



Integrative Therapies Conference – Nourish and Renew: Evidence Based Practices for Well Being

Overview: Nourish & Renew: Evidence Based Integrative Practices for Well-Being is a one-day conference designed for health care professionals to explore evidence-based integrative practices that support the well-being of both patients and healthcare staff. Through engaging, experiential sessions, attendees will discover practical approaches to self-care and holistic patient care including horticulture therapy, aromatherapy, herbal tea, mindfulness and mind clearing practices, laughter yoga, music therapy and nurse coaching. The conference emphasizes the connection between caregiver wellbeing and quality patient care. Participants will gain strategies to help reduce burnout, cultivate resilience, and incorporate holistic practices into their own lives and health care settings. Attendees will also explore how integrative approaches can enhance patient satisfaction, promote healing and support overall physical, emotional and spiritual well-being. Nourish and Renew invites all health care professionals to explore the numerous benefits of whole person care in different health care settings.

Audience: Nurses, Creative Arts Therapists, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapy Assistants, Speech Language Pathologists, Social Workers

Presenters:

- Heather Barlow RN, BSN (Christiana Care)
- Tami Berry, MD
- Elizabeth Blunt, PhD, RN, FNP-BC, FAANP
- Diane Connor, Certified Aromatherapist
- Alexa Fong Drubay, Certified Laughter Yoga Master Trainer (CMT) (Director of www.LaughterYogawithAlexa and www.LaughterYogaUSA.org)
- Brandon Everett - RN, BSN, CMT-900 (Temple University Hospital)
- Joanne B. Glusman, MSW, LSW, APHSW-C (Main Line Health System)
- Jacquelyn Hennelly, BSN, RN, TCRN (ChristianaCare)
- Rabia Jones, Clinical Herbalist
- Jacqueline Kreydt, BSN, RN (Christiana Care)
- Alexia Lekos, MMT, MT-BC, LPC (Main Line Health, Bryn Mawr Hospital, Behavioral Health Unit)
- Jalma Marcus, RN, BS, M.S., HNB-BC, CBP, C.AT, CLSE
- Gina Marrone, ADN, RN, Geri-BC (Christiana Care)
- Caroline May, MS (Christiana Care)

- Monalisa Molinaro, BSN, RN, CRRN, MQT (Main Line Health System)
- Stacy Noel MSN, FNP-BC, HWNC-BC, HTCP/I, Reiki Master (Christiana Care, Nursing Integrative Care Nurse Manager, Healing Touch Certified Practitioner and Instructor)
- Cindy Robertson, M.Ed., MT-BC, NMT, NICU-MT (Christiana Care NICU, Christina School District)
- Meghan Tyrpin, MS, LAT, ATC
- Timothy Weaver, MMTC, MT-BC (Main Line Health System - Bryn Mawr Rehab Hospital)

Objectives:

At the completion of this course, the learner will be able to:

- Apply the ProQOL Health Measure in surgical-trauma nursing practice to identify compassion fatigue, burnout, secondary traumatic stress, and moral distress early, improving nurse well-being and workforce resilience as evidenced by 80% of participants reporting increased knowledge.
- Integrate ProQOL findings, workforce engagement data, and AACN Healthy Work Environment principles to guide targeted interventions that support nurse retention, patient safety, and patient-centered care, as evidenced by participant discussion and engagement during the poster presentation.
- Apply evidence-based nurse coaching strategies in practice to improve confidence, self-advocacy, and patient safety, as evidenced by at least 80% of participants reporting increased knowledge and confidence in addressing workplace challenges.
- Apply practices that foster psychological safety and professional identity to enhance nurse well-being, retention, and workforce engagement, as evidenced by at least 80% of participants identifying one strategy they intend to implement within their practice setting or organization.
- Discuss carrier oils and their benefits as well as simple recipes they can create at home for use on themselves or loved ones.
- Discuss advantages of having scheduled and on-call canine crisis team in the acute care setting to provide support to staff members and to improve recovery following traumatic patient outcomes and/or events.
- Utilize structured positive reflection to improve caregiver engagement, and improve wellbeing and reduce burnout.
- Apply the “3 Good Things” wellbeing practice during change-of-shift huddles in practice to improve team communication and caregiver morale.
- Describe the benefits of music therapy
- Apply the garden retreat in a box format in practice to improve the workplace environment
- Facilitate nature-based wellbeing activities.
- Apply evidence-based practices in the care of perioperative patients to reduce environmental stressors and enhance patient outcomes.

