

# Beginnings



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## Janet Mentgen Named Holistic Nurse of the Year

The 1988 Holistic Nurse of Year was named at the Eighth Annual Conference in Estes Park, Colorado.

Surprise and shock were the words to describe the stunned expression of Janet Mentgen, RN, BSN, as she was announced as the winner of the special recognition.

Each year the AHNA honors a member who has demonstrated outstanding service to AHNA through the integration of holistic principles into life and practice. Here is Janet's story:

*I knew I was search for the way I would be expressing myself in my life's work, but was not finding the path easily. Nursing was the first step and I had preceded to do all that was necessary to prepare myself, graduated from the University of Colorado School of Nursing in 1961, served two years in the Navy Nurse Corps, worked at hospital staff nursing, taught continuing education, worked in the family greenhouse business and did home health nursing. All was preparing me for the journey to becoming a nurse-healer.*

*I read about Dr. Krieger's work in the AJN and found the topic intriguing. I read as if I already knew about laying on of hands healing though I had never seen it before, and knew it would work. I had my first experience of feeling the energy field vibration in a workshop, taught by one of Dr. Krieger's students. As I put my hands near the chest of a nurse from Wisconsin I felt a vibration. I was not touching*



*her, yet I could distinctly feel her. The instructor confirmed what I was feeling and with a few questions discovered that the nurse was an asthmatic, though not symptomatic at the time.*

*From that experience I embarked on a serious study of healing and with my nurse friend, Charlotte Wytias Hoffman, decided to learn enough about therapeutic touch to teach a class for nurses at the community college in the spring of 1981. We were both active in a holistic nurses group in Denver, so with the support and eagerness of our colleagues we ventured out into the field of healing. Finding literature and books was not easy, but soon a teacher appeared and I learned more about this mysterious and curious subject.*

*As I began to teach more classes in therapeutic touch, holistic*

*nursing, stress management, biofeedback, and meditation, it became evident that I needed to learn and experience more. I also had my own healing process to do. I read books, began to study biofeedback and consciousness, meditation, and working on my own consciousness evolution. I continue in this study process as learning is now a lifelong process for me.*

*In my professional life I found my interest and energies moving toward the need and desire to be devoting my time to healing and developing healers. I joined several professional groups dedicated to healing and wholism. In 1984, I teamed up with two other nurses, Dona Leiper and Susan Greenberg, to form a company called Health Control Centers, Inc. I am currently employed fulltime in our independent nursing practice where I am program administrator, and teach classes in Therapeutic Touch, Biofeedback, Meditation and Holistic Nursing. The majority of my time is devoted to teaching practitioners of therapeutic touch and seeing private clients. I also do seminars and workshops throughout Colorado.*

Indeed we are honored to add Janet to our roster of Holistic Nurses of the Year. This inspirational group includes Susan Luck, RN, BS (1987), Ann Hubbert, RN, MSN (1986), Barbara Dossey, RN, CCRN, MS (1985), Naida Colby, RN, BA (1984) and Imelda (Millie) Clements, RN, PhD (1983).