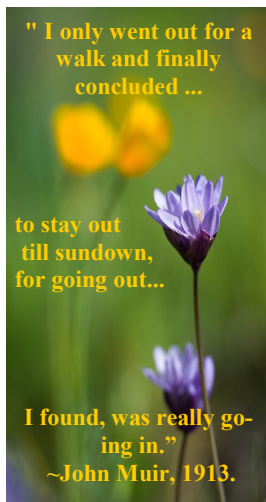
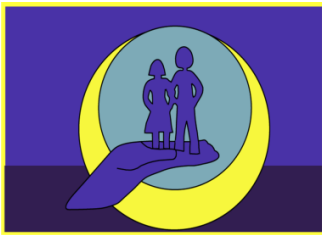


Society for the Advancement of Modeling and Role Modeling



Vol. 20 No. 4

Spring Newsletter



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Message from the President: Lessons from Haiti

By Ellen Schultz, President, SAMRM

During spring break I had the privilege of spending a week on a mission trip to Port au Prince, Haiti. Praying Pelican Missions organized the trip for the enthusiastic group of 14 from WI. We were told that we would have a choice of work assignments so I had planned on a few days of rocking babies at an orphanage. It sounded like a lovely change from winter and academia. We did spend a bit of time at two orphanages, but our work assignment was building walls for a school out of cement block and mortar. It was hard work. If only I had known I am sure I would have done weight training to prepare.

The experience in Haiti provided the opportunity to integrate, at a holistic level, things that I know intellectually. I know that I am blessed with more than I need. "But it was seeing Haitian

people picking through the huge garbage dump that we passed daily on our way to the worksite that turned my knowledge into gratitude for the blessings I have received."



I know that people can work together to accomplish tasks. It was observing the young neighborhood children joining us in our "bucket line" passing heavy pails of mortar that touched my

heart.

I had to smile when someone asked upon our return, "Did the cement trucks bring the cement for you to use in building the walls?" If only there had been a cement truck. The cement mix, sand, and buckets of water were carried up hill, often by the children, to create the cement and mortar. The work was done by hand. I remember thinking, as we passed cement blocks closer to the construction site, that a simple conveyor belt would have been so helpful.

Continued on page 3...

Letter to the American Holistic Nurses' Certification Corporation

By Helen Erickson

Dear Colleagues,
It is an exciting time for us as health-care continues to evolve; it is also an opportunity. A bill that was signed into law, HR3590, specifically identifies a change that is important to nursing. Section 4001 calls for a shift in para-

digms from disease management to health promotion and wellness. An advisory board is being appointed at the federal level to explore models and make recommendations. They specifically call for experts in "health coaching". In synch with this movement, a national group has ac-

tively dialogued about the nature of a health coach. They have a draft definition as follows: Working Definition National: Certified Health and Wellness Coaches are professionals from diverse backgrounds and education who work with individuals and groups in a client-
Continued on page 2...

"...But it was seeing Haitian people picking through the huge garbage dump that we passed daily on our way to the worksite that turned my knowledge into gratitude for the blessings I have received."



Late Night Intervention

*By Dian Inda RN/BSN student
Metropolitan State University
St. Paul, MN*

Modeling and Role Modeling theory has five basic aims: build trust, promote a positive orientation through nurturing self-esteem and hope, promote client control, affirm and promote client strengths, and set mutual directed goals. They sound complicated, but last week as I worked a night shift on an inpatient psychiatry unit, I was

pleased to note that they aren't so very difficult.

About 2:00 AM, just after the latest time that we are instructed to offer sleep medications, a patient came to the desk. He was a little hesitant at first, with that gun shy manner that told me that he was used to not being listened to by the night staff. I took the time to speak with him and give him my full attention, and within minutes, he blossomed into a cheerful, even mischievous conversationalist.

What he wanted was to get back to sleep.

Rather than focus on the pharmacological interventions that were not available, I brought up some alternate ideas: blankets from the warmer, ear plugs to block ambient noise, or even hot tea.

