

42ND NURSING AND HEALTHCARE CONGRESS

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Hilda Reyes

University of Massachusetts, USA

Crumbs and Bacon: Womaning up and finding the happy healer within. A workshop to help nurses and caregivers learn to pour grace, forgive and begin again

Healthcare exists on survival mode. The nursing shortage is a factor. The brokenness in healthcare has proven to have no external cure. No one can step into this arena and offer a one-size-fits-all solution. The professional trauma we have learned to carry developed and evolved from a cookie-cutter approach. However, the healing that must happen must happen in a unique and individualistic way. A soulful mending and scarring must take place within the hearts split open by the capitalistic sledgehammer of healthcare. My journey as a registered nurse prompted me to keep a journal that became a memoir that is now a book and the outline of a workshop for healers of all levels of care. This is also for those considering entering or leaving the field of nursing, for nursing students, for the new, the veteran, and the former nurse as well. This book and workshop will encourage the reader and participant to openly discuss issues that affect us all. Hopefully, discovering the reasons behind behaviors that antagonize our mission as healers. By doing so, healing ourselves, and getting one step closer to solving the nursing shortage that is having such a devastating impact on healthcare.

Biography

Hilda Reyes began her personal journey in self-transformational work at the age of 23, when she attended her first workshop led by Stephen R. Covey, author of the 7 Habits of Highly Effective People. She is a Community Nurse, specializing in Continuous Care. She contributes to healthcare by educating the underserved community by co-creating solutions to help keep her chronically ill patients stable in their homes, and out of hospitals. Hilda also has an Undergraduate degree in Gender and Women's Studies and a Masters in Health Management from the University of Massachusetts - Lowell. She is currently working on her next book titled *Unicorn Kids*.

Hilda@crumbsandbacon.org

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