Join members of the Complementary and Integrative Therapies Special Interest Group (SIG) for an introduction to the principles and techniques of holistic care. You’ll learn approaches that you can use not only in patient care but also for your own well-being. SIG leaders will provide guided networking opportunities based on your integrative therapy of interest.

**Content Area:** Education

**Content Level:** Intermediate

**Coordinator/Speaker:**
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**Full Disclosure:**
Nothing to Disclose

**Objectives:**
At the end of this session, participants will be able to:
1. Gain an introduction to the core principles of complementary and integrative therapies.
2. Learn practical approaches to addressing stress management, routine, diet and eating patterns, and sleep.
3. Demonstrate techniques for self-assessment of your current state of body and mind.

**Content Outline:**

I. Welcome and SIG overview (15 minutes)
   A. Introduction of new leadership members
   B. SIG update, present Facebook and Virtual Community
      1. Recruitment of new volunteers
      2. Acknowledgements
      3. Presenter

II. Complementary and integrative nursing presentation (60 minutes)
   A. Definition of health from Ayurveda and yoga and introduction to core principles
      1. The foundation—food, sleep, rest (and mind)
      2. Principles of balance and causative factors of imbalance
      3. Impact of imbalance on your health
   B. Learn principles and practical approaches to address the following.
      1. Stress management
      2. Routine
      3. Diet and eating patterns
      4. Sleep
   C. Checking in
      1. Learning to self assess and when
      2. Techniques for self-assessment on the go

III. Guided group networking (15 minutes)
   A. Attendees will use this time as a guided networking opportunity based on integrative therapies of interest.