

**Martha M. Libster, PhD, MSN, APRN-PMHCNS, APHN-BC, FAAN**

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**PROFESSIONAL SUMMARY**

- **LEADERSHIP IN HEALTH AND NURSING EDUCATION**

**Tenured Professor, Designer, and Systems Administrator** Leads and Teaches Healthcare and Nursing Graduate, Undergraduate, and Doctoral Academic Programs (DNP/PhD) , Funded Professional Development and Public Programs that introduce Sustainable Innovations in Pedagogies, Workflow, and Community Service.

- **SCHOLARSHIP**

**Funded Researcher and Project Director (1.4 Million), Award-winning Historian, International Consultant, Author 11 Books, Poet, Editor, Publisher.**

- **COMMUNITY ENGAGEMENT**

**Experienced Leader in International Community Engagement and Diplomacy, Indigenous Knowledge Systems, and Academic-Practice Partnerships** Advancing Salutogenic Community-based Healthcare and the Healing Arts through Workforce Development, Public Education, and Health Policy Supported by Models in Precision Self-care (2020), Integrative Care (1999), and Health Culture Diplomacy (2015). Carrier of the Five Arrows of Hiawatha (Mohawk).

- **CLINICAL PRACTICE**

**Board-Certified Advanced Practice Holistic Psychiatric Mental Health Clinical Nurse Specialist** Provides Solution-Focused Existential Nurse-Psychotherapy and Training Across the Lifespan with Sub-specialties in Infant Mental Health, Nurse-Herbalism, and Integrative Nursing, as well as Consultation Liaison services with Organizations, Communities, States and Countries, and Clinical Supervision Services that Promote Retention and Professional Belonging.

**LICENSURE (Active)**

**Wisconsin** RN #229508 – 30;

**Illinois** RN 041.395135 / APRN-CNS 209.010396;

**California** RN #402167 / APRN-CNS #3410;

**Colorado** RN#85020 / APRN-CNS #CAPN0000819CCNS.

National Board Certification: APHN-BC (AHNCC) #2295

ANA / WNA Membership#04431156

**RESEARCH IDENTIFIERS (Active)**

ORCID # 0000-0002-1546-0347

ResearchGate <https://www.researchgate.net/profile/Martha-Libster>

## CURRICULUM VITAE

### EDUCATIONAL HISTORY

<u>Degree</u>	<u>Years</u>	<u>Institution</u>	<u>(Area of Study)</u>
PhD	2000 - 2004	Oxford Brookes University Oxford, England *A “Recognized Body” (Accredited to grant degrees in the UK.) Research Supervisor: Professor Anne Digby	Humanities/Healthcare History “Herbal Integrators: The use of botanical therapies by mid-nineteenth century American nurses during the Botanical Medical Movement 1830-1860.”
PhD	1999-2000 First year core courses	University of Colorado Denver, CO	Nursing
MSN	1997 - 1999	University of Colorado Denver, CO	Psychiatric Mental Health APRNCNS – Infant Mental Health
BSN (Cum Laude)	1987	Mount St. Mary’s College	Nursing
AA	1984 - 1986	Los Angeles, CA	Nursing
BS	1977 - 1981 Early Admission	New York University, NY	Dance Education and Pre-Dance Therapy
High School Diploma	1975 – 1977 Graduate 1978	Northfield Mount Hermon School, Northfield Massachusetts	

### EMPLOYMENT HISTORY (Academic / Clinical Practice / Consultancy)

1999-Present	Founder and Executive Director	Golden Apple Healing Arts, LLC Self-Care Institute SOS-Youth.org (See Funding 2024)
2020 – 2023	Visiting Professor; Consulting Designer - Director Academic Clinical Partnership; Administrator / Faculty First Two Cohorts of New Hybrid PMHNP Program Includes Psychotherapy and CL Roles	Milwaukee School of Engineering School of Nursing with Rogers Behavioral Health System

2019 - 2022	Director – Nursing Education/ Academic Partnership Design	Rogers Behavioral Health System
2018	Scientific Advisor Medical Cannabis- Consumer Health and Education	ST Biosciences
2016 - 2017	Associate Dean Research Nursing	University of Wisconsin Oshkosh (New Dean Closed Research Dept)
2011- 2016	Tenured Professor / Chair / Director - Research and Evidence-Based Practice	Governors State University
2012 – 2016	Advisory Board	American Holistic Nurses Credentialing Corporation (AHNCC)
2014	Scientific Advisor	HerbPharm USA
Aug 2010 – Nov 2010	Tenured Professor Chair / Director Nursing	Humboldt State University (Fac Senate Closed Program)
2006 – 2010	Tenured Assoc. Professor Nursing	East Carolina University
2004 - 2006	Associate Professor Nursing and History	Purdue University
2006	Liaison US Traditional Medicine Program	American Holistic Nurses Assn
2005 - 2007	Consultant, Nurses Continuing Education	Sage Mountain Conference and Retreat Center
2001 – 2003	Designer and Director, Integrative Resource Center for Cancer/ Senior Clinical Instructor Nursing	University of Colorado Health Sciences Center (See Funding)
2000 – 2001	Assistant Professor Nursing	University of Northern Colorado
1998- 1999	Graduate Teaching Assistant / Adjunct	University of Colorado
1997- 1999	Manager, Health Resource Library	Rose Medical Center Denver, CO
1996	Telehealth Nurse Counselor – Self-care	Health Decisions, Inc, Golden, CO
1995-1996	Director Natural Healthcare Hotline	Herb Research Fnd Boulder, CO
1989 - 1995	Integrative Nurse / Director Herb Program Rural Community Clinic	Summit Lighthouse, Montana

