



Lerner Holistic Integrative Health

# Nursing Fellowship



Dear Prospective Fellow,

We are excited to offer you this opportunity to apply for The Lerner Holistic Integrative Health Nursing Fellowship.

This highly competitive fellowship offers a unique, immersive experience where participants will explore self-care, holistic nursing, whole person health, and integrative health. The fellowship offers a blended learning experience that includes live sessions, virtual modules, self-paced study, hands-on clinical immersion, mentorship, and opportunities for reflective practice. Nurses can earn up to 48 continuing education credits, eligible toward American Holistic Nurses Credentialing Corporation (AHNCC) board certification.

As a Lerner fellow, you will design and implement a scholarly project, applying holistic approaches across personal and professional settings that will impact the well-being of patients, staff, or caregivers within your organization, effectively priming you as a leader of whole health in your institution.

On behalf of NYU Langone Health, we hope you take advantage of this innovative opportunity to become a pioneer in the field of integrative and whole person health. We are proud of the impact our past fellows have made and look forward to welcoming you as a future leader in this field.



**Debra Albert, DNP, MBA, RN, NEA-BC**

Chief Nursing Officer

Senior Vice President for Patient Care Services

Director, Lerner Health Promotion Program



**Kathleen Demarco, PhD, NE-BC, CPHQ, RN**

System Senior Director of Nursing Wellness and Resilience

Department of Integrative Health

Lerner Health Promotion Program



**Katrina Vigo, MSN, RNC-MNN, HNB-BC**

Senior Nurse Clinician & Fellowship Coordinator

Department of Integrative Health

Lerner Health Promotion Program

# Become a leader in whole person health and holistic nursing with the Lerner Holistic Integrative Health Nursing Fellowship



172 Hour Curriculum including American Nurses Credentialing Corporation approved courses



Didactic and Asynchronous Online Learning



Immersive Clinical Experiential



Holistic Skills Development & Reflective Practice



Mentorship & Networking



Quality Improvement, Evidence-Based Practice, & Research Skills

“

Participating in the integrative health and holistic nursing fellowship has been transformative, enriching my personal and professional life in countless ways. I am immensely grateful for the knowledge and support I've gained.

”

**Gianna Buttitta, BSN, RN, CCRN**  
Nurse Clinician

## A Diverse Curriculum

- **Holistic Nursing Philosophy, Theory, and Ethics**
  - Philosophy, Theory, and Ethics
  - Foundations, Concepts and Core Values
- **Integrative Health**
- **Whole Person Health**
- **Mind-Body Connection**
- **Self- Reflection and Self-Care**
  - Self-Care Strategies
  - Self-Reflection
- **Holistic Caring Process**
  - Holistic Modalities
  - Caring Approach for Self and Patient
- **Holistic Communication, Therapeutic Environment & Cultural Diversity**
  - Health Equity & Cultural Diversity
  - Trauma Informed Care
- **Holistic Education & Research**
  - Evidence-Based Practice and Research
  - Continuing Education
  - Mentorship Experience
  - Project Development & Implementation

\*Fellows will earn up to 48 CNE through the American Nurses Credentialing Corporation (ANCC). Credits may be used towards AHNCC Board Certification.







## You will be paired with a mentor from the Integrative Health nursing team.

**Note:** External candidates also require support from an organizational mentor to guide their project implementation in their organization.

### Vision



Cultivate trusting and caring relationship



Facilitate personal wellbeing



Reflective Practice



Commitment to holistic growth

Each fellow will design and implement a scholarly project, applying holistic approaches across personal and professional settings and impacting the well-being of patients, staff, or caregivers within your organization. The feasibility and sustainability of the project are integral to its success.

## Scholarly Project Implementation

- Each fellow will be given the skills and support necessary to implement a scholarly project, applying holistic approaches across personal and professional domains that affect the wellbeing of patients, staff, or caregivers within your institution.
- External candidates require an institutional mentor to guide the support and implementation of their project.
- Projects should address key organizational priorities/areas of high need.
- This fellowship is designed to foster professional development and will culminate in the completion of a scholarly project. Participants are expected to present their work at local or national conferences as part of the program.
- **Research Track:** The Research Track of the Lerner Integrative Health Holistic Nursing Fellowship is designed to educate nurses on how to conduct integrative health research in a healthcare setting. Instead of designing your own project, The Research Fellow will aid the Associate Director of Research on the Department's program of research. Our research is focused on developing feasible and efficacious interventions that are equitable and accessible to adults, children, and caregivers in order to manage pain and anxiety around hospitalization and diagnoses
  - *At this time, only applicants from NYU Langone Health are eligible for the research track. We will accept 1-2 research fellows. Please indicate your interest in the research track on your application.*

### In this role, you will:

- Learn how to design a study and identify appropriate measures
- Assist with drafting IRB study protocols
- Consent and collect data from patients and staff
- Analyze data (with support from our Data Analyst)
- Write up findings for dissemination at conferences and peer-reviewed manuscripts



## Fellowship Outcomes

- The learner describes the scientific and philosophical background of integrative health, holistic nursing, whole person health, and the mind-body connection.
- The learner applies utilization of integrative health modalities and approaches in practice with self and with others.
- The learner applies knowledge of implementation science through development of an implementation plan for a formal scholarly project that applies holistic approaches.
- The learner implements a scholarly project utilizing key concepts and holistic, integrative health modalities acquired during this course.
- The learner evaluates outcomes of their scholarly project.



