

NEW! Essential Oil Therapies for “Hot” Women – Advanced Class

Deepen and expand your knowledge and applications of essential oils therapies for the common experiences of women’s midlife health. Learn and practice how to work with the body’s energetic system and acupressure points with essential oils. Balance the energy flow in the body to reduce stress producing hormones, anxiety, hot flashes, mood swings, insomnia, and PMS symptoms. Prior knowledge of essential oils helpful. .72 CEU, \$112
1266 T 4/20 & 4/27 6:00 to 9:00 p.m.
THHC105 Baglien

NEW! Essential Oil Therapies for Stress – Advanced Class

Stress has been identified as the underlying cause of up to 80% of doctor visits (James S. Gordon, M.D.). Learn and practice hands on techniques with essential oils for relieving stress related complaints for yourself and others to bring balance to the body. The class will focus on muscle and body pain, improving digestive energy and strategies for emotional well being. Prior knowledge of essential oils helpful .72 CEU, \$112
1267 T 5/4 & 5/11 6:00 to 9:00 p.m.
THHC105 Baglien

Essential Oil Therapies for Senior Care Environments

Aromatherapy is emerging in Nursing Homes across the country as an effective option to decrease pain and meds. Studies have shown the use of essential oils can greatly reduce agitation and disruptive behaviors, “Sun-Downing”, promote alertness and focus, improve appetite, and help with restlessness at night. Aromatherapy is simple, cost effective, safe, uplifting and has no side effects. Learn which oils to use in Senior Care, easy techniques for use, resources, research and safety information.
.36 CEU, \$59
1297 W 2/17 6:00 to 9:00 pm
THHC105 Baglien

The Patient Experience, Developing a Culture of Excellence

Every patient has unique needs and desires and deserves the very best experience when seeking healthcare. Learn the tools and techniques for creating a culture in which every staff member can assure that patients are “Wowed” by the delivery of customized, high skilled, personal care. Begin with a leadership commitment to excellence and an understanding of the patient’s experience. Get practical tips to create and sustain the environment in which patients will seek your organization for their healthcare needs. .96 CEU, \$179
1333 TH 5/6 8:30 to 4:30 p.m. D101
Instructor: Kaye Foley, see page 33 for instructor profile

Coaching for Holistic Healing Program

Healthcare professionals, healers or anyone learning to coach or support others on a healing journey will experience activities while learning coaching skills, strategies and holistic healing therapies.

Introduction to Coaching and Holistic Healing:

Incorporate healing into a coaching framework to assess your health issues. Learn about the energy anatomy of the chakras, meridian and auric field.

Coaching Skills and Mastering Change

Learn about the coaching process, how behavior change happens, the art of questioning, reflective listening skills and being present for others.

Self-Care and Creating the Healing Plan:

Learn ideas for self-care, holistic nutrition, how to maintain life balance amidst stress, and how to create healthy boundaries within the coaching role.

Understanding Holistic Healing Options/Putting it All Together :

Learn how holistic healing therapies Feng Shui, Traditional Chinese Medicine, homeopathy, and Ayurveda impact and assist healing. *Note: Minimal homework between sessions will enhance learning.*
2.8 CEU, \$448

1279 W 3/10, 3/24, 4/14, & 4/28 8:00 a.m. to 4:30 p.m. D100 Logan, Arnold, & Judd

Nurse Leadership & Holistic Care

Charge Nurse Leadership Development Workshop

Presentations along with interactive exercises will be used to support critical thinking and problem solving for some of the key challenges of a charge nurse, including: the role of the charge nurse, communication and conflict management, leadership styles, situational leadership and finding balance. 1.92 CEU, \$325
1287 T/W 4/20 & 4/21 8:00 a.m. to 4:30 pm D100 Larson



Instructor:
Liz Larson, RN,
BA, MS
Education
Consultant and
Nurse Leadership
Instructor

NEW! The Essentials of Nursing Leadership

Practice critical thinking and problem solving for key challenges you face in order to provide positive leadership at the bedside. Learn: The Role of a Nurse Leader and Leadership Styles and Situational Leadership. 1.92 CEU \$325
1288 T/W 3/30 & 3/31 8:00 a.m. to 4:30 p.m. D100
1289 T/W 4/27 & 4/28 8:00 a.m. to 4:30 p.m. MCTC

NEW! Managing Conflict and Preventing Crisis

Many situations can be defused sooner if staff can learn early warning signs and how to respond productively. Learn how to respond effectively to the warning signs that someone is beginning to lose control and if a situation escalates how you can feel more calm and collected. .48 CEU, \$89
1292 T 5/4 8:00 to 12:00 p.m. D100
1293 T 5/11 8:00 to 12:00 p.m. MCTC

