



SAMRM 2010 | San Antonio  
[www.mrmnursingtheory.org](http://www.mrmnursingtheory.org)

# *National Conference*

## **Facilitating Spiritual Wellbeing:**

*The Essence of Holistic Nursing and Health*

April 8-10, 2010  
Pre-Conference April 7

San Antonio Downtown Market Square  
San Antonio\_Texas

*The Society for the Advancement of Modeling and  
Role-Modeling is pleased to sponsor this national  
conference*

**17+ CNE Approved for Nursing Available - Register Early  
Space is Limited - Don't miss this conference!**

## Who should attend?

Nurses and Other Healthcare Providers Interested in Facilitating Spiritual Wellbeing and Health in the Educational, Research, or Practice Settings.

## Conference Topics Include:

- ✦ Reflective Practice
- ✦ The Use of Expressive Arts in Hospice
- ✦ Facilitating Spiritual Wellbeing throughout the Lifespan
- ✦ Promotion of Self-care and Spirituality
- ✦ Spirituality and Transition
- ✦ Implementation of Theory-Based Practice
- ✦ Promoting Spiritual Wellbeing in Nursing Students and their Clients
- ✦ Dimensions of Spirituality & More

## Silent Auction

Anyone wishing to contribute to the Silent Auction is invited to bring a donation with them to the conference. Monies raised will support the Research Scholarship Fund.



## San Antonio, Texas

[www.visitsanantonio.com](http://www.visitsanantonio.com)

San Antonio is a fabulous city with history, culture, great restaurants, and the world famous River Walk.

The San Antonio Downtown Market Square is close to the River Walk, Alamo, El Mercado, Tower of Americas, Buckhorn Museum and Saloon; Institute of Texan Cultures, Cathedral of San Fernando, Rivercenter Mall.

A short drive away is Sea World, Six Flags Fiesta Texas, the San Antonio Zoo, the San Antonio Botanical Gardens, King William Historic District, and nationally known museums and historical sites including the San Antonio Missions National Park, and the McNay and Witte museums. Whether you have an afternoon or several extra days, the area is full of fantastic sights, restaurants, and entertainment to provide wonderful experiences and memories of a lifetime.



## San Antonio Downtown Market Square

502 W Durango Blvd.  
San Antonio, TX 78207  
[www.DoubleTree.com](http://www.DoubleTree.com)

Conference Room Rates:  
Singles: \$139.00; Doubles: \$149.00 plus tax

Book your rooms at the San Antonio Downtown Market Square Hotel, an affiliate of DoubleTree by Hilton (Opening Spring 2010 as the Downtown DoubleTree Hotel). To make your reservation, contact the hotel directly at 210-224-7155 or 800-222-TREE at least 6 weeks prior to the conference. Please remember to let them know that you are attending the conference “Facilitating Spiritual Wellbeing” sponsored by the Society for the Advancement of Modeling & Role-Modeling; this will ensure that you receive the group rate. If you are booking online please use the group code SAM. The San Antonio Downtown Market Square will honor these reservation rates through March 8, 2010. Reservations received after this dates will be honored on a “space available basis” and the rate may increase due to the high season time period.

Discounted rates will be reserved until March 8, 2010. In addition, these rates will be offered up to 3 days before and 3 days after the conference (if rooms are available) for individuals who wish to enjoy a longer stay in San Antonio.

*Please note all reservations for arrival after 6:00 pm must be accompanied by a first night room deposit or be guaranteed with a major credit card. The hotel guarantee policy states that they will not hold reservations after 6:00 pm unless guaranteed by one of the above methods.*

# Keynote Presenters



*Helen Erickson*, PhD, RN, AHN-BC, FAAN, is an inspiring international speaker and primary author of *Modeling and Role-Modeling: A Holistic Nursing Theory and Paradigm*, and editor of the follow-up book, *Modeling and Role-Modeling: A View from the Client's World*. During her professional and personal life journey she has facilitated holistic nursing as an educator, researcher, and practitioner. Her life mission has been to inspire nurses to understand and practice holistically. She is Professor Emeritus at The University of Texas at Austin. Learn more about her by visiting the website, [www.unicornsunlimited.com](http://www.unicornsunlimited.com), where the following excerpt from the first chapter in her last book describes her life journey: "Discovering one's Reason for Being and Life Purpose does not happen overnight. It comes with years of introspection, years of searching for meaning in experiences sometimes too painful to think about, sometimes too trivial to be important, and at other times, too joyous to have deep meaning. It is a personal, private experience, which happens as you interact with those you love, those you don't like, and those you don't know. It is not a metamorphosis, but more of an unfolding. It happens when you listen to your inner voice and be true to your Self. It doesn't come with a big ah-h-h, but with a gentle seeping of nourishment into your Soul until it awakens with new knowledge."



