

Transcendental Meditation® for Nurses

Amy Ruff, RN BSN, National Director
641.451.1592
educationdirector@tm-women.org

Professional Nursing and Transcendental Meditation (TM®) for Nurses

The TM program is approved for 23 ANCC contact hours in 49 states (excluding California) by the American Holistic Nurses Association—an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation—and is an Endorsed Program of the AHNA.

This continuing education course qualifies for university credit through Maharishi University of Management, a fully accredited University granting undergraduate and graduate degrees through the Ph.D. level.

The TM program has been taught as an elective nursing undergraduate course at Brandman University in California (2010-2011). It is currently offered as an elective at Stritch Loyola Medical School for medical students (see included article).

The TM Program for Nurses is partnered with the ANA *Healthy Nurse Healthy Nation* initiative, the Preventive Cardiovascular Nurses Association, the Ohio Association of Occupational Health Nurses, Women’s Heart Foundation, Million Hearts and others

Nursing research interest in the TM Program for Nurses

- In 2014, 27 nurses participated in a pilot study at Sarasota Memorial Hospital in Sarasota, Florida, measuring changes in four areas of concern to the nursing profession: nurse burnout, nurse resilience to stress, secondary traumatic stress, and compassion fatigue.[1]
- A qualitative study on the effects of the TM program in 8 doctorate of nursing graduate students enrolled in the Augsburg College Department of Nursing, Minneapolis, MN.[2]
- In 2017, 8 undergraduate nursing students were instructed in the TM program at the University of Iowa College of Nursing and Iowa Wesleyan University, for a feasibility study measuring the physiological and psychological effects of TM practice on nursing student anxiety as part of a Ph.D. dissertation.[3]
- Compassion fatigue and resilience in nurses practicing the TM program is being measured in an on-going study at Hunterdon Medical Center, Flemington, NJ.[4]
- Compassion fatigue and resilience is also being studied in nurses as part of a Scripps La Jolla Hospital Magnet project 2017-18, San Diego, CA.[5]
- At the University of New Brunswick, Moncton campus, Moncton, NB, Canada, a qualitative study (the first of its kind in Canada), began in the fall of 2017 where 25 Advanced Standing Nursing BN Program students and 5 nursing faculty members from the Faculty of Nursing were taught TM. The study is in process. The participants are sending written descriptions of what it is like for them to

practice TM while being engaged in their teaching-learning journey. This is a phenomenological study, the findings will be viewed through the lens of a nursing theory.[6]

Citations

1. Rheingans, J., *Pilot Study of the Effects o the Transcendental Meditation Program on compassion Fatigue and Resiliency Among Nurses.*, publication pending.
2. Joyce B. Perkins and Catherine Aquino-Russell (2017) *Graduate Nurses Experience the Sacred During Transcendental Meditation®*. International Journal for Human Caring: 2017, Vol. 21, No. 4, pp. 163-171.
3. Schenosky, T., *Self-Care for Nursing Students: The Effects of the Transcendental Medittion Program for Reducing Anxiety and Stress in Nursing Students During Their Academic and Clinical Learning Environment.* in progress.
4. Dougherty, S.M., Cole, D. A., & Tepper, S., *Evaluating the Effects of the Transcendental Meditation Program on Compassion Fatigue and Resilience with Nurses.* in progress.
5. Boone, B., *Effects of the Transcendental Meditation Program on Compassion Fatigue and Resiliency Among Nurses.* in progress.
6. Aquino-Russell, C., Aldiabat, K., O'Donnell, S., & Whalen, A. *The lived experience of advanced standing program nursing students and faculty practicing Transcendental Meditation.* Funded by Canadian Women's Wellness Initiative. Fall, 2017- ongoing.

