



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 that aims to train a cohort of nurses to develop a foundational understanding of holistic nursing, integrative health, and the mind-body connection. Through this program, fellows will practice self-care, build resiliency skills, and apply evidence-informed holistic techniques to their personal and professional practices.

As a Lerner fellow, you will research, develop, and implement an evidence-based holistic, integrative health project 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 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

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Annie Kaplon, MA, BSN, RN NBC-HWC, NPCT

Senior Nurse Clinician & Fellowship Coordinator

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Lerner Health Promotion Program

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



172 Hour Curriculum including American Nurses Credentialing Corporation approved courses



Live, Virtual, and Self-Paced Learning



Immersive Clinical Experiential



Holistic Skills Development & Reflective Practice



Mentorship & Networking



Quality Improvement and Research Skill Development

“

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**
- **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 holistic, evidence-based project that addresses the well-being of patients or staff within your organization. The feasibility and sustainability of the project are integral to its success.

Project Implementation

- Each fellow will be given the skills and support necessary to design and implement a holistic, evidence-based project that addresses the well-being of patients, staff, or caregivers within your organization. The feasibility and sustainability of the project are integral to its success.
- External candidates require an institutional mentor to guide the support and implementation of their project.
- Your project must align with one or more of the Quality Safety Education for Nurses (QSEN) domains:
 - Teamwork and Collaboration
 - Patient Centered Care
 - New Knowledge/EBP
 - Quality Improvement and Peer Review
 - Informatics
 - Safety
- **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, and mind-body connection.
- The learner applies use 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 holistic, integrative health project.
- The learner implements a holistic, integrative health project utilizing key concepts and holistic, integrative health modalities acquired during this course.
- The learner evaluates outcomes of their holistic, integrative health 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



Program Eligibility

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

- Be a licensed, registered nurse
- Have a strong interest in holistic nursing and integrative health
- Be a part-time or full-time employee (for NYU Langone employees)
- Have a letter of support from your manager (at NYU Langone) or a letter of support/recommendation from your institutional mentor (outside organizations)
- Demonstrate a commitment to participating in all learning experiences, including mentorship and project implementation in your institution

Fellows will be selected based on:

- Personal statement aligns to the mission of the fellowship
- Strength of project proposal to bring new, holistic-based innovation to patient, staff, or caregiver well-being in your institution
- 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 including mentorship and project implementation
- Written support from applicants nursing leadership team/institutional mentor, including commitment to protected time for fellow (at NYU Langone)

Applications will become available in August. Please email us at LernerFellowshipProgram@nyulangone.org to request more information.

Tuition and Scholarship

Tuition for this fellowship is \$15,000 and **we offer a variety of options to cover this cost.**

NYU Langone Candidates

The program will support the dedicated time of nurses through grant funding **which will cover the full cost of tuition.** 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 (\$15,000) 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 \$5000. Your monthly tuition will reflect the remaining balance. (Example: Your employer pays \$5,000, we pay \$5,000, and you owe the remaining balance of \$5,000).
- **Institutional Sponsorship:** Your employer fully covers the cost of your tuition.
- **Self-Pay:** We offer an installment plan to help you cover the cost of tuition. Tuition may be paid for in 8 installments of \$1875. We are happy to arrange additional financial payment plans that meet your needs.

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. You will have the opportunity to apply for these scholarships with your application.



Become a Lerner Holistic Integrative Health Fellow

Apply today!

Questions? Please reach out to LernerFellowshipProgram@nyulangone.org to schedule an informational session.



Department of Integrative Health
Lerner Health Promotion Program
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