*Christopher Johns*, PhD, RN, a Professor of Nursing at the University of Bedfordshire, England, is an international speaker, author, and expert in Reflective Practice. Through the dynamic use of stories he teaches nurses and other healthcare workers how to provide effective, holistic, spiritual-based nursing care for clients. He has done far-reaching work with individuals and families in the hospice setting, where he is dedicated to his ongoing scholarship in researching and teaching the use of reflection and reflective knowing in nursing practice. He has helped an immeasurable number of nurses learn how to be mindful and compassionate, and to ease suffering as they nurture the spiritual growth and development of their patients and, in turn, themselves. For more information regarding Dr. Johns' research and work visit: [www.beds.ac.uk/departments/community/staff/chris-johns](http://www.beds.ac.uk/departments/community/staff/chris-johns).



*Julia Riley*, MN, RN, AHN-BC, is an international speaker and author. Her area of specialization is facilitating health caring connections between the caregiver and client, client's family, and healthcare staff. She is certified as an expressive art therapist and is a Registered Expressive Arts Consultant and Educator. Julia teaches Expressive Arts in Healing and Complementary Therapies for Self-care and Professional Practice at the University of Tampa, and Art in Small Spaces/Art at the Bedside at Ringling College of Art and Design. She works with story telling, life review and reminiscence, and facilitating spiritual health, wellness, and transition with individuals dealing with end of life care issues as a Complementary Therapist/Expressive Arts Facilitator. She is the author of *Mosby's Communication in Nursing*, *Gift of the Care-giver*, *Humor at Work*, and a book of nurse caring connection stories, *From the Heart to the Hands*. Her mission is to Re-spirit, Re-inspire, and Re-vitalize healthcare providers to find joy, humor and meaning along their journey. Visit her website at [www.constantsource.com](http://www.constantsource.com)

CNE provided

## Schedule at a Glance April 7-10, 2010

### Wednesday - April 7th, 2010

- 11:00 am - 1:00 pm Pre-Conference Registration
- 1:00 pm - 5:30 pm Pre-Conference
- 1:00 pm - 7:00 pm Conference Registration

### Thursday - April 8th, 2010

- 7:30 am - 4:30 pm Conference Registration
- 8:45 am - 9:00 am Welcome
- 9:00 am - 10:00 am Keynote: *Reflective Practice: the Pathway to Spiritual Being* - Christopher Johns
- 10:15 - 12:15 pm Workshops
- 12:15 - 1:30 pm Lunch
- 1:30 pm - 3:30 pm Symposia of choice
- 3:45 pm - 5:45 pm Symposia of choice
- 7:00 pm - 9:00 pm Banquet with Keynote: *Sacred Composure: ...Show Up, Let Go, Lighten Up* - Julia Riley

### Friday - April 9th, 2010

- 9:00 - 10:00 am Concurrent Sessions
- 10:15 - 11:15 am Concurrent Sessions
- 11:30 - 1:00 pm Lunch
- 1:15 - 2:15 pm Keynote: *Spirituality: Is it the Art of Being?* - Helen Erickson



### Friday - April 9th, 2010 continued

- 2:30 - 3:30 pm Concurrent Sessions
- 3:30 - 4:30 pm Poster Session

### Saturday - April 10th, 2010

- 8:30 - 9:30 am SAMRM Business Meeting
- 9:45 - 11:15 am Symposia of choice
- 11:30 - 12:30 pm Featured Presentation: *Grand Rounds* - Helen Erickson
- 12:30 - 1:30 pm Lunch
- 1:30 - 3:00 pm Featured Presentation: *Experiencing the Pathway* - Christopher Johns
- 3:00 - 3:15 pm Closing

# General Conference Proceedings Noted Below

Choose one session for each time period.

We will try to honor requests.

Sessions filled on First Come - First Served Basis. CNE Provided\*

\* Lamar University, Dishman Department of Nursing, is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.