Nursing Research Presentations in the United States and Canada

2013, June. American Holistic Nurses Association National Conference, Raleigh NC. *Reducing and Eliminating Nurse Burnout with the Transcendental Meditation® (TM®) technique:* Amy Ruff RN BSN WOCN with Sidney Gibson

2014, August. National Black Nurses Association Conference, Philadelphia, PA. *Reducing and Eliminating Nurse Burnout with the Transcendental Meditation® (TM®) technique:* Margaret Mullins MSN, PNP-C, FNP-C, Karen Bandy M.S

2015, June. American Holistic Nurses Association National Conference, Branson, MO, *Self-Care: Maharishi Ayurveda® and the Transcendental Meditation Program for Nurses:* Maribeth Flood RN ARNP BSN, MS and Amy Ruff RN BSN WOCN

2015, October. Florida Organization of Nurse Executives (FONE). *Pilot Study of the Effects of the Transcendental Meditation® Program on Compassion Fatigue and Resiliency Among Nurses:* Poster presentation by Jennifer Rheingans, PhD, RN-BC, AHN-BC, received First Place Award for content and presentation.

2016, April. Dalhousie Teaching-Learning Conference, Dalhousie University, Halifax, Nova Scotia, Canada. *Stress, Transcendental Meditation®, and Teaching-Learning in Academia:* Dr. Catherine Aquino-Russell & Dr. Joyce Perkins

2016, May. University of New Brunswick Research Day, UNB Fredericton. *Pondering Possibilities of Policy Change for Nursing Students' Self-Care and Success:* Dr. Catherine Aquino-Russell RN, PhD and Dr. Joyce Perkins

2016, October. ANCC Magnet Conference, Orlando Fla. *Pilot Study of the Effects of the Transcendental Meditation® Program on Compassion Fatigue and Resiliency Among Nurses*: Presentation by Jennifer Rheingans, PhD, RN-BC, AHN-BC, Carol Lubetkin

2017, February. Workshop, Contemplative and Mindfulness Practices at the University of New Brunswick, Fredericton, NB, Canada. *Transcendental Meditation®: Nursing Students' Self-Care and Success*: Dr. Catherine Aquino-Russell, RN, PhD & Dr. Joyce Perkins RN, PhD

2017, February. Sarasota Memorial Hospital, Sarasota, FL, *Pilot Study of the Effects of the Transcendental Meditation® Program on Compassion Fatigue and Resiliency Among Nurses*: Presentation by Jennifer Rheingans, PhD, RN-BC, AHN-BC, Amy Ruff RN BSN WOCN

2017, March. Marcella Niehoff School of Nursing, Loyola University, Chicago, Ill. Distinguished Lecture Series

2017, April. University Medical Center of Southern Nevada, Las Vegas, Nevada Cardiac Support Group, *The Evidence for Cardiovascular Health with the Transcendental Meditation technique*. Martha Batorski, EdD, Certified teacher of the Transcendental Meditation Program and Amy Ruff RN BSN National Director TM for Nurses.

2017, May. University of Wisconsin School of Nursing, Milwaukee, WI, *Transcendental Meditation for Nursing Students*, Andrea LaFave and Robert Rabinoff, certified teachers of the Transcendental Meditation Program

2017, May. Scripps Memorial Hospital, La Jolla, CA, Magnet Committee Meeting, *Transcendental Meditation for Nurses, Research on TM and TM for Nurses*, Presentation by Amy Ruff RN BSN WOCN

2017, June. Third Annual European Conference, Caring Science, Sacred Science, Lucca, Italy. *Graduate Nurses Experience the Sacred During Transcendental Meditation ®(TM®)* Dr. Joyce Perkins, RN, PhD and Dr. Catherine Aquino-Russell, RN, PhD

2017, June. American Holistic Nurses Association National Conference Research Day, Rancho Mirage, CA. *Pilot Study of the Effects of the Transcendental Meditation® Program on Compassion Fatigue and Resiliency Among Nurses*: Maribeth Flood RN ARNP BSN, MS.

2017, October. Society of Rogerian Scholars Conference, Flagstaff, Az. Practicing transcendence in meditation speeds nurses' evolutionary development: Understanding the potential of "consciousness" through the lens of Unitary Caring Science. Dr. Joyce Perkins, RN, PhD & Dr. Catherine Aquino-Russell, RN, PhD

2017, October. Scripps Memorial Hospital, La Jolla CA, Magnet Committee Meeting, *Transcendental Meditation for Nurses*, Preliminary data results TM Scripps Nurses, Presentation by Amy Ruff RN BSN WOCN.