It wasn't until I mentioned the idea of guided relaxation that I saw a sparkle of interest in his eyes. He was an intelligent and imaginative person, and
Continued on page 3

Letter to the American Holistic Nurses' Certification Corporation continued...

centered process to facilitate and empower the client to achieve self-determined goals related to health and wellness. Successful coaching takes place when coaches apply clearly defined knowledge and skills so that clients mobilize internal strengths and external resources for sustainable change.

There are a number of nurses who have incorporated the role of Health and Wellness Coaching into their practice; others have indicated inter-

est. The American Holistic Nurses Certification Corporation is considering development of a certification program for the nurse coach who believes that nursing practice has, health promotion, wellness, and "...healing the whole person as its goal...from birth to death" (AHNA/ANA.(2007) Holistic Nursing: Scope and Standards of Practice, p.1). If this is your view of nursing, we invite you to visit our website and inform us of

your interest in this certification program.

We are at ahncc.org; our Poll regarding this health coaching for nurses is on the Home page under AHNCC News. We hope to hear from you.

President's message: Lessons from Haiti continued....

Amidst the work were opportunities for building relationships, even without "speaking the language."

Most of the people in Port Au Prince have very limited external resources. Their days are spent primarily meeting the basic needs of their families. They are beautiful, resilient people. The children delighted in the activities of coloring, making balloon animals, blowing bubbles, or decorating themselves with stickers. Such an experience puts life in to perspective. There is something appealing about a simpler life, at least for a week. I hope that I continue to remember that I managed well without a phone, or the internet, or even electricity. I also

hope that I remember how much I appreciated the latte at the airport and the first hot shower I had when I returned home and that I remember to be grateful.

Please continue to support the people of Haiti. They are dealing not only with the environmental devastation but the emotional challenges as well. A young man was telling me about his experience the day of the earthquake. He was standing on his balcony when everything began to shake. He said that he was relieved that his family was unharmed, and added "The earthquake is still here. Sometimes when I sit down I can feel it underneath me and I know it is coming again."



**The Way is long
-let us go
together.**

**The Way is
difficult-let us
help each
other.**

**The Way is
joyful- let us
share it.
The Way is ours
alone-let us go
in love.**

**The Way grows
before us-let us
begin.**

-Zen Invocation

Late Night Intervention continued...



this was something that appealed not only to his desire to sleep, but to his desire to have more control of his situation. I walked him back to his

room and helped him to find the most comfortable position in the bed. I kept the room lights off and sat in the chair near the bed. In my best soothing voice, I led him through a guided sequence of breathing, visualization, and body awareness. At the end he smiled and said, "I feel like a wet noodle." I built trust by listening to him and taking him and his needs seriously. I focused on available options to foster hope. By choosing an intervention

that I was teaching him, and not just doing to him, I was promoting his ability to use his strengths, in this case imagination, to augment his control of his situation. Our mutual goal was a good night's sleep. Since we do fifteen minute rounds at night, I was able to affirm that we achieved that.

SAMRM News...

The SAMRM Retreat is set for May 19-21, 2011 in Albuquerque, NM. We plan to stay at an Old City B&B, Casas de Suenos, travel to Sky City to visit one of the oldest Pueblos in the United States and visit the local Health Service for Native Americans. If you have not yet registered, but you are interested in attending, contact Casas de Suenos (www.casasdesuenos.com) for lodging arrangements, and let me know that you will be there. We need to have a final number of persons visiting the health services by May 15, 2011.

Mary Elaine Koren has been appointed as SAMRM secretary, completing Betsy Fisk's term.

Thanks to all who have completed the online SARAM survey. The survey is still up, so please take a moment to complete the survey if you haven't already done so. <http://www.surveymonkey.com/s/YGLRF3G>



Mission team members with children at an orphanage in Port au Price



Membership Application

Please Print

Name

Address

Phone (home)

(Cell)

(Work)

Fax

Email

Profession

Highest Degree

Employee/Agency Affiliation

Field of Employment/Position

Area of Specialization

How do you want to be involved as a member?

Please indicate your area(s) of interest

Clinical practice

Teaching MRM

MRM related research

Other

Membership Desired

___ General (\$25/year)

___ (\$50/2 years)

___ Student (\$15/year)

___ (\$30/2 years)

___ Scholarship Donation

___ TOTAL

Please make checks payable to SAMRM

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