NEW! Developing Resilience

Workplace adversity in nursing is associated with excessive workloads, lack of autonomy, bullying, violence and organizational issues such as restructuring and retaining nurses. Explore strategies and develop a plan that will strengthen your personal resilience, reduce vulnerability to workplace adversity and improve the overall healthcare setting. .48 CEU \$89
1294 T 5/4 1:00 to 5:00 p.m. D100
1295 T 5/11 1:00 to 5:00 p.m. MCTC
Larson

New! Courses for Holistic Geriatric Care and Holistic Hospice and Palliative Care

Introduction to Healing Touch for Hospice & Palliative Care

Healing Touch is a gentle way to use your hands and heart to assist another person on their own healing journey. Healing Touch uses gentle brushing strokes and laying on of hands to bring balance and to calm a person. This class will focus on techniques especially for use in hospice and palliative care to help reduce pain, anxiety, nausea, sleeplessness, and agitation. Healing Touch also assists in the dying process. .84 CEU, \$149
1311 W 3/3 9:00 a.m. to 4:00 p.m.
D101 Schommer

NEW! Understanding and Healing the Effects of Trauma

Traumatic events can affect a person's body, mind and spirit and if not healed can manifest as disease. Learn how integrative medicine techniques can soothe and reverse responses to trauma. .75 CEU, \$124 (Bring a bag lunch. Dress comfortably)
1283 S 3/27 9:00 to 4:30 p.m. D100
Instructor: Susan Arnold is an Integrative Health Nurse Clinician from the Penny George Institute for Health and Healing at Abbott Northwestern Hospital.



For additional information about our Healthcare and Integrative Health and Healing courses or to bring these courses to your organization, contact Sheila Judd at 763.433.1402 or Sheila.Judd@anokaramsey.edu.

Nursing - Study on Your Own

Study on Your Own

Independent study program course materials are available at the Training and Development Center. Send an additional \$5 per course with the registration form and we will mail the materials to you. Mail your test answers to our office and we will mail your certificate to you.

Infection Control

This workbook of infection control principles, universal precautions, blood borne pathogens, TB, HIV, hepatitis and MRSA are designed to meet MN Board of Nursing requirements and OSHA standards.

1312 3 contact hours (.3 CEU) \$25

Managing Diabetes

Review the basics of diabetes control including causes, symptoms, management, meal planning, activities, oral medications, insulin, blood testing and complications.

1313 2 contact hours (.2 CEU) \$20

Quality Leadership for the Nurse Supervisor

Responsible for supervising others? Are you a quality leader? You will have an opportunity to practice exercises to develop your "people skills," to communicate with team members and to improve time management skills.

Delegating, prioritizing, organizing and planning nursing tasks are reviewed.

1314 12 contact hours (1.2 CEU) \$50

Stress Management: Take Control of Your Life Once and for All!

Reviews relaxation techniques, interpersonal and communication skills and methods to face anxiety-provoking situations. This can help prevent job, relationship, health and life burnout!

1316 12 contact hours (1.2 CEU) \$40

Understanding the Alcoholic's Mind: The Nature of Craving and How to Control It

This introduces you to the thought processes that lead to alcohol addiction and how you can help and not enable in crisis, treatment and recovery.

1315 10 contact hours (1.0 CEU) \$40

Alzheimer's: A Caregiver's Guide

This independent study focuses on the definition, symptoms, phases, possible causes and common myths of Alzheimer's disease. Learn coping strategies and community resources.

1317 20 contact hours (2.0 CEU) \$45

Understanding HIV and AIDS

This is an introduction to HIV and AIDS, their definition, background and diagnosis. It explores the treatment of this disease from various approaches. After studying this course, you should have a greater understanding of the issues concerning AIDS as well as a basic biological understanding of this disease and its proliferation.

1318 1.5 contact hours (.15 CEU) \$38

Nutritionally Managing HIV and AIDS

This is an in-depth study in the nutritional manifestations and requirements for HIV and AIDS patients. After studying this course, you should have a greater understanding of the issues concerning AIDS as well as a basic biological understanding of this disease and its proliferation.

1319 1.5 contact hours (.15 CEU) \$38

CD-Rom Self-Study for Nurses Medical Internet Research

Designed for healthcare students, professionals and the general public. Learn how to access accurate healthcare information and resources, use browsers and search engines, find and assess appropriate healthcare websites and determine validity of website information.

Submit test via printed material.

1320 6 contact hours (.6 CEU) \$50

Workplace Wellness

Learn how we can help you with
Worksite Wellness Programs.

Contact Sheila Judd, Director,
Continuing Education
& Customized Training
at 763-433-1402 or
Sheila.Judd@anokaramsey.edu