

PART II

Future of Holistic Nursing within an Integrative Healthcare System: Creating an Environment for Healing

Holistic Nursing within an integrative healthcare system begins with an understanding of the fundamental differentiation between “healing” and “curing”. “Curing” within the current healthcare model focuses on the elimination of symptom(s), where the patient is passive and at the effect of a disease or treatment. In contrast, “healing” focuses on the individual rather than the illness, and respects each person’s innate ability to find balance and restore health. With this foundational perspective, the next question is: “How can we create an environment for healing?” Although one’s perception of environment can be both external and internal, exploring such a concept from within may provide valuable insight. Acknowledging where our sense of safety originates and embracing self care as Nurses is fundamental to creating an environment for healing. Two Nurse leaders in the United States embodied the manifestation of healing environments and cultivated opportunities of actualization within the field of Nursing. Charlie McGuire, RN, founded the American Holistic Nurses Association in 1981 with the intention of creating a community for Nurses to feel nurtured and safe. She became a catalyst of change, venturing to make self care a standard practice for Nurses to support themselves and their patients. Janet Mentgen, RN, HTCP/I, created her legacy as the founder of the Healing Touch Program over 20 years ago. Her remarkable ability to create an environment for healing as a home health Nurse was the premise of the honor bestowed upon her as the Holistic Nurse of the Year in 1988. The Healing Touch Program continues to remain a highly regarded, international educational program which emphasizes the importance of self care and acknowledges its impact on the environment and subsequent patient care. In conclusion, when Nurses create an environment for healing within themselves, they will inherently create such an environment for healing in their patients.

【要旨】 統合医療におけるホリスティック看護の位置づけは、「癒す」と「治す」の違いを明確化するところから始まる。「治す」とは「病気」に焦点が、そして「癒す」は「人」に焦点があてられた視点である。ここでは、看護が提供できる「癒しの環境」の概念と、それをどのように実際の看護活動に、そして私生活に導入していくことができるのかの可能性を提案する。そして、ホリスティック看護の原点となるセルフケアと「安心」をもたらす癒しの環境づくりを、アメリカホリスティック看護界の大リーダー、チャーリー・マックグアイアー氏（アメリカホリスティック看護協会創始者）とジャネット・メントゲン氏（ヒーリングタッチプログラム創始者）の残したレガシーに見出す。看護が自らの癒しを見つめ直す時、それが人々の癒しを促進する看護の力となる。