

Webinar
Via
Zoom!

COAAA Professional Education

October 1, 2021

9:00AM - 12:15PM



Integrative Health Modalities for Promoting Holistic Health, Well-Being and Self-Compassion

We've all seen the words "complementary," "alternative," and "integrative," but what do they really mean? The term "integrative" health care is used in a variety of ways that involve bringing conventional and complementary approaches together in a coordinated way. The use of integrative approaches to health and healing is growing across the United States. Integrative health care aims for well-coordinated care among different providers and institutions by bringing conventional and complementary approaches together to care for the whole person to improve wellness. This workshop will look at different integrative health modalities and how they are currently being used in the United States and how they can benefit professionals and the consumers they serve.

Speaker

Dr. Sharon Tucker PhD, APRN-CNS, PMHCNS-BC, NC-BC, FNAP, FAAN is the Grayce Sills Endowed Professor in Psychiatric-Mental Health Nursing in the College of Nursing (CON) at The Ohio State University. She is the Director for the Implementation Science Core for the Fuld Evidence-Based Practice (EBP) Institute and Director of the DNP Nurse Executive Track in the CON. Dr. Tucker holds board certification as an APRN-CNS in psychiatric mental health nursing and as an Integrative Nurse Coach. She is also certified as a meditation/mindfulness teacher and a Mental Health First Aid Instructor. Dr. Tucker is a change management expert and has cultivated research that has made significant and sustained impacts on science and clinical practice in two areas: behavioral change through health and wellness interventions and practice and organizational change through evidence-based practice (EBP) implementation, training and tools. She is a Robert Wood Johnson Executive Nurse Fellows Program Alumna; an elected fellow of the American Academy of Nursing (AAN) and National Academies of Practice; publishes widely, is the Associate Editor of *Worldviews on Evidence-Based Nursing*, and serves on regional and national boards. Dr. Tucker also leads a private practice called MIND – Mindfulness in New Directions, where she provides coaching, consultations, training and presentations.

Objectives

At the conclusion of this workshop, participants will be able to:

- Discuss the value of integrative/complementary health modalities for personal well-being and compassion
- Apply select integrative/complementary modalities to personal and client self-care behaviors

Hours

3.0 Social Work Clock Hours (#RSX059002) 3.0 BELTSS (application has been made)
3.0 Counselor Clock Hours (#RCX109207)



The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.

Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network

**COAAA Professional
Education
October 1, 2021
9:00AM - 12:15PM**

Zoom webinar link will be emailed the day before the training to the email address with which you registered.

Fee \$60.00 The workshop fee includes handouts.

LATE REGISTRATION: \$70.00 (after 9/24/21)

A **REFUND** will be made **ONLY for cancellations received 5 work days prior to the event**. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued, Any checks returned will be subject to a \$15 bad check fee by the City of Columbus.

We cannot accept credit cards at this time, please mail payment with registration or drop off during business hours.

**Please
Note**

Zoom link for webinar will be sent the day before the workshop to the email used to register, along with handouts and evaluation forms. Continuing Education Certificates are issued once evaluation forms are completed and returned to ldobb@coaaa.org.

Registration Form

Deadline Sept 24

Integrative Health Modalities for Promoting Holistic Health, Well-Being, and Self-Compassion

Please print legibly

Name: _____

Agency: _____

Address: _____

Special Accommodations needed due to disability: _____

Phone: (____) _____

Email: _____

Licensure (Please circle): Social Worker Nurse NHA (License # _____) Other

Registration Fee: \$60.00

Late Registration Fee: \$70.00 (9/24/21)

Purchase Order Attached: # _____ \$ _____ Federal ID# _____

Make checks payable to **City of Columbus**, & mail with registration form to:
COAAA Training & Education, 3776 S. High St., Columbus, OH 43207

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-3885. COAAA will not accept registrations over the phone or fax without a purchase order number.