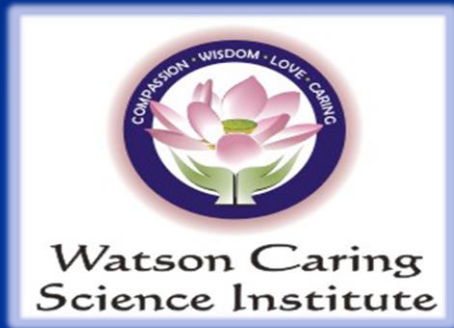


Caring Science- Caritas Theory Practice



Jean Watson, PhD, RN, AHN-BC, FAAN
Founder/Director Watson Caring Science Institute
Distinguished Professor/Dean Emerita
University of Colorado Denver
College of Nursing

www.watsoncaringscience.org; jean@watsoncaringscience.org

关心

Jean Watson

Caring Science
Theory - Caritas
Practices:

Gerontology
Conference

Selwyn Foundation
December 2016

Auckland, New
Zealand

CARING
关: PASSAGE
TO THE
心: HEART

jean@watsoncaringscience.org

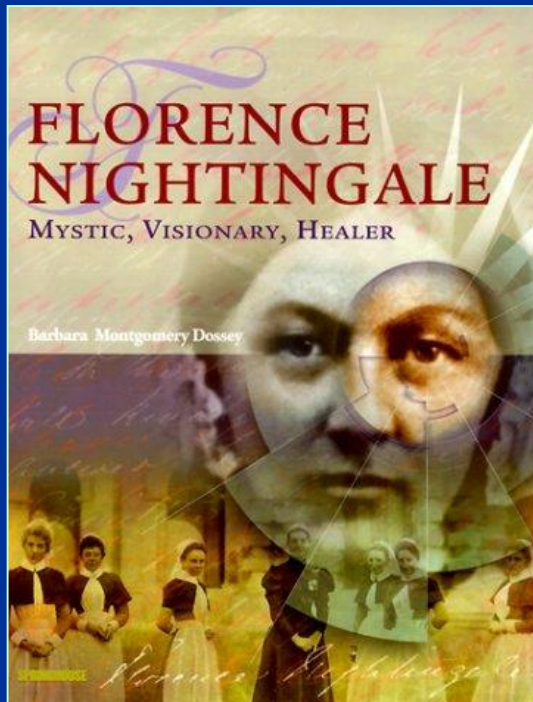
www.watsoncaringscience.org



**REFLECTIVE PAUSE
FOR NEW CONSCIOUSNESS**

The Red Blouse, 1923
Henri Matisse
The Museum of Modern Art, New York

“It takes 100 years for a profession to mature as a distinct discipline”



watsonjcopyrightWCSI2010

2010

Centenary of Nightingale:

1820- 1910

Founder of Modern Nursing

Caring Science/Caring Theory Consistent with Nightingale

关心



CARING
关: PASSAGE
TO THE
心: HEART

Jean Watson, PhD, RN, AHN-BC, FAAN
Distinguished Professor of Nursing
Endowed Chair in Caring Science
University of Colorado Denver



**We have yet to actualize the
Nightingale Model Nursing
and
Health Care**

**‘...Putting the patient in best
condition for nature to heal’**

Caring Science/Heart Science

NIGHTINGALE'S METAPARADIGM FOR 21ST CENTURY

1859 WORK FORESHADOWS NURSING AND HEALTH FOR 21ST CENTURY

- ◆ Professional “calling”/ human service mission;
- ◆ Fewer hospitals;
- ◆ Differentiation for nursing for diverse areas of practice;
- ◆ Need for continuous education, intellect, moral activity, passion, common sense, vision, and political acuteness;
- ◆ Environmental, institutional, and human care essentials, e.g.. (nursing therapeutics) now being re-discovered as “essentials” by the public;
- ◆ Spiritual dimensions of practice



