



**GOLDEN APPLE HEALING ARTS**

**INSPIRED BY PEOPLE AND PLANTS**

## ***PRESS RELEASE***

### **Dr. Martha Mathews Libster Selected as Fellow of the American Academy of Nursing (2021 Class of Fellows)**



**WAUWATOSA, Wisconsin (August 6, 2021)** — The Self-Care Institute at Golden Apple Healing Arts is pleased to announce that its Founder and Director, Martha Mathews Libster, PhD, MSN, APRN-PMHCNS, APHN-BC, has been selected as Fellow of the American Academy of Nursing. The induction ceremony will take place on October 9, 2021, in Washington, D.C.

#### **[Read Press Release - American Academy of Nursing](#)**

The [American Academy of Nursing](#) serves the public by advancing health policy and practices through the generation, synthesis, and dissemination of nursing knowledge. Academy Fellows are inducted into the organization for their extraordinary contributions to improve health locally and globally. With more than 2,800 fellows, the Academy represents nursing's most accomplished leaders in policy, research, administration, practice, and academia.

**Dr. Martha Mathews Libster** is an international expert in nurse-herbalism, integrative nursing, traditional medicine, and botanical self-care. Supported by [award-winning historical research](#), translational botanical science expertise, and collaborations with nurses and indigenous leaders internationally, Dr. Libster's work advancing the practice of the science and art of nurse-herbalism has been disseminated through publications, presentations, and community events on five continents.

Her work focuses on practice innovations with supporting policy change and health care reform strategies that modernize historic and traditional healing practices, such as nurse-herbalism and traditional medicine. Dr. Libster identifies and advances sustainable and effective wellness practices over time that improve health and achieve health equity.

Additionally, she has designed and published three practice models on integrative nursing, health culture diplomacy, and precision botanical self-care that have contributed to global health transformation, policy reform, and wellness innovations. Dr. Libster's newest model, [Elements of Care®](#), the signature model of her Self-care Institute, focuses on the design of healing environments and the promotion of plant partnerships to provide solutions that use the power within us to effect climate change within and without.

Dr. Libster is the Director of the [Bamboo Bridge Global Tea House](#) that she founded in 2006 to advance experiential education regarding indigenous knowledge systems and cultural diplomacy in healthcare. This international virtual teaching and learning community has been recognized by Chief Nursing Scientists at the World Health Organization and indigenous medicine leaders around the globe.

Dr. Libster is the [author of 9 books](#), 33 journal and E-publications, and three international guest editorials. Her writing is reviewed as "groundbreaking" and "enlightening."

#### [More about Dr. Martha Libster](#)

- [Articles](#)
- [Awards and Honors](#)