



NEWSLETTER

Society for the Advancement of Modeling and Role-Modeling

Volume 15 No. 2

August 2005

A SUCCESSFUL WRITING RETREAT!

The writing retreat held in Austin Texas May 20 & 21 was very successful and enjoyed by all who attended. Lots of work got done and there was a lot of planning, conferencing and organizing. Discussions centered on the three books planned by Helen Erickson. It is hoped that book #1 will be ready for distribution by the time of the next SAMRM conference in Portland Oregon. The first book is designed to be an update on the original book. Book #2 and #3 will follow with #2 providing an overview of the research that has been undertaken to test the MRM theory, presenting specific measurement tools, and discussing implications. Book #3 will provide application details for educators and practitioners and provide information needed to apply the concepts and paradigm.

In addition to working, participants enjoyed networking, catching up with friends, eating good food, and even doing a little partying. We enjoyed international cuisine by ordering Chinese food one night and going to a local Mexican restaurant for another dinner. The party was to celebrate Linda Baas' recent wedding. There was a fun shower with serious gifts along with a bit of humor. We all wish Linda and Gordon a wonderful life together.

MARK YOUR CALENDARS!!

The 11th biennial conference of the Society for the Advancement of Modeling and Role-Modeling will be held in Portland Oregon, May 25-28, 2006. The conference theme is: ***Inspired Nursing: Theory Based Practice***. Be sure to plan to attend and celebrate 20 years of Modeling and Role-Modeling! If you would like some "Mark your Calendar" bookmarks for distribution to your colleagues, please contact Susan Bowman at <gsbowman@oregontrail.net or phone at 541-421-3930. Please specify how many bookmarks you need and the address to send them to.

Acknowledging the Right to be “Down”

By Julia Balzer Riley, RN MN, HNC
President Constant Source Seminars
Respirit ★ Reinspire ★ Revitalize

Julia writes a regular column for a nursing recruitment newspaper, Gulf Coast Nursing Times in Alabama. This article appeared in that newspaper in 2004.

When you think of all the challenges that our clients and families experience, when you think of times of chaos in our own lives, remember, we have a right to be “down” sometimes rather than “up” all the time. The very acknowledgement of this for our clients and families, for other staff, for ourselves and our families is a powerful support.

Back in the 70’s, working in community mental health, as we did crisis intervention, we were taught to say something like, “Anyone would feel overwhelmed with what you have been through.” You could hear an audible sigh of relief. Someone understood. The development of basic trust needed between client and helping professional had begun because we were attempting to get a glimpse of the client’s world view.

A friend listens to her nurse colleague’s upside down world and says, “Don’t be so hard on yourself. You have a lot going on. Anyone would feel undone.” ...again, the sigh of relief.

A diabetic educator counsels a client with newly diagnosed diabetes, “There are so many life changes to consider. It can be overwhelming. Let’s talk about where you want to begin.” The tears come with that sigh of relief.

With just a few words spoken while we do the things we do on a daily basis, we can help build trust. Consider how this approach might be useful in your work. This may be the entrée into beginning to understand the client’s world view. Try asking, “What do you make of all that is happening to you?” “What do you think has

been the cause of your illness?” and “What do think you can do to help yourself feel better?” “What can I do to help?” Clients are in charge of their own health and will set their own priorities in self-care. When we acknowledge this, we are seen as facilitators and resources rather than someone who will scold like a parent for the misdeeds of “noncompliance.”

These thoughts are stirred from my reading about a very practical nursing theory that helps us have the language to explain what caring nurses do intuitively, how we nurture. This theory is the Modeling & Role-modeling theory and paradigm for nursing (MRM). The website where you can learn more is at <http://www.mrmnursingtheory.org/index.htm>

An easy-to-read book with rich clinical examples, *Modeling and role-modeling*, by Erickson, H, Tomlin, EM, and Swain, MAP, can be ordered at <http://www.mrmnursingtheory.org/Book%20orders.htm>. Alligood and Tomey’s *Nursing theorists and their work* and *Nursing Theory: Utilization & Application* both published by Mosby have chapters on this theory. Think: nurse as life-long learner and stretch yourself a bit!

Nurses are privileged to bear witness to the human experience from the miracle of birth to the mystery of death and a few kind words of empathy are long remembered. None of us can be or needs to be “up” and positive all the time and acknowledging and experiencing our feelings is a part of psychological wellness.

© 2004 Julia Balzer Riley. Julia is a professional nurse speaker, humorist, author, poet, artist, and certified holistic nurse. The 5th edition of her text, *Communication in Nursing* (2004) Mosby: St Louis, has just been published and features one of Julia’s silk paintings on the cover. Contact Julia at Constant Source Seminars at 1-800-368-7675 or julia@constantsource.com Visit her website at www.constantsource.com.