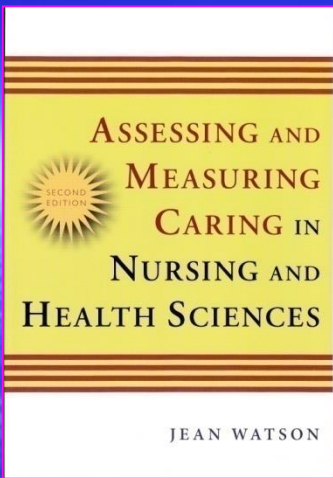
J. Watson 1995

The Center for Human Caring



CARING SCIENCE: The Evolved Theory





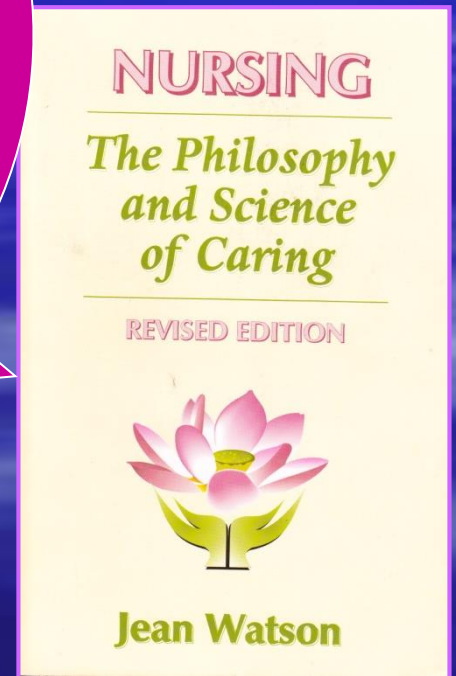
Research

Theoria-Theory
(Latin) Means
Literally - "To See"

Theory



Practice





7 Billion People on Planet – 12 million nurses/midwives

Old/New World Views of Connectedness of all living things: Human- Caring/Eco-Caring - Health – Healing-Wholeness



We all belong to infinity of Universe

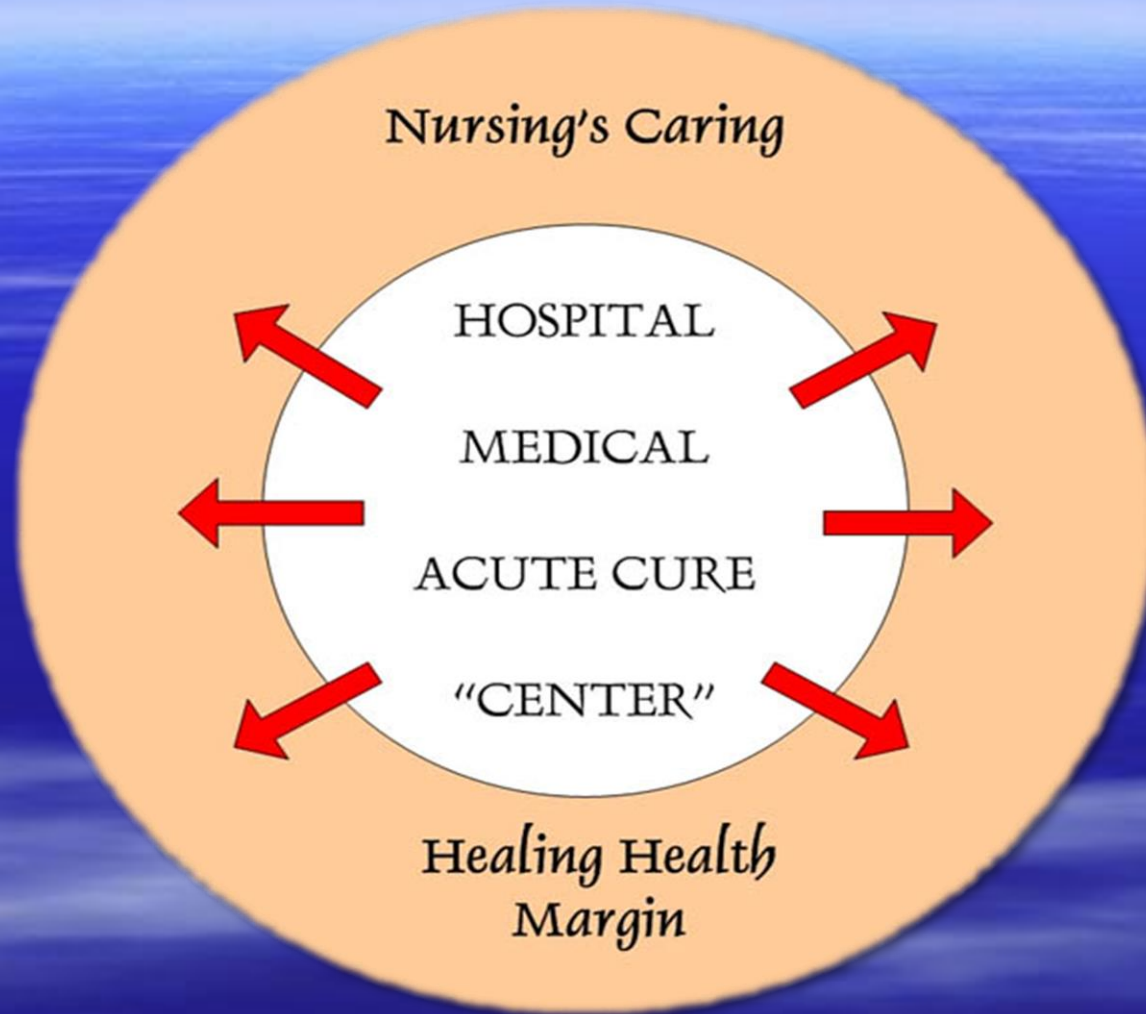


Caring Science

Maturing of Nursing Discipline

Timeless values; Ethic; Unitary Worldview;
Philosophical orientation; Covenant with
Global Humanity; Shared Principles,
Converging Theories, Knowledge lens;
Expanding Research traditions.

