

Neighbors

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Cohen certified in holistic nursing

SYCAMORE - Rebecca Cohen of Sycamore recently completed examinations to become a board-certified holistic nurse.

Her certification is granted through the American Holistic Nurses' Certification Corp. Cohen had to meet licensure, education and practice requirements and successfully complete two exams - one qualitative and one quantitative.

According to the American Holistic Nurses Association's Web site, www.ahna.org, holistic nursing “assists people to assume personal responsibility for self-care.” In addition, disease and distress “are viewed as an opportunity for increased awareness of the interconnectedness of body, mind and spirit.”

The association has more than 3,000 members.

Holistic nursing practice can include art therapy, acupressure, animal-assisted therapy, music therapy, therapeutic touch, guided imagery, massage, relaxation therapy and cognitive therapy, among other methods of care.

Cohen, who also is a certified wellness coach, founded Partnering for Change Wellness Coaching in January to offer individual and group coaching. Her coaching certification was completed through Wellcoaches, the only wellness-coaching program endorsed by the American College of Sports Medicine. Wellness coaching focuses on the whole person and is usually done over the phone with online support.

Cohen wants to help people who seek to “destress” their lives, manage weight, gain energy, fit exercise into a busy life, reduce risk of disease, manage an illness or just feel healthier and happier.

Cohen can be reached at partneringforchange@yahoo.com.