PRESIDENT'S MESSAGE

*Gayle Acton, President,
SAMRM*

Dear Members and Friends,

This message finds me just returning from an extended vacation to the northwest United States, Alaska, New Mexico and Colorado. I was gone for 6 weeks - the longest vacation I have ever experienced! It seemed sinful - at first - to just go off enjoying life without many thoughts of work and the like. However, as the weeks progressed, I began to see the journey as one of importance and renewal. The trip was important because my husband and I were able to do some things together that we had wanted to do for a long time, but had kept putting off. The renewal came as a surprise, I didn't realize how much I needed to see the beauty of the environment and experience the quiet solitude of just "being away." So much of the time I think we give and give of ourselves to our family, our community, our profession and as such, we may forget, or worse, ignore our own needs. So, my message today is to encourage everyone to stop, take a deep breath, close your eyes for a few moments and think about think about your own needs, think about what is important, and how they are intertwined with the needs of others. Then, ponder how you might find the time to renew your spirit and your energy. Renewal doesn't have to take the form of a 6 week vacation! It might be found in that quiet spot in the garden or park that you love but haven't taken the time to visit in awhile. It might be the joy you find in hugging your dog, your children, or grandchildren. It doesn't really matter what/where it is - it only matters that you think about renewal and how you might find it and experience it.

Warm Regards,
Gayle

Your Board At Work!!

*Judith Hertz, Secretary,
SAMRM*

The Executive Committee (EC) of SAMRM is comprised of elected officers, chairs of the Program and Nominating Committees, and Newsletter Editor. The EC met for four hours on Thursday afternoon, May 19, 2005 at the home of Lance and Helen Erickson, Cedar Park, TX. Under the leadership of President Gayle Acton, the following motions were passed and actions were recommended.

- Established the fiscal year as January 1 to December 31.
- The membership year will be the same as the fiscal year. Payments received during that year will be credited to the current year.
- Recommended that the Treasurer remind all members of the above policy. (See "Membership Year – A New Policy")
- Discussed procedures for implementing two new awards: one for Contributions to the Society and the other for Utilization/Dissemination of Theory. The Immediate Past-President, Betty Jensen, will chair the Awards Committee and other committee members will be selected by lottery from the list of members who do not sit on the Executive Committee. Information about these awards will be forthcoming.
- Directed the Bylaws Committee to amend the bylaws so that Helen Erickson will be a lifetime member of the Executive Committee and Awards Committee a standing committee.
- Recommended that we explore the cost of sharing a booth at the 2005 Sigma Theta Tau International Convention, to disseminate information about SAMRM.

Any SAMRM member can receive the complete minutes from the meeting by contacting Judi Hertz, Secretary (jhertz@niu.edu).

From the Treasurer
Betty Jensen, Treasurer,
SAMRM

At the annual Board of Directors meeting for the SAMRM, held May 2005, the Board adopted the following policies:

The SAMRM fiscal year shall be the calendar year..

SAMRM dues shall be for the calendar year - dues paid in any part of the year shall be for the remainder of that calendar year. The mailing label on the newsletter will indicate the year through which dues are paid. For example, if the label says 2005, dues are paid through December of 2005. A reminder will be in the Fall newsletter that it is time to pay dues for the following calendar year.

Treasurer's report: As of May 15, 2005, total cash balance, \$14,010.22; other assets

Membership Dues

Please note the date on the address label. If you paid dues in 2004, that paid up your membership through December 2004, so your 2005 membership is due. If you wish to pay through December 2006, please send your check for two years' membership to the treasurer. Use the renewal form at the end of the newsletter.

SAMRM Officers for 2006 – 2008

It's time to be thinking about nominations for officers and nominating committee members to serve the organization for the 2006-2008 biennium. Elections will be held early in 2006 to elect President-Elect, Secretary, Treasurer, and three members of the nominating committee. Self-nominations and nominations of others are welcomed by the nominating committee. If you would like to put your own or someone else's name in nomination, please contact one of the members of the nominating committee: Bobbi Hopkins, chair, 512 556-8054,

(pins and monographs) equal \$4,680; total assets are \$18,690.22.

Membership Year – A New Policy

The Executive Committee approved that the membership year is the same as the fiscal year so that membership dues will cover the period of January 1 to December 31. Payment received anytime during the fiscal year will be credited to that year. This policy will begin immediately.

Help Wanted!!....Please

As Secretary, Judi Hertz, is responsible for maintaining a current list of MRM-related references. She is seeking one or two persons who can help with this task. Anybody who is interested, please contact Judi by August 30, 2005, at jhertz@niu.edu or by phone at 815.753.0662.