Critiquing Status Quo

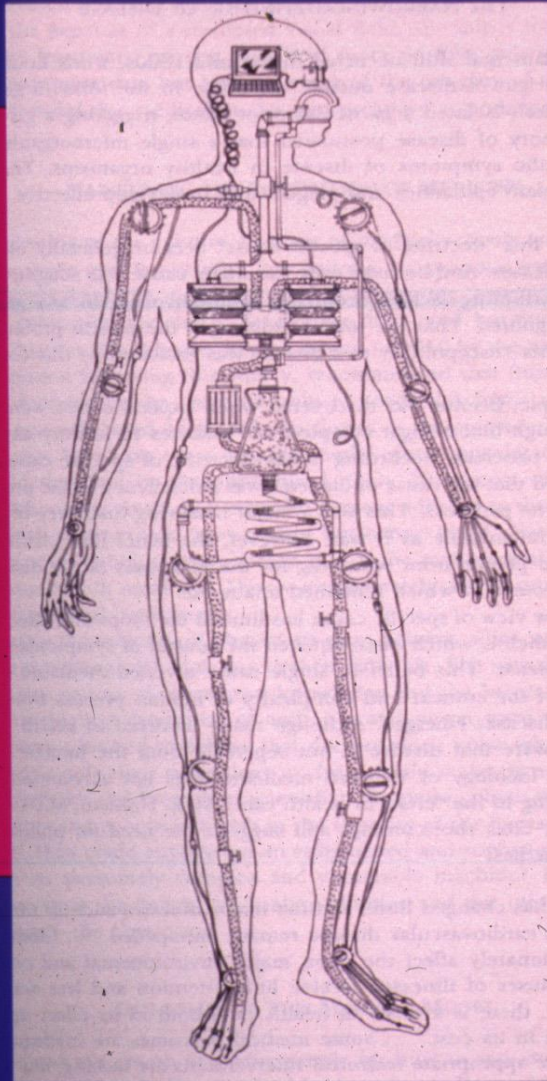


What Is: Modern Medicine/Nursing



Era I: Materialistic Medicine-Dossey 1990 Past 100 Years

- **Material Body – Complex Medicine**
- **Deterministic Law – External**
- **Therapy – Physical: Drugs, Surgery, Etc**
- **DOING versus *BEING* .**



Modern: Western

The Body as Machine

From:

Beinfeld, H. & Korngold, E.

(1992). Between Heaven and Earth.

NY: Ballanatine.

**Expanded View
of Person:
Light, Energy,
Consciousness:
MindBodySpirit
Connectedness
Heart-
Connectedness with
Source**



Alex Grey 'Sacred Mirror'

Era III – Non Local Transcendent Consciousness

- **Connecting with Universal Source**
- **Holographic Notions**
- **Consciousness Transcends Time and Space, and Physicality**
- **Consciousness – Omnipresent, Infinite, Immortal and Ultimately One;**
- **Unitary Being; Unitary Field**
- **Evolving Heart-Centered Human –Deepening /Sustaining Our Humanity**