2017, November. University of Iowa College of Nursing, Dr. Fred Travis, PhD, Director of Brain, Consciousness and Cognition Lab, Maharishi University of Management, Presentation to students and faculty on the effects of the TM technique on brain functioning, and live EEG demonstration on a student who practices the TM technique.

2018, January. Iowa Wesleyan University, Iowa, Dr. Fred Travis, PhD, Director of Brain, Consciousness and Cognition Lab, Maharishi University of Management, Presentation to students and faculty on the

effects of the TM technique on brain functioning, and live EEG demonstration on students who practice the TM technique.

2018, March. Broward County, Miami Florida Regional meeting of the American Holistic Nurses Association- an *Introductory Presentation on the Transcendental Meditation Program for Nurses*, Sylvia Rivera, Certified teacher of the Transcendental Meditation Program.

2018, March. University Medical Center of Southern Nevada, Las Vegas, Nevada Regional meeting of the American Holistic Nurses Association-an *Introductory Presentation on the Transcendental Meditation Program for Nurses*, Martha Batorski, EdD, Certified teacher of the Transcendental Meditation Program and Amy Ruff RN BSN National Director TM for Nurses.

2018, February. University of New Brunswick, Fredericton, campus, New Brunswick Canada. Workshop entitled: Mindfulness and Contemplative Practices in Education. *The Lived Experience of Advanced Standing Program Nursing Students and Nursing Faculty Members Practicing Transcendental Meditation* ® Paper presentation by Dr. Catherine Aquino-Russell, RN, PhD, with Dr. Khalidoun Aldiabat, RN, PhD, Dr. Sue O'Donnell, RN, PhD & Anne Whalen, RN, MN, Helen Creighton, Director, Transcendental Meditation for Women, Canada.

2018, May. Nursing Research Day, University of New Brunswick Canada. Theme of conference: Embracing the spirit of inquiry. Presentation title: *Transforming Presence: Transcendental Meditation® Reveals the Spirit of Nurses. Research Findings Seen Through the Lens of Nursing Theory*. Dr. Catherine Aquino-Russell, RN, PhD & Dr. Joyce Perkins, RN, PhD

2018, May The Diabetes Forum, Ingalls Flossmoor Family Care, Flossmoor Illinois, Laurina Carroll, Certified teacher of the Transcendental Meditation Program

2018, June. International Association for Human Caring. Minneapolis, Minnesota. Topic for the conference: Caring from a public perspective: The social impact of caring science on health and healing. Theme of session: A Cosmology of Compassion for Nurses: Patterns of Relating to Self, Science, and Spirit, Unfolding the Metaphysics of Praxis in the Everyday. Presentation entitled: *Transforming Presence: The Power and Social Impact of a Transcendent Consciousness*. Dr. Joyce Perkins, RN, PhD & Dr. Catherine Aquino-Russell, RN, PhD

2018, June. American Holistic Nurses Association National Conference, Niagara Falls, New York, *Pulse r Self Care: Maharishi Ayurveda and the Transcendental Meditation for Nurses program*, Amy Ruff RN BSN National Director TM for Nurses

2018, June. American Holistic Nurses Association Southeast Iowa Chapter, *Self Care with Maharishi Ayurveda and the Transcendental Meditation Technique*, Amy Ruff RN, Fred Travis, PhD, Greg Titus RN NP.

www.tm-women.org/nurses

Transcendental Meditation® and TM® are protected trademarks and are used in the US under license or with permission.

From our Nurses:

“I feel more calm and happier since starting Transcendental Meditation. It makes my job easier with colleagues and patients. When stress is high I don’t feel stressed out or worried.... I am in a much better place now.” Anne Osthus RN MN

“I am thankful that I took the initiative to take the TM class. It has given me my life back. The first thing I noticed after my initial personal meditation session was that I became alert and motivated. I am no longer tired and want to sleep. I am the easy going person I used to be at work again. I have even started working out. After each meditation, I feel well rested and ready to tackle whatever I want to do.” Scripps La Jolla RN, 2017

“After the first week of TM practice, I have noticed at least an 80% reduction in anxiety, clearer thinking, less brain fog and an increased capacity to feel joy and compassion.” MV, RN New Jersey