## **HONORS, AWARDS, INVITED SPEAKER/KEYNOTES, AND FELLOWSHIPS**

- 2021            **Fellow of the American Academy of Nursing**  
Expert Panels: Global Health; Environmental Health;  
Psychiatric Mental Health and Substance Use Nursing.
- 2018            **Invited Speaker:** *Health Culture Diplomacy and IKS, Bioethics, and Infant Mental Health.* **Centre in Indigenous Knowledge Systems, University of KwaZulu-Natal, Durban, South Africa**  
Indigenous Knowledge Systems Preconference and the Africa-Asia Forum on Public Healthcare Bioethics for Children and Youth Honoring 100 Years of Nelson Mandela’s Legacy.
- 2018            **2018 Keynote and World Café Facilitator:** *Holistic Care – Perceptions, Problems, and Practice.* **Wisconsin Resource Center Peer Support Teams.** Oshkosh, WI.
- 2014            **Endnote:** *Embodying the Elements of Care: Making, Becoming, and Being Medicine.* Inaugural Traditional Root Conference. **National College of Natural Medicine.** Portland, OR.
- 2014            **Convener and Keynote:** *Bamboo Bridge Global Tea House.* **National Museum Te Papa.** Wellington, New Zealand.
- 2013            **Faith Andrews Research Fellowship in Shaker Culture,** Winterthur Museum, Library and Gardens. Winterthur, Delaware.
- 2012            **Keynote:** *Building Caring Community: Current trends and issues in complementary therapies and nursing around the world.* **5<sup>th</sup> Asian-Pacific International Conference on Complementary Nursing.** Bangkok, Thailand.
- 2011            **Tenured Professor** Governors State University
- 2010            **Tenured Professor** Humboldt State University
- 2010            **Tenured Associate Professor** East Carolina University College of Nursing
- 2010            **Visiting Research Scientist:** Nursing and Indigenous Knowledge Systems **Northwest University School of Nursing, Mafikeng, South Africa.** Funded Medical Research Council of South Africa.
- 2010            **Invited Speaker:** *Beyond the Chaos: Innovation and Original Thought in Nursing Science,* **University of Pretoria School of Nursing, Pretoria, South Africa.**

- 2009 **Carrier of the Five Arrows of Hiawatha.** (The Story of the Peacemaker)  
[Bestowed by Wisdom Keeper Mrs. Cecilia Mitchell](#) (Mohawk Nation and Iroquois Confederacy), Akwesasne, New York.
- 2008 **Keynote.** *An Historical Perspective of Self Care.* **10<sup>th</sup> International Orem Society World Congress.** Vancouver, BC.
- 2008 **Faculty Advisor Award** East Carolina University College of Nursing Graduate Student Organization.
- 2007 **Keynote Speaker:** *Herbal Diplomats.* **The Philip and Elkin Alston Lecture - Atlanta Botanical Garden.** Atlanta, GA.
- 2005 **Lavinia Dock Award for Exemplary Historical Research and Writing – Book Publication,** American Association for the History of Nursing – Herbal Diplomats.
- 2004 **Keynote:** *Healing Traditions and Nursing Practice.* **Purdue University** Conference on Nursing History and Ethics: Cooperative Approaches to Health Care in a Changing World. West Lafayette, IN.
- 2003 **Invited Speaker:** *Integrating Nursing and Healing Traditions.* **World Health Organization.** Geneva, Switzerland. Invited by Dr. Naeema Al-Gasseer, WHO Chief Scientist Nursing and Midwifery.
- 2003 **Keynote and Speaker:** *One week workshop – Herbs, Healing, and Hope.* **Nursing Spectrum Hawaiian Cruise.** Honolulu, HI.
- 2002 **Keynote:** *Back to the Roots: Teaching Botanical Therapies to Nurses and The American Experience – Complementary Therapies in Nursing Practice and Education.* **Royal College of Nursing Conference on Complementary Therapies in Nursing Education and Practice.** Cardiff, Wales.
- 2002 **Keynote:** *The Use of Botanical Therapies by Early 19<sup>th</sup> Century American “Nurses”* **Nursing History Colloquium.** Oxford, England.
- 2002 **Invited Participant:** Gillette Nursing Summit of Leaders in Integrative Nursing.
- 1977 **Dance Award: Northfield Mount Hermon School**

## **FUNDED RESEARCH, SCHOLARLY PROJECTS, AND PROGRAMS**

**TOTAL Funding to date: \$1,452,219**

**Libster, M.** (2024). [www.SOS-Youth.org](http://www.SOS-Youth.org). APRN/RN Professional Development Program Engaging a Health Culture Diplomacy Approach to Decrease Suicide Risk and Increase Belonging in Asian-Wisconsin Youth. Funded by WI Pediatric Mental Health Care Access and Education Grant. Role: Program Director, Designer, and Lead Faculty. 1 -Year \$150,000.

**Libster, M.** (2020 – 2023). Design, Administration, and Faculty Lead for 3 Year / 2 Cohort Start Up of *Endorsed Holistic Psychiatric Mental Health Nurse Practitioner Program Specialty Courses* with Academic Partner. Focus on Re-Integration of Nurse Psychotherapy and Consultation Liaison Roles. Funded by Rogers Behavioral Health System. Budget \$809,000 (Faculty, Start Up, and Scholarships). Role: Director Academic Partnership Design.