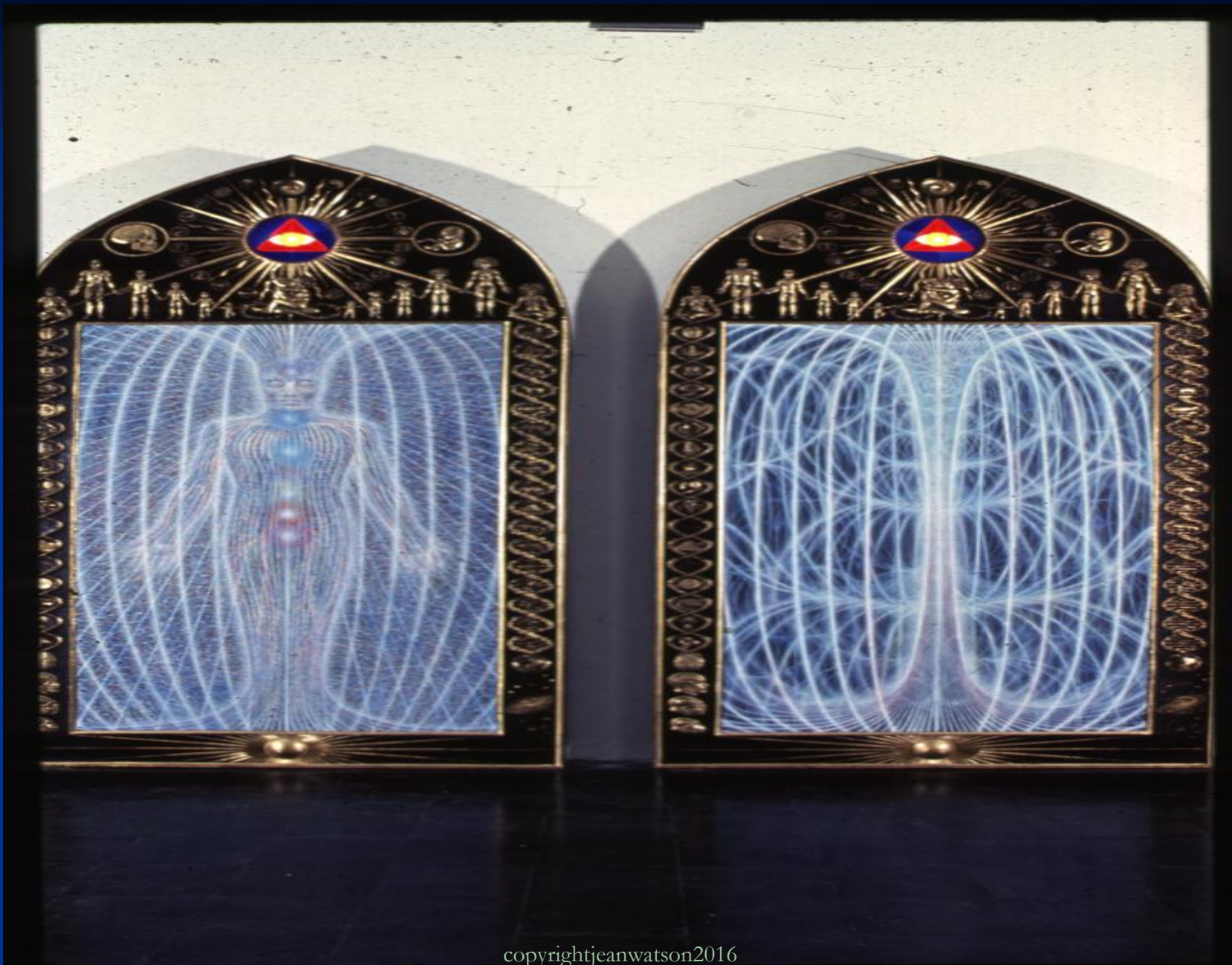
Unitary World View: “Body Resides in a Field of Consciousness”

- **Levinas:**
Ethic of
Belonging –
Infinite Field
of Universal
Love/Spirit





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“Caritas” comes from the Latin word meaning cherish, to appreciate, to give special attention, if not loving, attention to: connotes something that is very fine, that indeed is precious.

Eriksson in Finland has used the word caritas in her theory to convey similar meanings; Nel Noddings, Dean Educ. Stanford Univ. used for educators



Oxford University

Relationships: Uncaring to Caring

(Halldorsdottir, 1991)

Biocidic or Life Destroying (Toxic, Leading to Anger, Despair, Decreased Well-Being);

Biostatic or Life Restraining (Cold or Treated as Nuisance);

Biopassive or Life Neutral (Apathetic or Detached);

Bioactive or Life Sustaining (Classic Nurse-Patient Relationship as Kind, Concerned and Benevolent);

BIOGENIC or Life Giving/Life Receiving

- Transpersonal Caring – Manifesting Caritas Field
- **ULTIMATE GOAL of CARITAS HEALING MODEL**



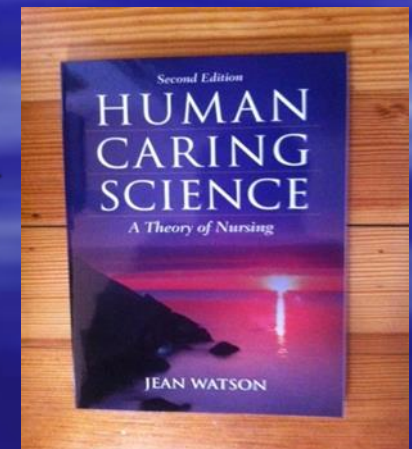
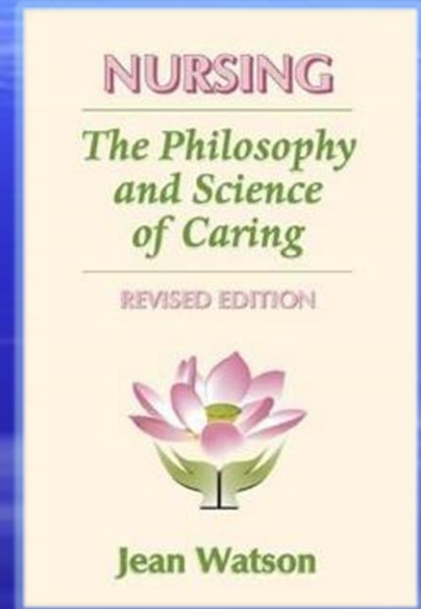
Caring Moment