## Thursday April 8, 2010

### 10:15 am - 12:15 pm Workshops

1 - Creating a Healing Tapestry...Collage and Visual Journals for Holistic Self-Care through Creative Expression – J. Riley, MN, RN, AHN-BC

2 - The Possible Physics of Presence and Its Role in Holistic Nursing – V. Slater, PhD, RN, AHN-BC

3 - Journey Toward the Light: Visiting Near-Death Experiences and Near-Death Awareness – D. Shields, PhD, RN, CCNR, QTTT, AHN-BC

4 - Interiority as Nursing Intervention: A Perspective and Process for Unfolding Adult Development – A. Whitney, MSN, FNP, AHN-BC

### 1:30 pm - 3:30 pm Symposia

#### 5 - Spiritual Wellbeing in the Adult Population

The Role of Spirituality in Advance Directive Decision Making Among Community Dwelling Older Adults – L. Sessana, DNS, RN, CSN, AHN-BC; M. Underhill, RN, FNP-BC

Culture Change in an Assisted-Living Facility: An MRM Approach – R. Staus, DNP, RN, ANP-BC

#### 6 - Spiritual Wellbeing in Young Children

Nurturing Young Children and Others: A Health Clinic Based on A Child's World View – D. Clayton, PhD, RN

#### 7 - Spiritual Wellbeing in the Educational Setting: Facilitating Students to Connect to their Essence of Self

On Reflection: Mentors as Role-Models Demonstrating Spiritual Care with Student Nurses – L. Lewinson, MSc, RGN, RM, HV, RNT

Professional Collaboration: Designing Social Support for Nursing Students – K. Perzynski, MS, RN; J. Kruse, MS, RN

#### 8 - Facilitating Spiritual Wellbeing in Nurses

The Effect of Ethics on Moral Distress of RNs – R. Robinson, PhD, RN, FAEN, CEN; C. Stinson, PhD, RNC, CNS

A Longitudinal Study: Professional Practice Environment and Spiritual Well Being of Medical-Surgical Nurses – M. Koren, PhD, RN

### 3:45 pm - 5:45 pm Symposia

#### 9 - Facilitating Self-Care to Achieve Spiritual Wellbeing

MRM: Promotion of Self-Care in a Large Health System – M. Ayon, PhD(c), MS, RN, K. Robertson, BSN, RN

Facilitating Self-Care in the Care-Giver to Achieve Holistic Health and Spiritual Well-Being – G. Acton, PhD, RN, CS; B. Jensen, PhD, RN

#### 10 - Stress Management and Self Care for Nurses

The PNI Connections – D. Wilson, PhD, RN, AHN-BC, IBCLC, CHT

#### 11 - Research Supporting Spiritual Wellbeing

Mothers' Self-Care Knowledge: Factors Influencing Location of Childbirth – J. Amone, RN, RNM

The Lived Experience of Giving Spiritual Care – B. Deal, PhD, RN, CEN

The Lived Experience of Receiving Therapeutic Touch in People with Heart Failure – D. Shields PhD, RN, CCNR, QTTT, AHN-BC

#### 12 - MRM with Student Practicum Experiences

– R. Scheela, PhD, RN, CNS, PMHCNS-BC

## Friday April 9, 2010

### 9:00 am - 10:00 am Concurrent Sessions

13 - Promoting Spiritual Health to Provide Holistic Care: An RN-BSN Educational Approach – M. Alkire, EdD, RN

14 - Using MRM as a Framework for Students' Simulation Experiences – L. Chisholm, MSN, CCRN, CEN; E. Curl, PhD, RN; G. Hale, MSN, RN, CNE

15 - Relationships Among Anger, Spirituality and Objective Cardiac Health Indices – J. Cook, PhD, RN, CNS; G. Norgan, PhD, RN; M. Rauschhuber, PhD, RNC-OB

16 - Holding the Hearts of our Future – R. Kluny, BSN, RN, MTh, BC-HN, HTC1

### 10:15 am- 11:15 am Concurrent Sessions

17 - Promoting Staff Nurses' Understanding of a Professional Practice Model in a Large Health System – I. Sandate, MSN, RN, NNP-BC; S. Pawkett, BSN, RN, OCN; M. Peinemann, MSN, RN, CCRN

18 - Application of MRM to Reduce Stress & Anxiety, and Increase Quality of Life – L. Goldstein, MSN, RN, ONC, OCN

19 - Is Nursing Theory Relevant to NP Practice? MRM Application in Primary Care – R. Staus, DNP, RN, ANP-BC; T. Orcutt, RN

20 - Practical Application of Theory By Nursing Students – C. Stinson, PhD, APRN-BC; P. Moss, MSN, RN; R. Harding, MSN, RN; M. Goodwin, MSN, MBA, RN

21 - Nurturing the Spirit Within: Self-Care for Holistic Health – D. Waring, MSN, RN