**Libster, M.** (2013-2014) *Near and Dear Sisters: The Spirit of Nursing in Antebellum Shaker Communities*. Winterthur - Faith Andrews Research Fellowship in Shaker Culture. One Month Residency. \$1,750. Role: Historian Fellow.

**Libster, M.** (2013). *APRNVoices: An Oral History of the Consensus Model*. E-Publication Monograph: **Libster, M.** (2014). *APRNVoices: Holes in the Historical Fabric of American Nursing*. Role: PI Historian.

**Libster, M. with Nursing and Indigenous Partners** (2006 - ongoing). Bamboo Bridge Global Tea Houses: Action Research on Cultural Diplomacy Model. Founded to address 2004 Sigma Theta Tau Arista Reports. Supported by donors and host venues. Role: Project Director (PD).  
2007-2010 East Carolina University Faculty Liaison – Established Affiliation with World Health Organization Collaborating Center in Nursing and Midwifery (Primary Health Care) at University of Illinois Chicago, College of Nursing.

**Libster, M.** (May – June 2010). Northwest University Mafikeng, South Africa. \$4000. Funded by Medical Research Council, Cape Town, South Africa. Role: Visiting Research Scientist in Nursing and Indigenous Knowledge Systems.

**Libster, M.** East Carolina University Nursing HRSA Grant. Bagley, B. (PD) *Nurse midwifery education in rural and underserved North Carolina*. Role: Faculty and Consultant Funded: 15% 2009 5% 2010 - 2012. Healing Traditions Curriculum for APRN Midwifery Program. \$25,000

**Libster, M.** September 2009. Translating Historical research: Application of 19<sup>th</sup> century findings to contemporary nursing practice. East Carolina University. Role: PI Historian

**Libster, M.** January 2009. North Carolina Humanities Council. Presenting Mr. Frederick Douglass – Black History Month. \$1200. PD Historian.

**Libster, M.** (2008 – 2009). Funded by NC Arts Council Grant – Folklife. Northside High School. Herbal medicine making for health science students. “Healing Journeys” - Oral History documentary project. Role: PD and Visiting Lecturer [View Documentary](#) \$1000

**Libster, M.** (2007-2008) Back to Nature: The Rediscovery of Herbal Medicine, Northside High School, Beaufort County Schools, NC. Role: Curriculum design and Faculty - herbal medicine and healing traditions for seniors interested in a career in the health professions. \$1000

**Libster, M.** (2007). History. Enlightened Charity: Holistic Nursing Care, Education, and the Advices Concerning the Sick of Sister Matilda Coskery (1799 – 1870).

Vincentian Studies Institute Research Grant 2007 \$10,000. Role PI

East Carolina University Creative Activities Grant \$14,269. Role: PI

**Libster, M.** (2001 - 2003). University of Colorado Cancer Center – Designer and Director of Integrative Resource Center for Cancer. Funded By Monfort Family Fnd. 350,000 (q. 2 years). Also Kids Know – Special Program for Children of Cancer Patients Ages 0-6. Funded by CLIMB. \$60,000. Role: PD.

**Libster, M.** (2001). Integrative Herb Guide for Nurses Book / CD-ROM with videos – Making and apply herbal remedies. Delmar Thomson Learning. \$25,000. Role: PD, Author, Actor.

### **RESEARCH GRANTS AUTHORED – NOT FUNDED**

(PI) **Libster, M.** & Wright, C. J. (2014). The Five Arrows Cultural Diplomacy Program: Innovations in Person-Centered Care. Skill Building for Educators in Graduate Programs for Advanced Practice Nursing. Foundation Grant: \$199,750.

(PI) **Libster, M.**, Moss, M. & Nolley, C.(2012). Seven Simples Self-Care for Common Health Concerns: Patient-Centered Outcomes Research in American Indian Communities. PCORI Grant: \$2,105,596.

(PD) Moss, D., **Libster, M.** & E. Adams. (2008). Medicine Makers Workshop: Seeds to Science. Burroughs Welcome Fund. \$167,333.

(PD) **Libster, M.** (2007). Recipes, Remedies, and Reform: Caring and Curing During the American Botanical Movement. NEH Implementation Grant – Special Programs. \$299,804 / 83,000 cost share raised from partners.

(PD) **Libster, M.** (2006). Voices from the Borderland: The Cultural Diplomacy of American Women Nurses During the Botanical Medical Movement, 1800-1860. NEH Implementation Grant – Special Programs. \$300,000/ \$88,585 cost share raised from partners.

(PD) **Libster, M.** (2005). Voices from the Borderland: The Cultural Diplomacy of American Women Nurses During the Botanical Medical Movement, 1800-1860. NEH Implementation Grant – Special Programs. \$500,000 / \$160,000 cost share raised from partners.

## **PUBLICATIONS**

### **Editorials**

**Libster, M. & AL Qasseer, N.** (2024). Editorial – Happiness and harmony through health culture diplomacy as integrative maternal-child health nursing. *Journal of Integrative Nursing*, v. 6 (4).

**Libster, M.** (2024). Editorial – Complementarity in Nurse-Herbalism: Partnering with Plants for the Purpose of Promoting Health. *Journal of Integrative Nursing*, v. 6 (3).

**Libster, M.** (2024). Editorial – How Engaging Communities in a World Café Can Inspire Integrative Nursing Research. *Journal of Integrative Nursing*, v. 6 (2).