- A heart-centered loving energetic field; a turning point;
- A call to higher/deeper consciousness, intentionality;
- An authentic choice of caring/living;
- Requires presence-centering-search for meaning; New level of authenticity- potentiating healing and wholeness.

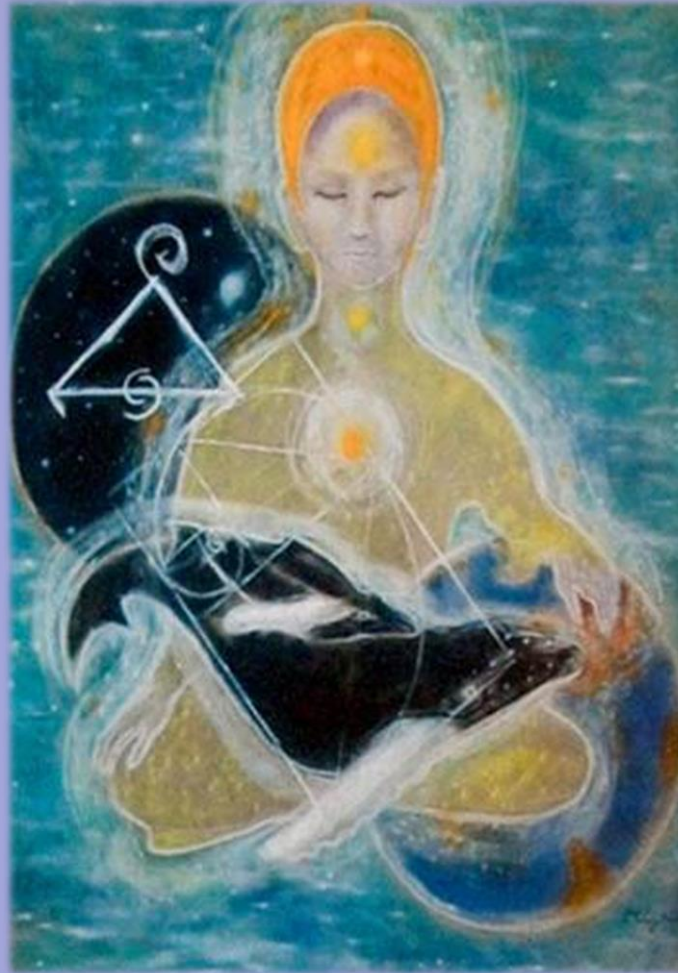
Core Aspects: Caring Science

Theory of Human Caring

- Relational Unitary caring science as Ethical-Moral – Philosophical Values-Guided Foundation
- Caring Core:10 Carative Factors/10 Caritas Processes – Love-Heart-Centered Caring/Compassion
- Transpersonal Caring Moment – The Caritas Field
- Mindful Caring as Consciousness – Energy - Intentionality – Heart-Centered Human Presence
- Caring-Healing Modalities



Caritas Process 1: Humanistic – Altruistic Values – Practice of Loving-Kindness and Equanimity with Self and Other



Caritas Process 2: Enabling Faith and Hope, Being Present Authentically



Amor a Todas Horas Simon Silva

Caritas Process 3: Sensitivity to Self - Others, Ongoing Spiritual Development



Caritas Process 4: Developing Authentic Trusting Caring Relationships



Caritas Process 5: Allowing Expression of Positive-Negative Feelings: Listening to Another's Story



Caritas Process 6: Creative Problem-Solving 'Solution – Seeking' Caring Process: expanded Epistemology – all ways of knowing



Angel Turner Dyke
www.neworleans-paintings.com

Caritas Process 7: Relational Teaching- Coaching Inner Subjective Meaning Life World