### 2:30 pm - 3:30 pm Concurrent Sessions

22 - Exploring Spiritual Well-Being from a Planetary Perspective – P. Burkhardt, PhD, FNP-BC, AHN-BC

23 - Facilitating Spiritual Well-Being through the Exam Analysis Process – E. Miller, PhD, RN; V. Condon, PhD, RN

24 - Nursing Students' Perspectives of Academic Success – R. Harding, MSN, RN; I. Hall, PhD, RN; G. Hale, MSN, RN, CNE; C. Pippkins, MSN, RN

25 - Enhancing Patterns of Forgiveness and Gratitude: A Scientific and Energy Medicine Perspective – E. Kamhi, PhD, RN, AHN-BC

26 - Structured Reminiscence: An Intervention to Decrease Depression in Older Women – C. Stinson, PhD, APRN-BC

## Saturday April 10, 2010

### 9:45 am - 11:15 am Symposia

27 - Facilitating Spiritual Healing with Clients  
Walk with Me – D. Shields, PhD, RN, CCNR, QTTT; D. Shields, MSN, RN

Holistic Approach to Care in Early Alzheimer's Intervention – N. Blume, PhD, RN, C, APRN-CNS

28 - Nurse, Teacher, Spiritual Guide: Using Unconditional Love, Acceptance & Authenticity to Create Sacred Space for the Exploration of Spirituality – C. Jensen, MEd, RN, HN-BC

29 - Promoting Wellbeing through Self-Care: A Department of Nursing's Integration Of Holistic Nursing Concepts – D. Matthias-Anderson, MS, RN; E. Schultz, PhD, RN, CHTP; B. Becker, MA RN

**THE 13<sup>th</sup> BIENNIAL NATIONAL  
MODELING AND ROLE-MODELING CONFERENCE:**  
*Facilitating Spiritual Wellbeing: The Essence of Health and Wellbeing*

**REGISTRATION FORM**

To register, please print clearly in ink or type, and submit the entire form. You may submit a photocopy of this page if necessary.

Name \_\_\_\_\_

Presenter      Yes       No  (please check one)

Address \_\_\_\_\_

City, State & Zip Code \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail Address \_\_\_\_\_

How did you hear about the conference? \_\_\_\_\_

Are you a member of SAMRM?      Yes       No  (please check one)

Are you interested in joining or renewing your membership in the Society for Advancement of Modeling and Role Modeling?

Yes       No  (please check one)      Regular membership      \$25.00 per yr. or \$50.00 for 2 years  
Student rates      \$30.00 for 2 years

\*\*Membership dues are per year. Individuals joining with conference registration can receive the member's discount.

**Pre-Conference Registration – April 7, 2010 1:00 - 5:30 pm**

- Check One Only:       1. Modeling and Role-Modeling Theory: A Short Course and introduction to the Holistic Nursing Theory of Modeling and Role Modeling.
2. The ART of Living: Holistic Self-Care for the Health-Caring Staff and Clients. Join us for an afternoon of peace, relaxation, and intentional play through the self-soothing power of music, movement, art, and writing for holistic self-care. Discover creative techniques for meaning-making, life reflection, and life balance. All supplies provided.

**Conference Registration – April 8-10, 2010**

*Please select and circle one session from each time slot. Sessions filled on first come first served basis.*

Thursday April 8, 2010	10:15 am - 12:15 pm	Workshop	1	2	3	4	
	1:30 pm - 3:30 pm	Session	5	6	7	8	
	3:45 pm - 5:45 pm	Session	9	10	11	12	
Friday April 9, 2010	9:00 am - 10:00 am	Session	13	14	15	16	
	10:15 am - 11:15 am	Session	17	18	19	20	21
	2:30 pm - 3:30 pm	Session	22	23	24	25	26
Saturday April 11, 2010	9:45 am - 11:15 am	Session	27	28	29		

**Optional San Antonio Excursion**

- Check:       1. **By Land, Sea and Foot Tour, Thursday April 8, 2010, 1:00 - 5:00 pm**  
Cost: \$69.00 per person based on a minimum of 20 people.  
This tour includes a 45 min. river boat ride through San Antonio, a trip to the Institute of Texan Cultures, which contains exhibits of the more than 26 cultural and ethnic groups of Texas, and a trip to the Alamo. Price includes boat, coach, Capers certified tour guide, all admissions fees, taxes and gratuities.
2. **Spotlighting the Missions Tour, Friday April 9, 2010, 1:00 - 5:00 pm**  
Cost: \$65.00 per person based on a minimum of 20 people.  
This includes a tour of the San Antonio Missions National Park. It begins with a visit to the Alamo where you will tour the chapel and walk the grounds as you learn about the battle for Texas Independence. The tour will then proceed to visit the 4 remaining missions in the National Park. Inclusive of all fees, coach, Capers certified tour guide, gratitude and taxes.

