group of local nurses who became inspired to promote a holistic nursing network in our community. This group is in conjunction with the national organization AHNA, sharing the same beliefs and values that support holistic nursing.

## SE – MN AHNA Goals

To inspire nurses to model wellness behaviors.

To improve the quality of health care by:

- Promoting continued education, participation and self responsibility for wellness.
- Encouragement and exposure of the practice in nursing.

To provide opportunities for people interested in holistic concepts to network.

To explore, anticipate and influence new directions and dimensions of health care, especially within the practice of nursing.

To promote research and scholarship in the field of holistic nursing.

## SE – MN AHNA Membership

Nurses, health-care professionals and all who support the philosophy, purpose and objectives of AHNA are invited to join.

- Informational/educational programs
- Reduced fee for educational gatherings
- Notification of AHNA events
- CEU's offered for educational programs
- Networking with like-minded, inspired individuals
- Local chapter gatherings
- Supportive community
- Informative publications
- Member resources & professional development

## SE-MN Chapter Leadership

### Chapter Leaders:

Chair: Allison Fick

Chair Elect/Secretary: Jane Foote

Treasurer: Heidi Ochtrup-Dekeyrel

### Chapter Board of Directors consists of Chapter Leaders and:

Sue Cutshall

Ann Loth

Lynette Stuart-Mullen

Mary Jewison

Heather Hoke

Tammy Adams

## Meetings

The meetings are held on the second Tuesday of every month September- May from 5:30 pm-7 pm.

Hosted at:

The Hermitage Farm Center for Healing

6415 West River Road NW

Rochester, MN 55901

(507) 281-2791

<http://www.hermitagefarm.org>

## Membership

Annual Active Membership  
\$30.00/year – payable in September of each year

Non-member fee to attend each gathering  
\$5.00/meeting – payable at scheduled gathering

### \*NEW this year!

Additional \$40.00/year membership to earn 12 clock hours/1.2 CEUs through Winona State University. To register, contact: [continuingeducation@winona.edu](mailto:continuingeducation@winona.edu)

## Application for Membership

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-Mail: \_\_\_\_\_

Telephone: (H) \_\_\_\_\_

(C) \_\_\_\_\_

Make checks payable to:  
SE – MN AHNA

Please bring cash or check to scheduled monthly gathering.

