

Society for the Advancement of Modeling and Role Modeling

June, 2011

Volume 21, No. 2

Summer Newsletter

Special points of interest:

- The Spring 2011 MRM retreat was held May 13-15, 2011



**Acoma Pueblo
Sky City, NM**

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Message from the President

By Ellen Schultz, President, SAMRM

It is good to be publishing the summer edition of the newsletter. There are so many things about summer that I appreciate – going outside without boots and mittens, more daylight, flowers blooming in the garden, picnics, walks by the river, parades, children splashing in backyard pools, and on and on... For those of us living in the northern states, summer is short and cherished.

Survey Results

The Executive Committee (EC) has been busy since the publication of the

spring newsletter. We met during the SAMRM Retreat in May. (You will be hearing more about the retreat.) The committee reviewed the survey, identified work that needs to be done, and set goals for the next few months.



Participants in the MRM 2011 Retreat

I would like to share a few general comments about the survey results. Nearly half of our members responded to the survey.

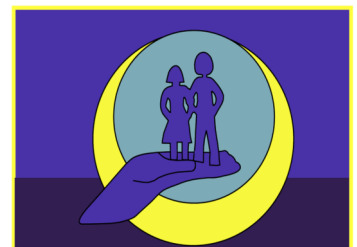
Thank you for your participation. Overall, members are satisfied with their membership and would recommend membership to others.

Members responded positively to statements about the conferences. There were several recommendations for locations for future conferences,

ranging from the east coast, the central states, and the west coast. There are several factors to consider in choosing a location, including members in the area who are willing to organize the conference and potential participants interested in MRM and/or holistic nursing. If any of you are interested in organizing a future conference, please contact me. We should start thinking about the location for 2014.

Responses regarding the newsletter were also positive. In the "comments" section there was a request for a bi-monthly newsletter.

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Message from the President Continued...

We are open to that idea but we need more members involved in writing the newsletter. We welcome contributions from all of you. Is anyone interested in writing a column for the newsletter?

The website has been a concern for the EC for some time. I am happy to report that the website is being revised and will be ready in a few weeks. I will send an email to all of you when it is available. I think that you will be pleased with the results.

New Award Established

The EC is pleased to announce that a new award has been established in

memory of Betsy Fisk. This award, the Betsy Fisk Student Outstanding Poster Award will be given to the student with the best poster presentation. The criteria will be published prior to the 2012 conference.

Wishing you a lovely, restful summer,
Ellen



Student Perspectives

By Ellen Schultz

The following are responses from RN-BSN students at Metropolitan State University, St. Paul, MN, as they complete their Modeling and Role-Modeling course. Students were asked to respond to the question – In what ways has learning Modeling and Role-Modeling theory changed your perspective on nursing or the way in which you provide care?

"I used to think that, as nurses, we should advise clients on what is best for them. Clients, on the other side, looked upon me to decide for them on many things. Having learned MRM, I have started to not only let clients make independent decisions, but also encourage them to learn how to rely on self to make them. I have learned to see the world through their eyes, which has made me start to know the

client's background and to understand why they do what they do. It has taught me to understand myself deeper. If I understand myself, I am able to understand others. I work mostly with people with traumatic brain injuries. Instead of getting annoyed with behaviors, I now feel the "pain" of having an injured mind. This has opened a new perspective in my career."
Maureen Muigai
Continued on page 3

Self-Care Tips: Dealing with Clutter

By Ellen Schultz

Are you experiencing a lack of energy, not accomplishing your goals, or have a sense of being "stuck" in your life? Perhaps some de-cluttering of your personal space is in order.

The word clutter is derived from "clotter," meaning to coagulate. One of the principles of Feng Shui is everything is energy. When clutter accumulates, energy stagnates. Our environments reflect our inner selves.

Kingston (1999) has identified four categories of clutter:

- ◇ Things you do not use or love
- ◇ Things that are untidy or disorganized
- ◇ Too many things in too small a space
- ◇ Anything unfinished (p. 17)

From the perspective of Feng Shui, clutter may affect people negatively depending on the type of person, the nature of the clutter, and where the clutter "resides" in the home. Clutter may result in the experience of fatigue, living in the past, confu-



sion, procrastination, disharmony, and disorganization. Continued on page 3

Student Perspectives continued...

"MRM has changed my perspective in various ways. First, I always look at my clients as whole persons, instead of parts. I focus on the strengths my clients have as I walk with them in the healing process. I have learned in MRM that it is vital to take care of myself before taking care of others. Centering and creating an intention is a powerful skill I have learned in the MRM theory class. I use this skill to connect to my clients as I take care of them." Protus Matagaro

"It helps me to respect people's feeling and to treat people with respect. It helps me to look at people from a holistic point of view... to anticipate

my resident's needs and develop a plan of care with the resident to meet their goals. I now understand that it is not what I think is right/good but how the individual wants to live. I learned how to be a good advocate for my residents. I have also learned how to care for myself and to use relaxation techniques that are effective in holistic nursing." Eyitayo Odekpe

"I think that I have more compassion in my caregiving realizing that there is a reason and theory behind the way people behave in their lives. It really makes the world unique. I enjoy making a unique plan of care that incorporates not only what I feel is im-

portant but care that incorporates the patient's goals. It has inspired me to be able to help someone achieve their goals that they didn't think would be possible." Diane Warren

"It provided words for the nursing care a lot of us provide. It takes away the vision of a nurse providing only tasks and shows nursing as a field that elevates the spirit by providing a holistic care. A lot of nurses are burnt out and this theory reminds me of why I became a nurse to begin with." Sara Johnson

Self-Care Tips: Dealing with Clutter Continued.....



View of the New Mexico desert from Sky City

De-cluttering is the first step in reclaiming your energy and getting out from under feeling overwhelmed. Taking the first step is the hardest. But once you

begin to see how exhilarating the process can be you will have no trouble continuing forward. Creating a sense of harmony and peace in your space reflects this same harmony and peace into your life so that you can feel empowered and strong (Hyder, 1998, p. 129).

Start with a manageable project. It may be just clearing one horizontal surface, or commit 15 minutes per day to de-cluttering. Hyder (2011) suggest that we express gratitude to those things that are moving out of our lives and remember the importance that they once held.

For tips on how to de-clutter see:

<http://zenhabits.net/15-great-decluttering-tips/>

References

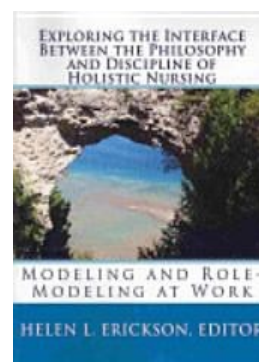
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Kingston, K. (1998). *Clear your clutter with Feng Shui*. New York, NY: Broadway Books.

Modeling and Role-Modeling Books

There are three convenient sources to purchase the Modeling and Role-Modeling books.



The sources are:

www.Unicornsunlimitedbooks.com

www.Createspace.com

www.Amazon.com

Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time. ~John Lubbock



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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