**Libster, M.** (2024). Editorial – Integrative Nursing as a Rudder for Salutogenic System Change. *Journal of Integrative Nursing*, v. 6 (1).

### **Guest Editorials (Invited)**

**Libster, M.** (2010). Guest Editorial - From Flame to Bonfire: A Call for Companions. *Curationis: Journal of South African Nurses Assn.*, 33(1),3.

**Libster, M.** (2009). Guest Editorial - Behind the Shield: A Perspective on H1N1 from the Inner Terrain. *Journal of Holistic Nursing*, 27(4), 218-22

**Libster, M.** (2003). Guest Editorial – “Integrative Care Product and Process – Considering the three T’s of Timing, Type, and Tuning.” *Complementary Therapies in Nursing and Midwifery*. 9(1): 1-4.

### **Journal Articles (Peer Reviewed)**

**Libster, M. & Evers, L.** (Sept/Oct 2024). Restoring Psychiatric Mental Health APRN Roles: A Report of Innovations in Workforce Development Design Supported by Salutogenic Solutions and an Enduring Educational Frame. Part One. *Nursing Education Perspectives – Special Issue Psychiatric Mental Health Education*. 45(5):292-297.

**Libster, M. & Evers, L.** (Sept/Oct 2024). Restoring Psychiatric Mental Health APRN Roles: A Report of Innovations in Workforce Development Design Supported by Salutogenic Solutions and an Enduring Educational Frame. Part Two. *Nursing Education Perspectives – Special Issue Psychiatric Mental Health Education*. 45(5):E29-E34.

Zavinskis, I., Arsenault Knudsen, E., Falkenberg Olson, A., Eustace, R., Albert, N., Klein, C., Bohr, N., Guthrie, L., **Mathews Libster, M.** (In Revision 2024). Exploring inclusion by creating inclusion: A World café among nurse scientists. *Western Journal of Nursing Research*.

**Libster, M.** (Jan/Feb 2023). The Tao of integrative nursing assessment (TINA): An East-West model for precision, complementarity, and inclusion in relationship-centered care. *Holistic Nursing Practice*. 37(1): E1-13. (Online only)

**\*2023 Editor’s Best Pick for the INANE Virtual Journal**



**Libster, M.** (2019). Gentle Remedies: Restoring faith in the first step of nonpharmacological infant mental health care for the prevention and treatment of “disruptive behavior.” *Archives of Psychiatric Nursing*. 33, 299 – 306. *Special Issue Infant Mental Health*.

**Libster, M.** (2018). Spiritual formation, Secularization, and Reform of Professional Nursing in Antebellum America. *Journal of Professional Nursing*, 34, 47-53.

**Libster, M.** (2011) Lessons Learned from a History of Perseverance and Innovation in Academic-Practice Partnerships. *Journal of Professional Nursing*. 27(6), e76-e81.

**Libster, M.** (2011). Nursing’s Heritage of Forming Innovative Academic-Practice Partnerships. *American Association of Colleges of Nursing Task Force on Academic Practice Partnerships*. <http://www.aacn.nche.edu/downloads/academic-practice-partnerships-task-force/NursingHeritageForgingPartnerships.pdf>

**Libster, M.,** Mulaudzi, M., Collins, S., Liang, O., Southworth, J., & Long, M. (2010). Tradition Meets Technology: Building Caring Community Online. *ANS: Advances in Nursing Science*, 33(4), 362-375.

**Libster, M.** (2009). A History of Shaker Nurse-herbalism, health reform, and the American Botanical Medical Movement (1830-1860). *Journal of Holistic Nursing*, 27(4), 222-231.

Mulaudzi, F. M., **Libster, M.,** & Phiri, S. (2009). Suggestions for creating a welcoming nursing community: Ubuntu, cultural diplomacy, and mentoring. *International Journal of Human Caring*, 13(2), 45-51.

**Libster, M.** (2008). Perspectives on the History of Self Care. *Self-Care, Dependent-Care and, Nursing*, 16 (2), 8-1.

**Libster, M.** (2008). Commentary and Plant Perspective on Hypericum and Nurses: A Comprehensive Literature Review on the Efficacy of St. John's Wort in the treatment of depression. *Journal of Holistic Nursing*, 26 (3), 208-211.

**Libster, M.** (2008). Elements of Care: Nursing Environmental Theory in Historical Context. *Holistic Nursing Practice*, 22(3), 160-170.

**Libster, M.** (2006). Dancing Away Dispiritedness. *AJN: American Journal of Nursing*. 106(11):72c-73c.

**Libster, M.** (1999). “Guidelines for selecting a medical herbalist for consultation and referral.” *Journal of Alternative and Complementary Medicine*, 5(5): 457-462.

## **Books (Peer-Reviewed)**

**Libster, M.** (2022). *Precision Nursing Science: Integrative Holistic Nursing with the Elements of Care*. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2022). *Precision Self-care for Nurses: The Elements of Care® Program for Beating Burnout*. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2020). *Gentle Medicine for Balance in Body and Peace of Mind: The Elements of Care® Program - with Experiential Guide*. Wauwatosa, WI: Golden Apple Publications.

ANA and AHNA. (2018). *American Holistic Nurses Assn. Scope and Standards 3rd Ed.*  
**Contributing Author** Core Values, Standards and Content on Herbs, Healing Environment, Nursing History, APRN practice, Self-care, Faith Community, and Culturally Congruent Practice.

