



## Healing the Healthcare Community



### *Class I: Discipline of Self-Care*

March 26, 2025

6:00-9:00 PM

#### Description:

Participating in self-care healing modalities can bring many challenges to everyday living. Emotional feelings about the meaning of self-care can become obstacles to creating a lifestyle of tending to one's own wellbeing. Tending to the needs of others, work, grief and caregiving, can contribute to compassion fatigue. The physical and emotional exhaustion can result in symptoms of burnout. Engaging in self-care for self-healing is one way to treat burnout. This first workshop in a series of five will engage the participants in ways to reflect, reframe and deepen an understanding of how to create a discipline for self-care.

#### By the end of the First Workshop you will be able to:

1. Describe self-care modalities that are integrated into your daily life.
2. Examine the obstacles that keep you from participating in self-care.
3. Design new self-care modalities to regain balance.

#### **Workshop Facilitators:**

[Dr. Gail Van Kanegan, DNP, FNP, APHN, Healing Arts Practitioner and Presenter](#), has been a RN since 1982. Dr. Gail is an Advanced Practice Registered Nurse, with a Doctorate in Nursing Practice-Family Nurse Practitioner Certification. Dr. Gail's nursing education includes obtaining the following degrees: Associate in Science, Diploma of Nursing, Bachelor of Science in Nursing, Master of Science in Nursing, Family Nurse Practitioner, and Doctor of Nursing Practice. Dr Gail retired from Mayo Clinic after serving the medical community for 50 years. The last 25 years of her practice focused on integrating holistic health care modalities with western medicine to bring full spectrum health to her patients.



Dr. Gail is a Certified Eden Energy Medicine Advanced Practitioner and faculty for all Eden Energy Medicine Certification programs. She is an author of 2 books and multiple articles, Certified Reiki Master, Shamanic Practitioner, Advanced Practice Holistic Nurse, Whole Health Educator, Mediumship, and Certified Art of Raising Frequency Practitioner.

[Dr. Lisa Van Getson, APRN,DNP,FNP-BC, RN, APHN-BC, APNC-BC, MAT. Healing Arts Practitioner and Workshop Presenter.](#) Dr Lisa is an Advanced Practice Registered Nurse, with a Doctorate in Nursing Practice-Family Nurse Practitioner Certification and have been practicing as a clinician for 40 years at Mayo Clinic, St. Mary's Hospital, Rochester, MN and has worked in Nursing Academia for 20 years. Dr. Lisa has dedicated her profession to integrating western, holistic healthcare with Complementary and Integrative Health and Wellness. She has a particular passion in helping clients manage chronic illnesses, stress management, anxiety, depression, spiritual distress, and grief. Dr. Lisa is Certified in: Mindfulness-Based Stress Reduction (MBSR), Mindful Leader, Mindfulness-Based Mind Fitness Training, Workplace Mindfulness Facilitator and Holistic Health Coaching and an Energy Medicine Practitioner.

### **3 Nursing Continuing Education Credits per workshop**

It is not required to attend all of the workshops.

#### **Dates & Tuition- All classes meet 6-9 PM**

**March 26, 2025:** Class I: \$95- Discipline of Self-Care

**April 23, 2025:** Class II: \$95- Understanding Stress Management & Energetic Anatomy

**June 25, 2025:** Class III: \$95- Energy Medicine Techniques to Resolve Imbalances From Stress

**September 24, 2025:** Class IV: \$95- Integrate Food as Energy & Nutrition, Herbal Teas, Essential Oils

**October 22, 2025:** Class V: \$95- Transformational Experience- Bringing It All Together

**Early Registration for all 5 Workshops and get a discount: Total Cost \$450**

**15 Nursing Continuing Education Credits obtained for attendance of all 5 workshop**

**To Register:** Call Hermitage Farm Center for Healing at: 507-272-2528 or send an email: [hermitagefarm@charter.net](mailto:hermitagefarm@charter.net)