Message from the President: Temporarily Unplugged

By Ellen Schultz, President, SAMRM

The first week in March was spring break at our university and I was fortunate to spend the week in Mexico with my family. Before leaving I decided to leave my computer at home. Some of you are probably thinking “well, of course” while others are gasping at the thought of being electronically disconnected. Going on spring break without my computer was a first for me. I tend to use the week to combine time off with work. I confess that two days into my vacation I did use the computer in the resort office, but the combination of trying to use a computer with directions in Spanish and not being able to use the @ key severely limited my work. And I turned my phone on once to text my son to make dinner plans when I didn’t see him during my walk through the resort. Those lapses in commitment were followed by a “serenity massage” at the spa as an antidote.

I observed that when I did not have my computer or phone to remind me that I had things to worry about, I didn’t worry. I am normally not a great “worrier” but, like all of you, I am involved in many projects for both work and community service that compete for my attention. I find myself multitasking. When I didn’t have my electronic reminders, I relaxed. I played with my grandkids in the pool, walked on the beach, read novels, and ate good food. It was wonderful.

When we juggle multiple thoughts and or actions at the same time we are multitasking. Continued on page 3

Keynote Speakers: Facilitating Holistic Healing: Communicating and Connecting

Do you Speak Healing?
Your very presence and the words and pictures you offer to someone in need can be elixirs to set a course for healing, recovery, even the will to live. In a time of more technology than touch, nurses can be the conduits of life-saving interactions that affect not only the physical and emotional experience in the moment of crisis but how patients/victims remember a frightening, painful event – as trauma or as rescue and courage – for the rest of their lives. Judith Simon Prager, PhD, is a clinical hypnotherapist with her degree in psychology. She has authored and co-authored several well-respected books about the protocol of Verbal First Aid, one of which has been described as the “The bible for crisis communication” by the International Journal of Emergency Mental Health. She trains physicians, nurses, clinicians and first responders in medical centers across the United States as well as in England and China. She has been a consultant to hospitals, has a private practice in Los Angeles, and has appeared on Good Morning America and PBS Between the Lines. Speakers Continued on page 2
Communications: Bridge to Humanity

Communications may be the key factor that determines the essence of our humanity. Communication among the multiple parts of the human is an essential process that integrates, balances, and synchronizes the whole, producing biological markers, qualities, characteristics, and even traits, that distinguish the human from other animals. Communication between nurse and client has the potential to affect the client's internal communication process. Specifically, a nurse's focused, purposeful communication has the potential to alter the client's worldview in such a way as to initiate normal, inherent growth and healing, and facilitate healthy development. Interpersonal communication also has the potential to interfere with the human's natural ability to grow and heal. This presentation will discuss the relationship between the communication within a human, communication between nurse and client, and the implications for holistic nursing practice. Distinctions between communication as a series of messages and communications as an infrastructure will also be discussed. Dr. Erickson will also present Grand Rounds on Sunday, October 7th.


Dr. Erickson serves on the Board of Directors of the American Holistic Nurses Credentialing Corporation and is recent chair of the board. She has been awarded with an Endowed Lecture-ship on Holistic Nursing. She was recently a keynote speaker at the Eleventh International Congress on Ericksonian Approaches to Hypnosis and Psychotherapy. She consults with health care facilities and schools of nursing on integrating holistic nursing and MRM theory into education and practice. She was named Professor Emerita by the University of Texas at Austin.

Speakers continued below...
Key Note Speakers Continued...

Be Yourself or You’ll Miss Your Life: Interior Design of the Heart:

At the Friday night banquet, Joan Steffend will use her life as a template to discuss our potential and how living in the world can impact that. As a model of one’s ability to re-create self, she will discuss ways in which we can reclaim ourselves and our connection to others.

Joan Steffend has spent almost thirty years in the media. She has been an Emmy-winning news reporter/anchor at the NBC affiliate in Minneapolis/St. Paul, a top-rated host of HGTV Decorating Cents, and the recipient of the Grand Award from the New York International Film Festival. Her many accomplishments have led to her appearances on Oprah, Live with Regis and Kelly, CBS Early Show, Today Show, Entertainment Tonight, among others. In 2010 she published her first book ... and she sparkled. Currently she is working with Peace Begins With Me (a small BIG peace project).

Presidents Message Continued...

Bergman (2010) reported in the Harvard Business Review that multitasking reduces productivity by as much as 40%, increases stress, and may drop IQ.

Spring break is over and I am again fully connected. I suspect that my week free of multitasking did not raise my IQ but I am tackling my projects with renewed enthusiasm. One of those responsibilities is planning the 2012 MRM conference Facilitating Holistic Healing: Communicating and Connecting. Save the date: October 4th preconference, October 5th full conference begins. You will be notified as soon as the conference information and registration materials are available. Please see the description of the keynote presentation is this newsletter. See you at the conference.


A Nursing Vision for Nurses

By Dian Inda

The theory of Modeling and Role-Modeling articulates the importance of both understanding the client’s vision for his or her healing, and process of facilitating the practical translation of that ideal into reality. Nursing has long recognized that client may be singular, in the case of a particular individual, or plural, in the case of the entire family, or even the populations that are dealt with by public health or school nurses. Holistic nursing also calls for supporting the self-care of the nurse. Consider nurse as plural; nurses as a profession. See the self-care as being a professional context that facilitates the fullest development of nursing as a profession; the redesign of the health care system called for by the 2008 Institute of Medicine (IOM) report on nursing. In order to support our profession, it’s time for translation of our ideals into concrete practice steps. Some small steps were started as nurse practitioners expanded their domain of practice into the realm of primary care. In that process, a subtle but profound difference emerged. Where the physician has traditionally focused in identification of deficits and problems, nursing’s inherently holistic viewpoint illuminates strengths, prevention and potential for higher levels of wellness. The upcoming SAMRM conference calls for attention to the process of healing.