**Libster, M.** (2014). *Science of Energy Flow®: Foot Reflexology with Herbal Stress Relief*. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2012). *The Nurse-Herbalist: Integrative insights for holistic practice*. Wauwatosa, WI: Golden Apple Publications.

**Libster, M. & McNeil, B.A.** (2009). *Enlightened Charity: The holistic care, education and “Advices Concerning the Sick” of Sister Matilda Coskery, (1799-1870)*. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2004). *Herbal Diplomats: The contribution of early American nurses (1830-1860) to 19<sup>th</sup> century health care reform and the Botanical Medical Movement*. Wauwatosa, WI: Golden Apple Publications. **2005 Lavinia Dock Award**.

**Libster, M.** (2002). *Delmar’s Integrative Herb Guide for Nurses*. Albany, NY: Delmar/International Thomson Learning. 900 pages

**Libster, M.** (2001). *Demonstrating Care: The Art of Integrative Nursing*. Albany, NY: Delmar Cengage Learning.

## **Book Chapters / E - Publications (Peer-Reviewed)**

**Libster, M.** (2021). Kindness as the remedy of remedies: A History of psychiatric mental health nursing. Wauwatosa, WI: Golden Apple Publications Monographs.

**Libster, M.** (2018). *Holistic and Integrative Nursing: Elements of Practice*. Continuing education hours for nurses – 20 Hours. Brockton, MA: Western Schools.

**Libster, M.** (2017). *Medicinal Marijuana*. Interdisciplinary continuing education course for nurses, behavioral health and pharmacy 5 Hours. Western Schools.

**Piascik, P. & Libster, M.** (2017). *Dietary supplements and complementary therapies*. Continuing Ed for nurses 3 Hours. Western Schools.

**Piascik, P. & Libster, M.** (2017). *Fish oil and omega – 3 fatty acid supplementation: Uses, effectiveness, and safety*. Continuing Ed for nurses 3 Hours. Western Schools.

**Piascik, P. & Libster, M.** (2017). *Glucosamine, chondroitin, melatonin, coenzyme Q10, and cranberry supplementation*. Continuing Ed for nurses – 2 Hours. Western Schools.

**Libster, M.** (2015). A History of Psychiatric Mental Health Nursing. In Potter & Moller, *Psychiatric Mental Health Nursing: From Suffering to Hope*. Upper Saddle River, NJ: Pearson, Prentiss-Hall.

**Libster, M.** (2015). Editorial- Enlightenment in the Circle of Culture  
In *Perspectives on Cultural Diplomacy*, Vol. 1 Nursing. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2015). Cultural Diplomacy: Demonstrating Person-Centered Care and Coaching. *Perspectives on Cultural Diplomacy*. Vol. 1 Nursing. Wauwatosa, WI: Golden Apple Publications.

**Libster, M., Phillips, S., Smith Taylor, J., Southard, M., and Bryant, S.** (2015). The Cultural Diplomacy Model™ for Demonstrating Person-Centered Care and Coaching. *Perspectives on Cultural Diplomacy*. Vol. 1 Nursing. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2014). APRNVoices: Holes in the historical fabric of American nursing. Wauwatosa, WI: Golden Apple Publications Monographs.

**Libster, M.** (2009). *Healing journeys*. Northside High School **Documentary - short**. Wauwatosa, WI: Golden Apple Publications. [View Documentary](#)

**Libster, M.** (2002). *Delmar's Integrative Herb Guide for Nurses CD-ROM* (17 Video instructions on herbal applications). Albany, NY. Delmar Thomson Learning.

### **Publications (Not peer reviewed)**

**Libster, M.** (The Poet L'Ombard). (2023). *Lit from Below: Poetry for peace of mind*. Wauwatosa, WI: Golden Apple Publications.

**Libster, M.** (2009). Enlightenment: Elements of self-care. *Quest*, 97 (3), 96-101.

**Libster, M. M.** (2008). Nursing in the Garden Laboratory and Kitchen Clinic. *Beginnings*, 28 (4), 4-7.

## **Monographs and Databases (Peer Reviewed)**

Science Writer. Natural Standard. 2002.

Monograph Science Writer & Consultant. Complementary and Alternative Medicine Database. Micromedex, Inc. 1999-2000: Chlorophyll (1999); Hops (1999); Linoleic Acid (2000); Bilberry (2000)

Science Writer. Natural Health Hotline Database Herb Research Foundation. 1995-1996.

## **PROFESSIONAL ACTIVITIES AND COMMUNITY SERVICE**

### **Editorships / Publisher**

2024 – Present	Editor-In-Chief <i>Journal of Integrative Nursing</i> Wolters Kluwer
2019 – Present	Publisher and Editor-in-Chief Self-Care Institute Webinar Series and Archive
2009 – 2013	Associate Editor for Botanicals: <i>Journal of Holistic Nursing</i> .
2002	Editor: <i>Natural Standard</i> (Pharmacy) Database.
2004 – Present	Publisher: Golden Apple Publications Independent Academic Publisher
1995 – 1996	Editor: <i>Natural Healthcare Hotline</i> Database - Herb Research Foundation.