“

This fellowship has taught me so many valuable tools. A small positive thought when you wake up can change your whole day.

Rosemarie Yurcak, BSN, RN, CNOR, CNAMB  
Senior Nurse Clinician

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## Program Eligibility

**Eligibility for this fellowship is based on the following criteria. Candidates must:**

- Be a licensed, registered nurse
- Demonstrate a strong commitment to holistic nursing, whole person health, and integrative health and participation in all learning activities
- You are not currently enrolled in the Nurse Residency Program or other fellowships at NYU
- Be a part-time or full-time employee (for NYU Langone employees, minimum .5 FTE)
- Have a signed memorandum of understanding from your manager (at NYU Langone) or a letter of support/recommendation from your institutional mentor (outside organizations)

**Fellows will be selected based on:**

- Personal statement aligns to the mission of the fellowship
- Application meets the specified criteria for the program
- Demonstrates professional experience in 1 or more areas: committees, professional organizations, certifications, quality improvement or research initiatives
- Personal commitment to participation in all learning experiences and implementation of a scholarly project
- Written support from applicants nursing leadership team/institutional mentor

Applications will become available in August. Please email us at [LernerFellowshipProgram@nyulangone.org](mailto:LernerFellowshipProgram@nyulangone.org) to request more information.



# Tuition and Scholarship

Tuition for this fellowship is \$5,000 and **we offer a variety of options to cover this cost.**

## NYU Langone Candidates

The program will support the dedicated time of nurses through a financial gift from the Lerner family. The fellowship provides 172 of protected time to fellows over a 9- month period, in place of your current working hours. This fellowship does not support overtime. Fellows will dedicate an average of 19-20 hours of protected time each month to the fellowship, as detailed below. You must be able to attend all didactic sessions, with the remaining learning completed online or at the organization.

## External Candidates

This program requires 19-20 hours of dedicated time each month for the duration of the 9 month program. You must be able to attend all didactic sessions, with the remaining learning completed online or at your organization. We offer a variety of scholarship options to assist with tuition:

- **Health Equity Scholarship:** This scholarship offers full tuition (\$5,000) for candidates who are committed to implementing health equity related initiatives, utilizing a holistic approach with a focus on addressing health disparities and barriers that impact overall health and well-being.
- **Match Program:** We will match your employer’s contribution up to \$1,500 Your monthly tuition will reflect the remaining balance. (Example: Your employer pays \$1,500, we pay \$1,500, and you owe the remaining balance).
- **Institutional Sponsorship:** Your employer fully covers the cost of your tuition.

If you believe your institution may be supportive of either of these options, please contact us.

If you have any questions about these options, please email us at [LernerFellowshipProgram@nyulangone.org](mailto:LernerFellowshipProgram@nyulangone.org). You will have the opportunity to apply for these scholarships with your application.

**Tuition for this fellowship is \$5,000 and can be paid in installments billed as below:**

4 Installments			
\$1250	\$1250	\$1250	\$1250

## Sample of Syllabus

Please note, syllabus is subject to change.

**\*Classes will take place virtually or at NYU Langone Health, 560 1st Avenue, New York, NY 10016.**

<b>January</b>	<p>The Foundations: Holistic Nursing, Integrative Health, Whole Person Health, and Mind-Body Connection (7.5 Hours)</p> <p>Project/Mentorship/Asynchronous Online (11.5 Hours, Virtual or at your site)</p>
<b>February</b>	<p>Holistic Solutions: Mastering Project Management, Quality Improvement, and Research (7.5 Hours)</p> <p>Project/Mentorship/ Asynchronous Online (11.5 Hours, Virtual or at your site)</p>
<b>March</b>	<p>Clinical Immersive: Enhancing Holistic Skills and Knowledge (7.5 Hours)</p> <p>Project/Mentorship/Asynchronous Online (11.5 Hours, Virtual or at your site)</p>
<b>April</b>	<p>From Vision to Reality: Implementing Wellness Projects in Practice (7.5 Hours)</p> <p>Project/Mentorship/ Asynchronous Online (11.5 Hours, Virtual or at your site)</p>
<b>May</b>	<p>Mind Body Medicine Level 1/Trauma Informed Care (7.5 Hours)</p> <p>Project/Mentorship/ Asynchronous Online (11.5 Hours, Virtual or at your site)</p>
<b>June</b>	<p>THRIVE Resiliency Training (7.5 Hours)</p> <p>Project/Mentorship/ Asynchronous Online (11.5 Hours, Virtual or at your site)</p>
<b>July</b>	<p>Elevating Professional Practice and Electives (15 Hours)</p> <p>Project/Mentorship/Asynchronous Online (5 Hours)</p>
<b>August</b>	<p>Virtual Community Check-In, Yogic Breathing in the Clinical Setting, and Electives (10.5 Hours)</p> <p>Project/Mentorship/ Asynchronous Online (8.5 Hours, Virtual or at your site)</p>
<b>September</b>	<p>Commencement Symposium (5 Hours)</p> <p>Project/Mentorship/Asynchronous Online (14 Hours, Virtual or at your site)</p>

# Become a Lerner Holistic Integrative Health Nursing Fellow **Apply today!**

Questions?

Please reach out to **[LernerFellowshipProgram@nyulangone.org](mailto:LernerFellowshipProgram@nyulangone.org)**  
to schedule an informational session.





**Department of Integrative Health**  
**Lerner Health Promotion Program**  
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