Continued on page 4
Self-care: Wouldn’t a Massage Feel Great?

By Ellen Schultz

After a day of leaning over the computer keyboard or lifting heavy clients and equipment, a massage may be just what the nurse ordered. More than a luxury treatment at a spa, massage therapy is a form of touch that is intentional and organized “soft tissue manipulation, including holding, causing movement and/or applying pressure to the body that facilitates healing” (Koopsen & Young, 2009, p. 298). Massage can result in physical release, such as eliminating toxins as well as emotional release. Oschman (2000) reported that reorganization of fiber patterns through massage may release memories (cellular memory). Massage does more than feel good. If that isn’t enough, here is a list of just some of the benefits of massage: relieves stress, anxiety and muscle tension, increases range of motion and flexibility, improves circulation, reduces blood pressure, improves posture, strengthens and reported the immune system, and fosters peace of mind (Koopen & Young, 2009, Oschman, 2000).

For more information on the benefits and contraindications of massage or how to find a therapist, check www.massagetherapy.com.


A Nursing Vision for Nurses Continued...

From the individual level out to the system. In America, our health care system is certainly in need of healing. In 1983, Erickson, Tomlin & Swain noted that educating the public was a step toward having a voice in the legislative process. Along with that comes the process of educating ourselves as nurses. Some of the practicing master’s prepared nurse practitioners appear to view with disdain the fact that the increase in coursework from a masters level NP degree to a doctoral level NP degree has not been an increase in clinically relevant material; it is an increase in education regarding health care policy: awareness of it and how to participate in shaping it. Nurses as individuals and nursing as a profession needs to be more aware of what is going on at the legislative level. What are the trends in business and government as regards healthcare? More to the point, where they lack, how can nursing find or develop the means to shape them to a better future.

As a single example, in the state of Minnesota, currently under consideration are two bills, Senate bill SF0230 and House bill HF0462 of a bill called Nurse Licensure Compact which would allow reciprocal recognition of nursing licensure among all participating states. The Minnesota Nursing Association is vehemently against such a process. The National Council of State Boards of Nursing supports it. It would change the shape of nursing in the United States, but for better or for worse?

Nurses need to be participating in that change. What constitutes looking for the strengths of nursing, and making them stronger?

1Available online as a free PDF download at: http://books.nap.edu/openbook.php?record_id=12956


SAMRM - Call for Grant Proposals

By Linda Baas  
Chair, Awards Committee

The SAMRM Awards Committee is pleased to announce the opening of the Biennial research grant application process. We will be accepting grant applications between May 1, 2012 and August 30, 2012. Awards will be announced at the SAMRM Conference which will be held October 4-7, 2012 in Minneapolis. More information will be available on the website after May 1, 2012. You will find information on the call for grants, application process, criteria for grading the proposals, and funding details.

In 2008 the SAMRM board approved developing a research grant program to provide support for nurses conducting research that is based on Modeling and Role-Modeling. Funding for the grant would come from fund raising efforts at our auction held at the biennial conference. Under the direction of Susan Bowman, Past President of SAMRM we raised enough funds at the 2008 Conference to support the first research grant which was awarded in 2010.

The recipient of the first research grant was Mary Elaine Koren, Ph.D., RN for the project entitled "Spirituality of Staff Nurses: Application of the Modeling and Role-Modeling Theory". We will hear her results at the 2012 conference and will fund additional small grants for studies of MRM.

So, check the website for more information and continue to help support the research efforts of the organization by participating in our auction or by adding a contribution to this fund. To contribute, send checks to our Treasurer, Bobbie Hopkins at the address listed on the membership form.

Student Corner

By Metropolitan State University Nursing Students

“MRM has furthered my beliefs that nursing should be patient-centered and a patient does not need to be ‘sick’ to benefit from nursing care and knowledge.” Michelle Ellingson

“MRM has allowed me to open my eyes and focus on what the patients/clients may be lacking. Helping them complete a developmental stage may facilitate healing in a lot of areas in their lives. It has also helped me focus on not judging, and modeling the client’s world instead of criticizing it.” Jessica Swentik

“It has taught me to be more intentional with my words and presence and to really treat the whole person. That’s something I’ve always wanted to do, but now I have more tools and a system to use.” Carmen Harris

“MRM has brought out the perspective of spirituality in my nursing. It has always been behind the scenes; now it is more on the forefront.” Laura Johnson

SAMRM Awards

Two awards will be presented at the 2012 conference, Contribution to the Society and Utilization/Dissemination of Theory. Please see additional information including criteria on the website.

Call for Abstracts Extended

If you had planned to submit an abstract for the 2012 conference and ran out of time, it is not too late. The deadline for submissions has been extended until April 14, 2012.
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?

☐ Clinical practice ☐ Teaching MRM ☐ MRM related research

☐ Other

Please indicate your area(s) of interest

Membership Desired

☐ General ($25/year) ☐ ($50/2 years)

☐ Student ($15/year) ☐ ($30/2 years)

☐ Scholarship Donation ☐ TOTAL

Please make checks payable to SAMRM

MAIL TO:
Bobbi Hopkins
SAMRM Treasurer
11723 E. FM 580
Kempner, TX 76539,
USA