

Pediatric Integrative Nursing Conference

April 13-14, 2015

Como Park Conservatory, St. Paul



Katlynn Nelson, CA

This two-day course is designed for nurses and other health care professionals working with children with acute and chronic illness. Through interactive and experiential sessions on relaxation techniques, imagery and hypnosis, massage therapy and aromatherapy, bedside practitioners will gain additional tools to care for patients, manage suffering, assist in healing and provide comfort.

This conference is part of a four-day series, with an additional two-day course offering on November 9-10, 2015. Registration for the November conference will open this April at childrensmn.org/conferences.

Day 1: Principles of holistic nursing and relaxation and imagery techniques

Topics include:

- Principles of holistic nursing
- Self-care principles and strategies
- Introduction to relaxation techniques
- Diaphragmatic breathing
- Principles of imagery and hypnosis
- Practice session: Inductions and favorite place imagery
- Procedural pain and imagery
- Magic Glove
- Autogenics and other strategies

Day 2: Massage and aromatherapy

Topics include:

- Evidence review for massage therapy
- Massage therapy overview
- Back and neck massage demonstration and practice
- Hand and foot massage demonstration and practice
- Abdominal massage demonstration and practice
- Overview of aromatherapy
- Five essential oils
- Review of safety considerations and case studies



Register online at childrensmn.org/conferences

Before February 15:

\$200 for two days or \$125 for one day

Registration on/after February 15:

\$225 for two days or \$140 for one day

**Children's**
Hospitals and Clinics
of Minnesota