### **Peer Reviewer**

2011 - Present	<i>Journal of Professional Nursing</i>	Reviewer
2005 – Present	<i>AJN: American Journal of Nursing</i>	Reviewer
2005 - 2023	<i>Herbalgram: Journal of the American Botanical Council</i>	Reviewer
2009 - 2017	<i>Journal of Alternative and Complementary Medicine</i>	Reviewer
2007 - 2013	<i>Journal Holistic Nursing</i>	Associate Editor – Botanicals Reviewer
2003	<i>Integrative Nursing Journal</i>	Editorial Board
2003	<i>Journal of Herbal Pharmacotherapy</i>	Reviewer

### **Educational Consultation**

2014 – 2023	National Research Foundation – South Africa
2014 – 2023	External Examiner – University of Pretoria, South Africa
2011 – 2023	National Research Council of South Africa - Reviewer
2012 – 2016	Governors State University – DNP Committee Chair and Member
2010	Northwest University Mafeking, South Africa PhD Students in Nursing and Faculty Research and Nursing Theory Application
2008 – 2010	East Carolina University - Doctoral Committee Chair and Member; Graduate Student Independent Study and Publication

## UNIVERSITY TEACHING EXPERIENCE

2020 – Aug 1, 2023	Design, Direct, and Co-Teach 9 PMHNP Program Specialty Courses: Content on Solution-Focused Existentialist Nurse-Psychotherapy (Indiv, Families, Couples, Groups), APRN-PMH Simulation, Ethics of Prescribing, Precision Self-care and Integrative care, Consultation Liaison Roles, Clinical Supervision	Milwaukee School of Engineering School of Nursing with Rogers Behavioral Health System
Spring 2017	Education Process MSN; Ethics BSN; Research BSN	University Wisconsin Oshkosh
Fall 2016	DNP / MSN Scholarly Project Mentor	University Wisconsin Oshkosh
Spring 2016	DNP Project Committee Chair; Research MSN (2 sect); Information Management Nursing Decision Making - DNP	Governors State University
Fall 2015	DNP Committee Chair; Philosophy and Theory MSN (Ethics); Role Residency Direct Practice – DNP; Informatics (BSN)	Governors State University
Spring 2015	DNP Committee Chair; Research MSN; Information Management Decision Making – DNP; Informatics (BSN)	Governors State University
Fall 2014	DNP Committee Chair; Philosophy and Theory MSN (Ethics); Role Residency Direct Practice – DNP, Informatics (BSN)	Governors State University
Spring 2014	DNP Project Committee Chair; Research MSN (2 sect); Information Management Nursing Decision Making – DNP	Governors State University
Fall 2013	Philosophy and Theory MSN (Ethics); Role Residency Direct Practice – DNP; Internship MSN CNS Capstone Project	Governors State University
Spring 2013	Research–MSN (2sect); Information Management Decision Making - DNP Advanced Research and Evidence-Based	Governors State University

Fall 2012	Practice-DNP; Role Residency Direct Practice – DNP; Internship MSN CNS Capstone Project	Governors State University
Spring/Sum 12	Nursing Leadership, Innovation, and Entrepreneurship – DNP; Information Management Nursing Decision - DNP	Governors State University
Fall 10	Supervision Psychiatric Nursing Courses and Undergrad. Research	Humboldt State University
Spring 10	Philosophy and Theory for Advanced Practice Nursing (Ethics); PhD Supervision	East Carolina University
Fall 09	Philosophy and Theory for Advanced Practice Nursing (Ethics) – Three sections PhD Supervision	East Carolina University
Spring 09	Philosophy and Theory for Advanced Practice Nursing (Ethics) – Two sections	East Carolina University
Fall 08	Philosophy and Theory for Advanced Practice Nursing (Ethics) – Two sections	East Carolina University
Summer 08	Guided Research Doctoral Student (PhD)	East Carolina University
Spring 08	Philosophy and Theory for Advanced Practice Nursing (Ethics) – Two sections	East Carolina University
Fall 06 and Spring 07	Philosophy and Theory for Advanced Practice Nursing (Ethics); Introduction to Professional Nursing UG; Elective: Healing Traditions	East Carolina University
Spring 2006	Psychiatric Nursing – Theory and (Evidence-based practice);	Purdue University
Fall 2005	Psychiatric Nursing – Clinical; Professional Issues (Ethics, Culture)	Purdue University
Spring 2005	Leadership; Psychiatric Nursing – theory (Evidence-based practice); Professional Issues (Ethics, Culture)	Purdue University

Spring 2004	Research; Leadership (Change theory, Ethics); Professional Role; Psych Mental Health Nursing	Purdue University
Winter 2003	Botanical Therapies – Interdisciplinary Graduate Course	University of Colorado
Fall 2000 and Spring 2001	Foundations in Nursing Practice III (Qual Research, Leadership, Ethics); Mental Health Practicum/Theory (Incl. end-of-life)	University of Northern Colorado
Fall 1999	Nursing Philosophy Theory (Ethics); Teaching Assistant with Dr. Marlaine Smith	University of Colorado
1980	Student Teaching – The Dalton School For BS in Dance Movement Education	New York, New York

