

# Conversation with Mary Hallman, RN

By Carol Oeltjenbruns, RN, RMC

I would like to share a conversation Mary Hallman and I had about her experience and motivations that prompted her to work on the DVD, "*Visions for Cancer Recovery*."

Carol: "What was your inspiration to develop the DVD and what did you hope to accomplish?"

Mary: "I developed the film because the imagery of cancer cell elimination in my mind's eye during my chemo treatments was so powerful for me. I thought others might also benefit from the positive visual imagery after my research indicated the process had a scientific basis. In making the program I was hoping to provide a positive experience of relaxation and imagery. I think the results from working with a wonderful group that became dedicated to completing the project was better than imagined."

Carol: "Were you able to accomplish most of your objectives?"

Mary: "I think we accomplished all of our objectives."



Carol: "How do you incorporate complementary medicine concepts into your work as an ICU nurse? Do you know some people who have done that?"

Mary: "I feel that my traditional work in nursing is different than the complementary focus of the healing arts partly because of the acute health challenges of the patients we work with. I think we as nurses do a good job of being mindful of all aspects of our patients. There are some well-known traditional medical doctors, including Dr. Mehmet Oz and Dr. Andrew Weil, who are among those committed to integrative medicine. There is a PBS program titled "The New Medicine" (one local and one national) that explores these new trends in medicine."

Carol: "What kind of response have you had professionally and from your family?"

Mary: "The Marketing and Public Relations company that we are working with is about to launch the campaign for '*Visions For Cancer Recovery*.' The project has been an incredible amount of work and we are still focused on making it available to those who might find it useful. We are fortunate to have had the Mayo Clinic Cancer Center accept it so warmly. They were our first client. The program is available for all their inpatients to view on demand."

Carol: "Do you have any advice for someone who would have a vision to do a project like this?"

Mary: "The program was harder to do than I ever imagined. I am a big picture person, not terribly detail oriented in my regular life. I tried NOT to do this project, but it would not leave me alone. I knew it would be difficult; it took us years to do the research and complete it. My daughters made the program happen with an unbelievable dedication to seeing it through."

Carol: "What is your greatest satisfaction in this project?"

Mary: "Our greatest satisfaction has been the positive feedback from many who have purchased it through word of mouth or from our website."

Carol: "Thank you, Mary, this has been an inspiration to me and many others. We wish you success in being able to reach many people who are looking for a way to deal with the diagnosis and treatment of cancer."

Mary: "Thank you so much."

**Editor's Note:** This DVD is available online at [www.integral-visions.com](http://www.integral-visions.com) or you can call Carol Oeltjenbruns to borrow a copy to view.