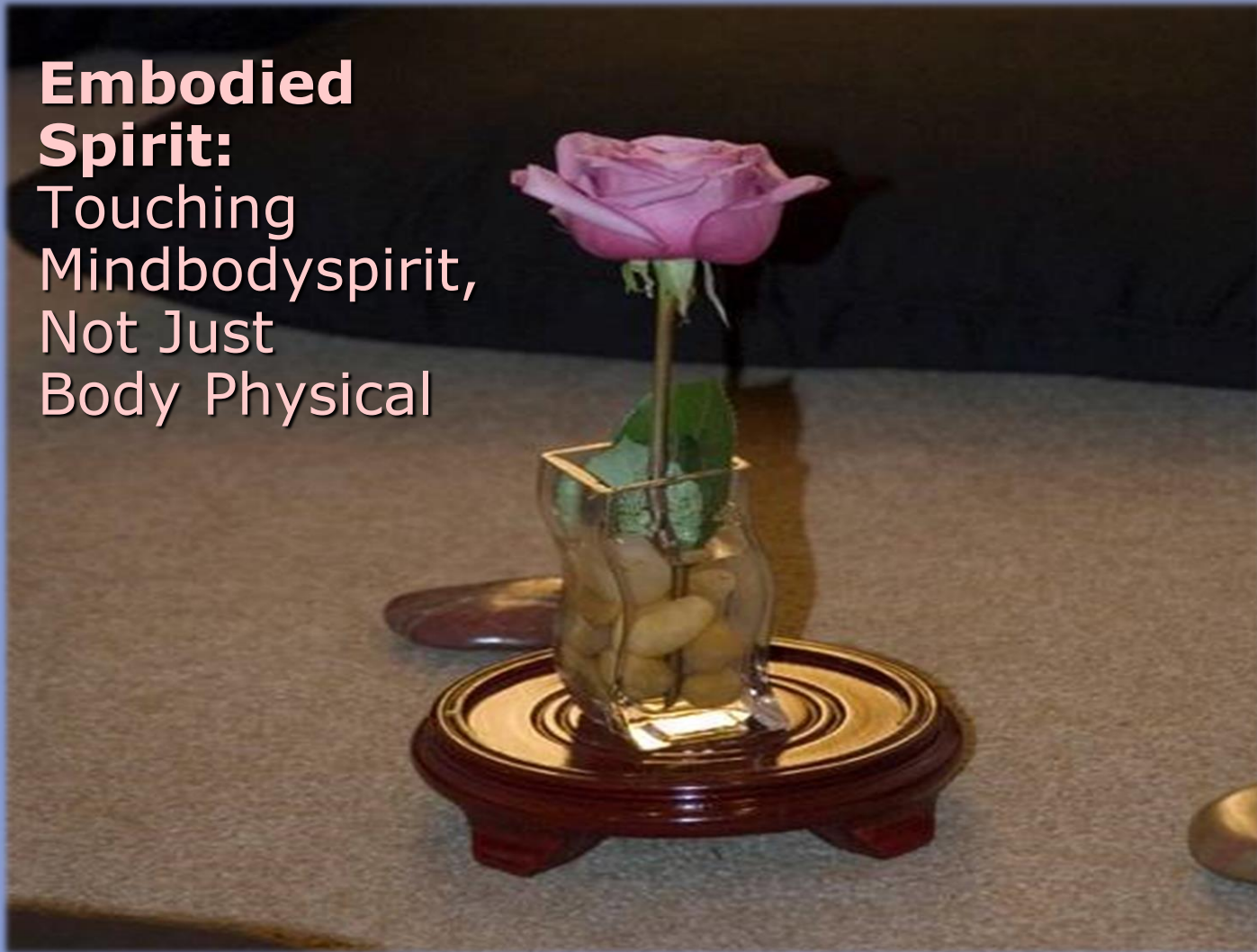
Caritas Process 8: Creating Healing Environments Being / Becoming the Caritas Field

Heart-Centered Loving Kindness Changes Whole Environmental Field:
Subtle Environment/Consciousness