- Identify holistic recommendations in practice to improve accessibility in patient care, as evidenced by 90% of participants reporting increased knowledge
- Apply various herbal remedy recommendations in practice to improve patient outcomes with simple health complaints, as evidenced by 90% of participants reporting increased knowledge.
- Identify strategies to improve their stress level as evidenced by a reduction in stress on a SUDs scale provided prior to and immediately after 2 guided mindfulness practices.
- Apply evidence-based mindfulness practice to reduce stress and burnout, as evidenced by 80% of participants reporting increased knowledge.
- Describe the benefits of music therapy.
- List 3 tactics to implement music therapy in a clinical setting.
- Explain how “Music in the Moment” can be replicated to other settings.
- Apply elements of cognitive strategies based on Neurologic Music Therapy® (NMT™) strategies to address well-being of themselves or someone in their circle of care, as evidenced by multi-modality interactive participation and exit survey.
- Identify at least one benefit of community music engagement for the well-being of themselves or someone in their circle of care, as evidenced by interactive participation and exit survey.
- Discuss the implications of unresolved stress on the mind and body and gain awareness of the efficacy of Neuro-Emotional Technique as a natural, targeted stress reduction modality, as evidenced by participant interest, discussion, and engagement.
- Identify the data proven benefits of holding Schwartz Rounds in medical settings.
- Describe 2 ways that Schwartz Rounds could assist their own wellness and that of their units.
- Apply the Self-Mind Clearing technique in practice to improve emotional regulation and stress management during clinical work, as evidenced by active participation in guided practice.
- Integrate brief energy-based self-care strategies into their daily workflow to enhance focus and resilience, as evidenced by participants identifying at least one opportunity to use the technique in practice.
- Using laughter exercises, demonstrate how to shift their responses and positively influence the outcome of challenging or stressful situations.
- Discuss practical techniques for de-escalating stress, releasing tension, and improving communication with themselves and others.
- As a result of this activity, learners will be able to apply this self-healing technique for their own stress management and well-being.
- By applying the six healing sounds technique, discuss how Qigong leads to improvement in self-awareness and self-autonomy.
- Apply a nervous system-based framework for understanding burnout in practice to improve clinician self-awareness, emotional regulation, and sustainable performance, as evidenced by at least 80% of participants reporting increased knowledge or understanding after the presentation.

- Apply evidence-based nervous system regulation strategies in practice to improve clinician well-being, emotional regulation, and clinical effectiveness, as evidenced by at least 80% of participants reporting increased knowledge and/or perceived usefulness of the strategies presented.
- Identify key benefits of music therapy in an inpatient rehabilitative setting including spiritual, emotional, and social goals as evidenced by 80% of attendees communicating knowledge of 4 music therapy songwriting practices and target goals.
- Apply the neuroscience of human movement to improve pain or movement dysfunction, as evidenced by the speed at which the nervous system functions.
- Apply the action of the vestibulospinal reflex to improve pain and movement dysfunction, as evidenced by the speed at which the nervous system functions.
- Discuss prevalence of repetitive negative thinking in students.

Program Date: November 13, 2026

Program Length: 6.0 hours

Program Location: Desmond Hotel, Malvern, PA

Program Registration: <https://www.mainlinehealth.org/rehabeducation>

Program Cost: Early Bird (August 1 to September 19): \$175.00
Regular Rate (September 19 to November 11): \$200.00

Program Agenda:

	Topics
7:00 am	Registration
7:30 am	Keynote Address: Evidence Based Integrative Practices for Well Being: How Did We Get Here? <i>Elizabeth Blunt, PhD, RN, FNP-BC, FAANP</i>
8:40 am	Breakout session 1 (choose 1) • <u>Cultivating a Culture of Gratitude: Implementing Three Good Things in Change-of-Shift Huddles</u> (<i>Jacqueline Kreydt, BSN, RN; Jacquelyn Hennelly, Heather Barlow RN, BSN; Gina Marrone, ADN, RN, Geri-BC</i>) • <u>Schwartz Rounds; What Are They and How Do They Support Staff Wellness?</u> (<i>Joanne B. Glusman, MSW, LSW, APHSW-C</i>) • <u>Stabilizing the Human System: A Nervous System–Based Approach to Reducing Burnout and Optimizing Clinical Performance</u> (<i>Tami Berry, M.D.</i>) • <u>Train the Brain, Upgrade the Body: A Neuroscience Approach to Better Movement</u> (<i>Meghan Tyrpin, MS, LAT, ATC</i>)
9:50 am	Breakout session 2 (choose 1) • <u>Garden Retreat in a Box</u> (<i>Caroline May, MS</i>) • <u>Integrating Basic Herbal Medicine in Patient Care</u> (<i>Rabia Jones</i>) • <u>The Voice and the Song: connecting to the self and practicing</u> (<i>Timothy Weaver, MMTC, MT-BC</i>)
11:00 am	Breakout session 3 (choose 1)