### **PRESENTATIONS (Podium, Panel, Workshop, Webinar, Podcast)**

Nov 2024	Speaker: <i>Invitation to Nursing Identity Through Historical Inquiry, Research, and Writing</i> . <b>MNRS Academic Practice Partnership Research Interest Group.</b>
Nov 2024	Speaker: <i>Engaging the Elements of Care® in the Practice of Sacred Science: History, Hermeticism, and Herbal Formulation</i> . <b>Theosophical History Conference, Ascona Switzerland.</b>
Feb 2024	Chair and presenter Special Session: <i>Understanding and Fostering Inclusion in Nursing: A World Café</i> . <b>MNRS Research Conference, Minneapolis, MN.</b>
Ongoing	Convener and Speaker: <b>Choreosophy Institute Bamboo Bridge Global Tea House</b> –Webinars Integrating Indigenous Wisdom and Emerging Science and Technologies to Promote Peace and Unity through Health Culture Diplomacy.
Ongoing	Convener and Speaker: <b>Self-care Institute</b> at Golden Apple Healing Arts Monthly Webinars on Precision Self-care with Plants as Partners. <b>2024 Herbalism and Salutogenic – Oriented Self-care Series</b>
Ongoing (Since 2003)	Workshop (CE Nurses and Massage Therapists): <i>Foot Reflexology with Herbal Stress Relief Science of Energy Flow®</i> <b>Golden Apple Healing Arts.</b>
Oct 2021	<b>Podcast: The Remedial Herstory Project.</b> Episode 15: <i>Did 19<sup>th</sup> century institutionalizing and deinstitutionalizing healthcare make it safer?</i>
Feb. 2021	Panelist: <i>Exploring the Impact of Cannabis Use on the Developing Brain.</i> (Virtual) <b>Eastern Wisconsin International Nurses Society on Addictions.</b>

- Oct 2020      Invited Speaker: *Revising the Legend Repealing the Myth*. **Florida Atlantic University School of Nursing Doctoral Course on Historical Research.**
- April 2019/  
Oct 2018      Invited Speaker: *Women Nurses and Religion*. **University of Wisconsin Oshkosh Women's Studies History of Women Course.**
- Oct 2018      Invited Speaker: *Herbal Diplomacy The Role of Plants in Policy and Practice*. **Evergreen State College Botany Program, Olympia, WA.**
- Aug 2016      Panel with M. Brucker (USA), M. Mulaudzi (S Africa): *Cultural Diplomacy and the Export and Import of Scholarship*. **INANE Conference London, UK.**
- May 2016      Invited Speaker: *Tipis and Tea Houses: Cultural Diplomacy and the Healing of Youth and a Nation*. International Symposium on Cultural Diplomacy in the United Nations. **Institute of Cultural Diplomacy**. New York, NY.
- Oct 2015      Convener Global Tea House and Presenter: *Health Belief*. **Parliament of World Religions**. Salt Lake City, UT.
- Oct 2015      Invited Speaker: *Herbal Diplomacy: The Role of Plants in Policy and Practice*. **Evergreen State College Botany Program, Olympia, WA.**
- Oct 2015      Invited Speaker: *Partners with Plants in Self-Care*. **Kenilworth Garden Club, Wilmette, IL.**
- May 2015      Invited Speaker: *Remember to Rest: Herbal Garden Remedies for Health and Peace*. **Chicago Botanic Garden**. Chicago, IL.
- Feb 2015  
2014, 2012      Webinar CE Courses: *Nurse-Herbalist and Health Diplomacy*. Golden Apple Healing Arts. (Peer Reviewed – American Holistic Nurses Association)
- Sept 2014      Presenter: *Rooting Nurses' Cultural Diplomacy Skill through Application of Modeling and Role Modeling Theory*. **Society for the Advancement of Modeling and Role-Modeling**. Cincinnati, OH.
- Sept 2014      Invited Speaker: *Herbal Self-Care: An American Healing Tradition Central to Health Care Reform Past, Present, and Future*. **Lloyd Library**. Cincinnati, OH.
- June 2014      **Convener** Global Tea House and Presenter: *Don't Rock the Boat: Essences, Extracts, and Embrocations for Easing into Emotional Clarity*. **National College of Natural Medicine**. Portland, Oregon.



- Mar 2014 Panelist - Body Talk: How we cover, uncover and use our bodies in health and healing. *As Above So Below: Making "Medicine" as Embodiment of Health Care and Reform*. **3rd Annual Conference Medicine and Religion. University of Chicago**. Chicago, IL.
- Apr 2013 Speaker: *Plants as Partners in Caring*. **International Association of Human Caring Circle of Caring International** Teleconference.
- July 2012 Speaker: C. Nolley, T. Labriola, and **M. Libster**. Blackboard Collaborate Connections Summit 2012: *More than Classes and Credits- Leveraging Collaborate for Community Building and Culture Change*. New Orleans, LA.
- May 2012 Symposium Speaker: *The Global Tea House: Creating Caring Community- Elders, Earth, and Elements*. **International Association of Human Caring Annual Conference**. Philadelphia, PA.
- June 2010 Speaker: *Enlightened Charity: Reforming the Care of the Insane in 19th Century Maryland*, **History of Women Religious, Univ of Scranton**, Scranton, PA.
- Nov. 2009 Special Session – Organizer of The Global Tea House and Speaker: *Cultural Diplomacy and Healing Traditions*. Paper presentation - *Following the Roots of Care: Research utilization and botanical remedies in nursing*. **Sigma Theta Tau Biennium**. Indianapolis, IN.
- April 2009 Speaker: *Enlightened Charity and the Way of the Healer*. **Sigma Theta Tau Omicron Omega Chapter** Research and Leadership Event, Arcata, CA.
- April 2009 Speaker: *The Doctor - Nurse Game of the 1840s: To play or not to play*. **East Carolina University Medical History Interest Group**. Greenville, NC.
- May 2008 Invited Speaker: *Faculty Development Workshop on Integrative Nursing*. **University of Portland School of Nursing**. Portland, OR.
- April 2008 Speaker: *Holism, Hermeticism, and the Elements of Environmental Care of mid-19<sup>th</sup> Century Nurses*. **International Association for Human Caring Conference**. Chapel Hill, NC.
- April 2008 Speaker: *Control Those Women: The Nurse Doctor Game in Early 19<sup>th</sup> century America*. East Carolina University, Greenville, NC.
- Feb 2008 Speaker: *Cultural Diplomacy and the Bamboo Bridge Community*. **Beta Nu Chapter Sigma Theta Tau International**. Greenville, NC.
- Nov. 2007 Panel – International Communities of Interest. *The Bamboo Bridge*. **Sigma Theta Tau International Biennium Convention**. Baltimore, MD.