Caritas Process 9: Assistance With Basic Needs – Sacred Acts

Embodied Spirit:
Touching
Mindbodyspirit,
Not Just
Body Physical



**Caritas Process 10: Open to Existential - Spiritual
Unknowns:
Allow for Mystery & Miracle**



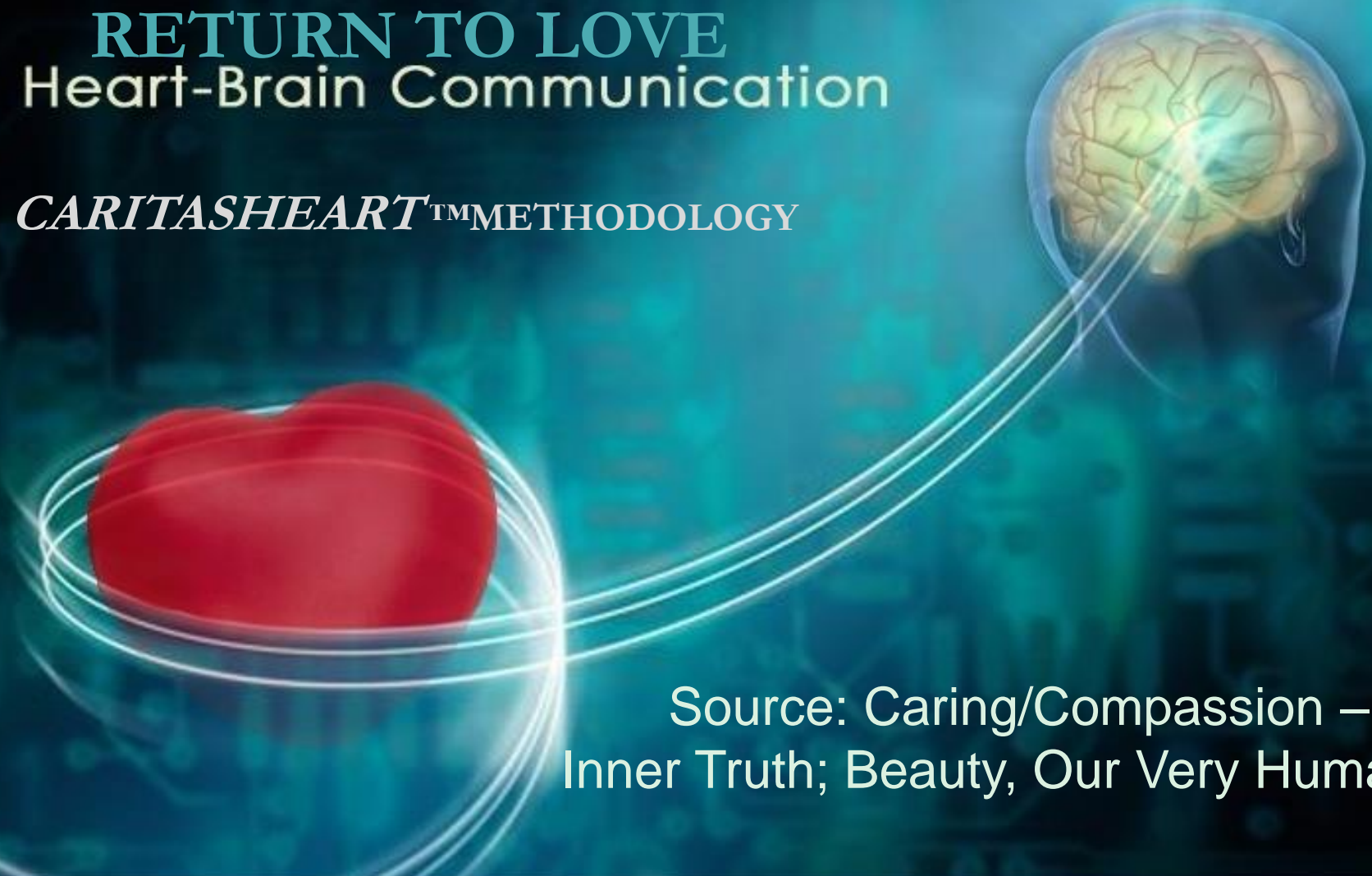
The Caring Moment



RETURN TO LOVE

Heart-Brain Communication

CARITASHEART™ METHODOLOGY



Source: Caring/Compassion –
Inner Truth; Beauty, Our Very Humanity

Decoding the Intelligence of the Heart



LOVE[™]
HEALS
LETLOVEHEAL.COM

ROCKY MOUNTAIN[™]
CANCER CENTERS

**LOVE THE GREATEST SOURCE
OF ALL HEALING**



The Electromagnetic Field of the Heart

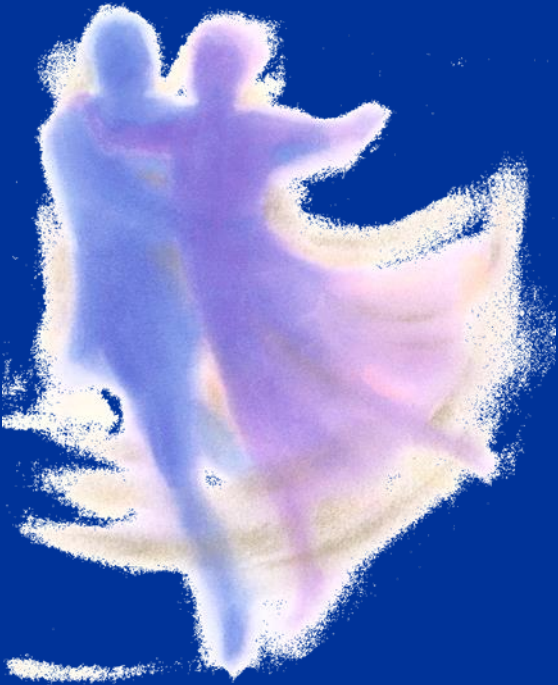


HM slide with permission

Decoding the Intelligence of the Heart

*Caritas/Heart Field: **Subtle Healing** Environment*

From Evidence to Praxis/
Informed moral Action
A dance of Caring Practice



Theory-Research- Practice
Knowing/Doing/Being As

one



OUR CORE VALUES

I CARE

INTEGRITY › COMMITMENT › ADVOCACY › RESPECT › EXCELLENCE

OUR CORE COMPETENCIES

CLINICAL & TECHNICAL EXPERTISE

CARITAS LITERACY (10 CARITAS PROCESSES)