	• <u>Music Therapy for Well-Being</u> (<i>Cindy Robertson, M.Ed., MT-BC, NMT, NICU-MT</i>) • <u>Schwartz Rounds: What Are They and How Do They Support Staff Wellness?</u> (<i>Joanne B. Glusman, MSW, LSW, APHSW-C</i>) • <u>Self-Mind Clearing: Cultivating Inner Renewal Through Energy-Based Practices</u> (<i>Stacy Noel, MSN, FNP-BC, HWNC-BC, Reiki Master HTCP/I</i>) • <u>Seriously? Consider more Laughter for Health!</u> (<i>Alexa Fong Drubay, Certified Laughter Yoga Master Trainer (CMT)</i>)
12:00 pm	Lunch
1:00 pm	Breakout session 4 (choose 1) • <u>Blending with Intention: Harnessing the Power of Carrier Oils for Personalized Aromatherapy</u> (<i>Diane Connor, Certified Aromatherapist</i>) • <u>Congruent Harmony Energy Blueprint for Aligned Action</u> (<i>Jalma Marcus, RN, BS, M.S., HNB-BC, CBP, C.AT, CLSE</i>) • <u>Six Healing Sounds Qigong: Harmonizing the Resonant Body from the Inside Out</u> (<i>Monalisa Molinaro, BSN, RN, CRRN, MQT</i>)
2:10 pm	Breakout session 5 (choose 1) • <u>Drum it Out!</u> (<i>Alexia Lekos, MMT, MT-BC, LPC</i>) • <u>Mindful at the Bedside: The Surprising Relationship between Ease & Excellence in Clinical Care</u> (<i>Brandon Everett - RN, BSN, CMT-900</i>) • <u>Six Healing Sounds Qigong: Harmonizing the Resonant Body from the Inside Out</u> (<i>Monalisa Molinaro, BSN, RN, CRRN, MQT</i>)
3:20 pm	Course evaluation and closing
3:50 pm	Adjourn

CE Statement:

- OT: Main Line Health is recognized by the PA State Board of Occupational Therapy as a pre-approved provider. This course is applicable for 6.0 contact hours (0.60 CEUs).
- PT: This course has been submitted to the PA State Board of Physical Therapy for 6.0 contact hours (0.60 CEUs).
- SLP:



Main Line Health

This course is offered for 0.60 ASHA CEUs (Intermediate level, Professional content)

- Social Work: This course has been submitted to the PA State Board of Social Work for 6.0 contact hours (0.60 CEUs).

Satisfactory Completion: Requirements for satisfactory completion of this course include full attendance at the course as evidenced by a monitored sign-in/sign-out sheet, completion of perceived attainment of course objectives, and self-assessment of how course materials will impact your clinical performance and/or outcomes.

Participant Satisfaction/Complaint Policy: Program evaluation evaluates participant satisfaction and complaints are handled by designated Main Line Health representative.

Cancellation Policy: Main Line Health reserves the right to cancel an educational event. In the event that Main Line Health cancels the event, participants will be refunded 100% of any registration fees paid.

Participants may cancel their participation in the course. The course tuition is refundable, minus a 20% processing fee, if the cancellation is received in writing at least one week prior to the start date of the course. No refunds or credits will be granted if notice is provided less than one week prior to the start date. No refunds or credits will be granted for no shows.

Conflict of Interest Disclosure

Speaker	Financial	Non-Financial
Heather Barlow	No reported disclosure	No reported disclosure
Tami Berry	Dr. Berry has reported financial conflicts of interest related to her ownership and management position with Vital Works Co., LLC.	Dr. Berry has reported non financial conflicts of interest related to her intellectual property, ownership and management position with Vital Works Co., LLC.
Elizabeth Blunt	No reported disclosure	No reported disclosure
Diane Connor	No reported disclosure	No reported disclosure
Alexa Fong Drubay	No reported disclosure	No reported disclosure
Brandon Everett	No reported disclosure	No reported disclosure
Joanne B. Glusman	No reported disclosure	No reported disclosure
Jacquelyn Hennelly	No reported disclosure	No reported disclosure
Rabia Jones	No reported disclosure	No reported disclosure
Jacqueline Kreydt	No reported disclosure	No reported disclosure
Alexia Lekos	No reported disclosure	No reported disclosure
Jalma Marcus	No reported disclosure	No reported disclosure
Caroline May	No reported disclosure	No reported disclosure
Monalisa Molinaro	No reported disclosure	No reported disclosure
Stacy Noel	No reported disclosure	No reported disclosure
Regina Rahn	No reported disclosure	No reported disclosure
Cindy Robertson	No reported disclosure	No reported disclosure
Meghan Tyrpin	No reported disclosure	No reported disclosure
Timothy Weaver	No reported disclosure	No reported disclosure