- Nov. 2007      Invited Workshop Facilitator: *Cultivating the Garden Within*.  
**Atlanta Botanical Garden**. Atlanta, GA.
- Sept. 2007      Speaker: *Elements of Care: The History of Nursing in Environmental Context*.  
**European Association for the History of Medicine and Health**. London,  
England.
- Mar. 2007      Invited Speaker: *Recipes and Remedies: Celebrating Women's History Month*.  
**United States Botanic Garden**. Washington, DC.
- Aug. 2006      Speaker: *The Herbal Nurse; The Intent to Dream; Solution-focused Counseling  
Techniques for the Herbalist*. **New England Women's Herb Conference**.  
Peterborough, NH.
- Oct. 2005      Workshop: *Herbs, Healing, and Home Remedies*. **State of Indiana Master  
Naturalist Certification Course**. Delphi, IN.
- Aug. 2005      Speaker: *Solution-focused Counseling Techniques for the Herbalist; Speaking  
Out: 19<sup>th</sup> Century Women Healthcare Reformers; Herbal Applications in Foot  
Reflexology*. **New England Women's Herb Conference**. Peterborough, NH.
- July 2005      Symposium: *A History of Healing Traditions in American Nursing: European-  
American, American Indian, and African-American*. **Sigma Theta Tau  
International Research Conference**. Kona, Hawaii.
- Sept. 2003      Speaker: *Herbal Diplomats*. **American Association for the History of Nursing**,  
Annual Conference, Milwaukee, Wisconsin.
- Sept. 2003      Invited Speaker: *Integrating Complementary Therapies in the Care of the Elderly*.  
**Annual Conference Geriatric Nurse Practitioners**. West Palm Beach, FL.
- July 2003      Invited Speaker: *History of Shaker Nurses and the American Botanical Medical  
Movement 1830-1860*. **Shaker Research Symposium**. Harvard, MA.

## Professional and Community Affiliations

2021 – Present	<b>Fellow American Academy of Nursing</b>	USA
2024 - Present	<b>Interdisciplinary Society for Theory and Research on Salutogenesis (STARS)</b>	International
1997 - Present	<b>Sigma Theta Tau International – Nursing Honor Society</b>	International
2016 – Present	<b>Midwest Nursing Research Society:</b>	USA
2022 – Present	<b>Chair 2024</b> Research in Academic Practice Partnerships Interest Group	
2022 – 2024	<b>Lead – DEI (Focus Inclusion) Sub Group</b>	
2022	<b>MNRS DEI Task Force</b>	
2020 - Present	<b>American Historical Association</b>	USA
2023 - Present	<b>International Psychiatric Nurses Association</b>	International
1995 – Present	<b>American Nurses Association / Wisconsin Nurses Association (WNA)</b>	USA
2019 - Present	WNA APRN RoundTable	Wisconsin, USA
2015 - Present	<b>International Academy of Nurse Editors</b>	International
2013 – Present	<b>The Authors Guild</b>	USA
2006 – Present	<b>Bamboo Bridge (Global Tea House) Founder / Director</b>	International
2004 – Present	<b>National League for Nursing</b>	USA
2021 - Present	<b>Wauwatosa Women’s Club</b>	Wisconsin, USA
2005 - Present	<b>American Botanical Council</b> Advisory Board	USA
2015 – 2022	Society for Transcultural Nursing	International
2002 – 2018	American Association History of Nursing	USA
2008 - 2016	International Association Human Caring	International

## Practice Specialty Certifications

2010 Recert. 2020 Renew 2025	<b>AHNCC Advanced Practice Holistic Nurse</b>
2018	<b>T. Harv Eker Trainer</b> - Secrets of Multimillionaire Trainer Certificate
2004	<b>Servant Leadership</b> Training – R.K. Greenleaf Center, Indiana
2001	<b>End of Life</b> Nursing Education Curriculum (ELNEC) Robert Wood Johnson Faculty Grant, Washington D.C.
1999	Partners in <b>Parenting Education (PIPE)</b> , Certified, Denver, CO
1997	<b>Institute of HeartMath</b> – Level One
1995	Internat’l Institute for <b>Infant Massage</b> Certified. Instructor. Boulder, CO
1993	<b>Traditional Chinese Herbal Medicine.</b> Rocky Mountain Herbal Institute, Hot Springs, Montana Certificate 1600 Hours
1991	Certified <b>Foot Zone Therapy.</b> Centre for Alternativ Medisin, Kristiansand, Norway Ersdal Method
1987 - 1997	American Red Cross Instructor: <b>CPR, First Aid, Emergency Response</b>
1984	Foot Reflexology/Aromatherapy/Hydrotherapy. Glendale Foot <b>Reflexology</b> Clinic, Glendale, CA Certified OMA Method
1984	<b>Jin Shin Jyutsu Mother’s Touch.</b> Center for Wholeness, CA