Next Newsletter

The next newsletter will be mailed around the holiday time at the end of the year. That newsletter will have complete information about registration for the upcoming biennial conference in Portland Oregon, May 25-28, 2006. Please submit any articles or announcements that you wish to have included in that newsletter to Susan Bowman, gsbowman@oregontrail.net 541-421-3930 or fax: 541-421-3000.

bahopkins@direcway.com; Micky Erickson, ahncc@flash.net; Diane Benson, dsbrn@cox.net.

CALL FOR ABSTRACTS
Paper, Poster, or Panel

INSPIRED NURSING: THEORY BASED PRACTICE

The 11th Biennial Conference of the Society for the Advancement of
Modeling and Role-Modeling

May 25 – 28, 2006, Holiday Inn, convention center, **Portland Oregon**

Celebrating 20 years of Modeling and Role-Modeling: An Holistic Nursing Theory

Conference goals:

- Disseminate knowledge acquired through research, practice and teaching of Modeling and Role-Modeling;
- Promote theory based practice in nursing;
- Contribute to improvement of health care through the promotion of holistic health;
- Promote networking among professionals interested in this theory; and
- Provide a forum for debate and discussion about future applications of this theory.

Guide for abstracts:

Paper, Poster, and Panel presentations will be accepted. Case studies and clinical application of theory as well as research and educational topics are encouraged. Clinicians, educators, researchers, theorists, undergraduate students and graduate students are invited to submit abstracts.

Title page: Title of presentation
 Indicate whether presentation is a paper, poster, or panel
 Name of presenter(s) (indicate contact person if more than one presenter)
 Address, phone contact, email

Page two: Title of presentation
 Indicate whether presentation is a paper, poster, or panel
 Summary of content (one page - less than 250 words)

Deadline for submission:
December 31, 2005

Submit entries to:
Email: ssb1@humboldt.edu
Fax: 541-421-3000
Mail: Dr. Susan Bowman
MRM Conference Coordinator
47523 Ritter Rd.
Ritter OR 97856

Conference information/ Society membership and information:

Contact: Dr. Susan Bowman

Email: sgbowman@earthlink.net

Phone: 541-421-3930

SAMRM Awards

Call for Nominations

SAMRM will be presenting two awards at the 2006 Conference.

The awards categories are:

- Contribution to the Society, and
- Utilization/dissemination of theory.

Criteria:

Contribution to Society

Contribution to the Society may be any work that has enhanced the society, including (but not limited to) work on committees, service as an officer, or contributions to web page. The Awards Committee will review evidence on the nominees' contributions, and will make recommendation based on the quality and quantity of the contributions to the society.

Utilization/dissemination of theory

This includes research and publication, education, and practice. Evidence may include publications and presentations, but should not be limited to those.

To Nominate:

Nominators for both awards need to provide a narrative description of the contributions of the nominee. Letters of support will be welcome and may be used by the committee in making a decision.

Submit the form on the reverse side of this page

Society for the Advancement of Modeling and Role Modeling

Nomination for Award

I nominate _____ for the following award (circle one):

- Contribution to the Society
- Utilization/Dissemination of Theory

Nominee's Address _____

Nominee's Phone _____

Nominee's Email _____

Attach a narrative description of the contributions made by the nominee.
Letters of support are welcome and may be used by the committee in making a decision.

Your name _____

Address _____

Phone _____

Email _____

Send to:

Dr. Betty Jensen, Awards Committee Chair
SAMRM
10620 Thoroughbred Drive
Austin, TX 78748

STAY IN TOUCH!!

Have you checked the MRM website lately?? <http://www.mrmnursingtheory.org>

Do you subscribe to the MRM listserv?

(Do you receive listserv messages at two addresses?)

To subscribe or unsubscribe:

Send an email to <listserv@lists.ufl.edu>.

Leave the subject line BLANK.

In the body of the message, write: "subscribe (or "unsubscribe") mrm-L"

Type your name.

IS YOUR MEMBERSHIP CURRENT?

Look at the address label on this newsletter. If there is a date written above your name on the address label, that date indicates the year through which your dues are paid. If there is no date written, this is a complementary copy of the newsletter. If you need to pay your dues, please use the membership renewal below. You can print a New Member Application from the website.

SAMRM Membership Renewal

Name: _____
(Last, First, Middle/Maiden)

Address: _____

City _____ State _____ Zip Code _____ Country _____

Phone: Home _____ Business _____

Fax: _____ Email Address: _____

Profession _____ Highest Degree: _____

Employing Agency/Affiliation _____

Field of Employment/Position _____ Area(s) of Specialization _____

Dues: (Check dues enclosed)

General membership: _____ \$25.00/year _____ \$50.00/2 years

Student membership: _____ \$15.00/year _____ \$30.00/2 years

Make checks payable to "SAMRM" and mail to: Betty Jensen, Treasurer, SAMRM,
10620 Thoroughbred Drive, Austin, TX 78748