<b>PRE-CONFERENCE</b> Wednesday April 7, 2010	<b>Early-Bird</b> Postmarked by 12/31/2009	<b>Regular Rate</b> Postmarked by 2/22/2010	<b>Late Rate ( if available )</b> Postmarked after 2/22/2010
	<b>\$35.00</b>	<b>\$45.00</b>	<b>\$50.00</b>

Participants attending the Pre-Conference will receive 4 CNE

<b>CONFERENCE REGISTRATION*</b> April 8-10, 2010			
Please indicate your status, circle applicable fees and indicate subtotal	<b>Early-Bird</b> Postmarked by 12/31/2009	<b>Regular Rate</b> Postmarked by 2/22/2010	<b>Late Rate ( if available )</b> Postmarked after 2/22/2010
Student** (Student ID Required)	<b>\$300.00</b>	<b>\$325.00</b>	<b>\$325.00</b>
Presenter	<b>\$345.00</b>	<b>\$395.00</b>	<b>\$420.00</b>
SAMRM member	<b>\$370.00</b>	<b>\$420.00</b>	<b>\$445.00</b>
Non-SAMRM member	<b>\$395.00</b>	<b>\$445.00</b>	<b>\$470.00</b>

\*Shared Registration: *Check here if sharing:*  List Shared Registrants: \_\_\_\_\_ extra book \$10  
 2-3 people may share one registration rate. No more than one person at the conference at a time. One conference book provided with registration; additional books \$10.00 each. To order additional conference proceedings, orders must be received no later than February 15th, 2010.   
 \*\*Students: \_\_\_\_\_   
 Limited working scholarships available. If interested contact us immediately. \_\_\_\_\_   
 If five or more people register and pay as a group, fee is automatically Early-Bird Rate until 2/22/2010. \_\_\_\_\_

Full conference registration fee includes: entry to all conference proceedings Thursday through Saturday; (3) buffet breakfasts, (3) buffet lunches, poster reception, the banquet, and 17 continuing nursing education contact hours.

An additional 4 CNE may be earned for the pre-conference on April 7, 2010.

All CNE hours offered at this conference can be used to meet the CE requirements for application for AHNCC Holistic Nursing Certification or the 20 hr. CE Recertification requirement directly related to Holistic Nursing theory, research, or practice.

Additional Meal Plan for spouse/other (circle choices) Thursday B & L - \$40; Friday B & L - \$45; Saturday B & L - \$50  
 (Banquet tickets may be sold at conference on a space available basis)

Sub-totals	SAMRM Membership	\$
	Pre-Conference	\$
	Conference Registration	\$
	Additional Meal Plan	\$
	Excursion trip (s)	\$
	Additional Conf. Book	\$
<b>Total Amount Due</b>		

**Registration Cancellation Policy**

Refund requests must be received in writing, e-mailed or postmarked on or before March 1, 2010. Telephone cancellations are not honored. A processing fee of \$50.00 will be charged for all cancellations. After March 1, 2010, registration fees are non-refundable. If you are unable to attend the conference you may transfer your registration to another person for a \$30.00 processing fee.

**Attendee Terms and Conditions**

Indemnification: SAMRM reserves the right to request that a conference attendee leave the conference if SAMRM determines that the registrant detracts from the goals and/or security of the conference.

**Method of Payment**

- Check # \_\_\_\_\_  Money Order (Check or Money Order Payable to: SAMRM with 2010 Conference noted on the "for" line.)
- Charge: If you would like to pay by credit card go to [www.mrmnursingtheory.org](http://www.mrmnursingtheory.org). Click on the moving banner *Join us for the Next Conference*. Click on the electronic link to PayPal™ (SAMRM Conference April 7-10, 2010) on the last page of the Conference Brochure.

Please send this form with all fees (check, money order or PayPal™ verification) to:  
 SAMRM Conference, c/o Attention Dr. Betty Jensen, 10620 Thoroughbred Drive, Austin, Texas 78748  
 For further information or questions please contact Dr. Betty Jensen at [bettyjensen@mac.com](mailto:bettyjensen@mac.com)

Please initial box and sign your name below. Signed forms are required for processing.  
 Yes, I have read the cancellation policy and attendee terms and conditions and accept the terms as noted above.  
 Signature \_\_\_\_\_