

MEMBERS SHARE

Adventures in Private Practice

One Nurse's Path. When my children were in school and I had more time for just me, I felt a churning desire to creatively express myself in the professional world. I was sure that nursing was my calling. When I finished my master's degree in transpersonal studies and started my nontraditional private nursing practice, I began to feel like I was on the right path as a practicing healer. Currently, I am a holistic nurse and transpersonal counselor. I see clients who are in crisis due to illness, injury, or stressful life situations. First, I support their strengths and ideologies according to their beliefs, and then I help them learn more about the inner dimensions of their being. As my practice has expanded, I also have created an online journal, *The Alternative Journal of Nursing* (www.altjn.com), and my own radio show, "It's in the Cards." Years ago, my friend and contact with the Oregon Board of Nursing told me, "You are not an alternative nurse. You are a nurse who practices alternative therapies." She was right. By practicing outside the walls of institutions, I have been able to use energy work, guided imagery, Tarot, astrology, dream interpretation, and other esoteric tools, all of which I see as alternative ways of using my nursing education. More importantly, I am wholly satisfied and wouldn't change a thing.

— Toni Gilbert RN, MA, HNC, Jefferson, Ore.



Private Practice for Animals. Over 25 years ago, a local physician led me to study alternative modalities and complementary medicine. Today I am a Healing Touch practitioner as well as a Reiki master, working in private practice to help both humans and animals. Most often, the work with the animal leads to something that the person needs to know or to work on as well.

Eight years ago, a boxer named Gypsy entered my life. When she was about two years old, Gypsy became pregnant, and we decided to keep one of her two puppies. We named the puppy Jelly. About that time, I completed a guided journey and found that the magic of my childhood was connected to a Boxer that I had as a child. Gypsy and Jelly seemed to bring that magic back to me.

For the past seven years, I have used a combination of intuitive wisdom and various energy techniques to promote a blending of holistic health care and traditional medicine in order to help animals heal from injuries, stress, training, or behavior problems. In my private practice, I offer in-person and phone (long-distance) consultations, workshops on various aspects of caring for pets, training sessions in Reiki, and speaking engagements. What I have learned by doing this work with Jelly and Gypsy is how to enhance the healing process, recognizing that it does not replace traditional medicine nor veterinary care, diagnosis, or treatment.

— Christina Deming RM, DN, HTP, Sedona, Ariz. www.healingwiththeanimals.com.



Breathe!! First step — breathe! Work through the fear and trust yourself that you can do this. We are a very smart profession and have handled other people's lives very well. Now it is our turn!

Free resources are available from SCORE, a partner with the U.S. Small Business Administration that has volunteer business men and women who will mentor you through the process of writing business plans, market analysis, and much more; its Web site (www.score.org) has templates to help you get started.

Then be sure to investigate state/county/city regulations regarding the scope of your practice. Understand the community in which you reside, become familiar with peers, and organize meetings/groups to network. Also consider working with other professionals in your field to change legislation regarding the scope of practice to be more inclusive of modalities. Finally, find a mentor and be a mentor — pay it forward and the rewards will follow. Good luck on your journey!

— Laura Zimmerman, Long Branch, N.J.

Slow Growth. My holistic nursing/massage therapy/clinical aromatherapy practice is a work in progress. Just when I think business is picking up, it goes back into stagnation mode. Even though I always feel like I'm beating my head against the wall when trying to promote my business to the allopathic healthcare and business communities, I try never to lose sight of why I do what I do. With complementary modalities slowly gaining acceptance, we all need to remember why we chose to do them and not compromise our principles for corporate health (disease) care. What we do is too important to be controlled by mainstream thought. I freely accept slow growth for the opportunity to provide my clients with the care they richly deserve.

— Ann Lumbrezer RN, LMT, HNC,
Berkey, Ohio



Take your practice to the next level with

AHNA-Endorsed Certificate Programs

Wanting to go to the next level in your practice? Endorsed programs offer content based on a well-developed body of knowledge congruent with the philosophy, mission and purpose of the AHNA. These programs are only endorsed by the AHNA after a rigorous peer-review process and approval of the AHNA Leadership Council.

Certificate in Spirituality Health and Healing

ALLEGRA Learning Solutions, LLC, San Diego, CA
(760) 231-9678, Fax (760) 231-9961
ckoopson@allegralearning.com or
cyoung@allegralearning.com, www.allegralearning.com

Certificate Program in Integrative Imagery

Beyond Ordinary Nursing, Foster City, CA
(650) 570-6157 imagine@integrativeimagery.com
www.integrativeimagery.com

Aromatherapy for Health Professionals

R.J. Buckle Associates, LLC, Philadelphia, PA
rjbinfo@aol.com, www.rjbuckle.com

Certificate Program in Integrative Aromatherapy

Institute of Integrative Aromatherapy
Valerie Cooksley RN Valerie@Aroma-RN.com
The Woodlands, TX (877) 363-3422
Laraine Kyle RN, MSN Laraine@Aroma-RN.com
Boulder, CO (888) 282-2002 www.Aroma-RN.com

Certificate Program for Integrated Clinical Nursing Assessment

East Meadows, NY (516) 794-7781
info@caringli.com, www.caringli.com

Whole Health Education Certificate

New England School of Whole Health Education
Wellesley, MA (781) 237-7971
Fax (781) 431-0017 www.wholehealtheducation.com

Healing Touch Certification Program

Healing Touch International Inc., Lakewood, CO
(303) 989-7982, Fax (303) 980-8683
Htiheal@aol.com, www.healingtouch.net

Integrative Reflexology:

A Course for Professional Practice

Natural Wellness and Healing, Inc.
Montgomery, OH (513) 794-9222 jutkamorey@aol.com

Holistic Nursing Certificate Program with Amma Massage

New York College for Health Professions
Syosset, NY 800-9-Career Ext. 351
Fax (516) 364-0989 www.nycollege.edu

Holistic Stress Management Instructor Certification Workshop

Paramount Wellness Institute, Boulder, CO
(303) 678-9962, Fax (303) 485-0034
BrianLukeS@cs.com, www.BrianLukeSeaward.net

Integrative Healing Arts Program

The BirchTree Center for Healthcare Transformation
Florence, MA (413) 586-5551 Fax (413) 586-8181
info@birchtreecenter.com, www.birchtreecenter.com