EVIDENCE-BASED PRACTICE

RESEARCH

EDUCATION

VETERAN/PATIENT & FAMILY CENTERED CARE

DIVERSITY & INNOVATION

Example of system wide Human Flourishing



Nursing Professional Model of Care

Based on Jean Watson's Caring Theory



Watson Caring
Science Institute

Winter Haven Hospital's

Nursing Vision

The nurses of Winter Haven Hospital promote excellence through theory-driven, evidence-based practice to achieve patient outcomes



Winter Haven
Hospital

Compassion. Innovation. Trust.



Watson's Healing Environment

Kindness Faith & Hope Sensitivity Trust & Caring Authenticity	Professional Nursing					Creativity Teaching & Learning Dignity Basic Needs Mystery & Miracles
	Ethical Principals Advocacy Professional Integrity Whole Health Continuum Patient Centered Care	Accountability Quality Outcomes Safety Interdisciplinary Collaboration	Scientific Inquiry Research Evidence Based Practice Performance Improvement Innovation	Autonomy Peer Review NPSB Shared Governance	Lifelong Learning Education Certification Competency Professional Development	

Physical Needs

Nightingale's Principles

Physical Space

Social Environment

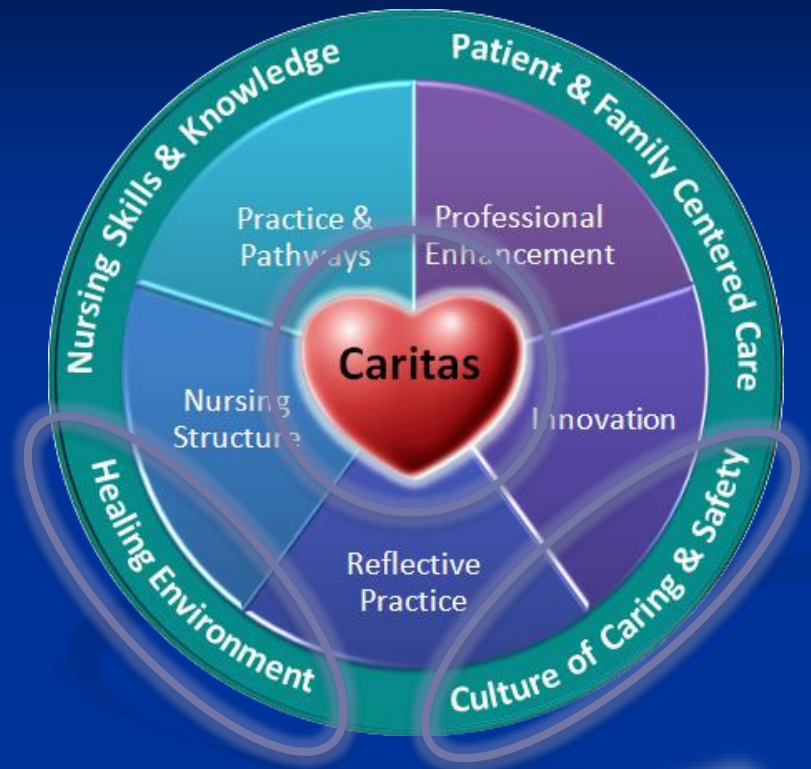
Psychological/Spiritual Environment

Nursing Professional Framework

Ten Caritas Processes

1. Embrace altruistic values and practice loving kindness with self and others.
2. Instill faith and hope and honor others.
3. Be sensitive to self and others by nurturing individual beliefs and practices.
4. Develop helping – trusting – caring relationships.
5. Promote and accept positive and negative feelings as you authentically listen to another's story.
6. Use creative scientific problem-solving methods for caring decision making.
7. Share teaching and learning that addresses the individual needs and comprehension styles.
8. Create a healing environment for the physical and spiritual self which respects human dignity.
9. Assist with basic physical, emotional, and spiritual human needs.
10. Open to mystery and allow miracles to enter.

Dr. Jean Watson



Dr. Watson's Caring/Healing Model: Overview

Mission:

To create "habitats for healing" where

- nurses thrive
- patients receive quality, holistic care by the implementation of the Caring/Healing model for clinical practice.

Examples of Caring/Healing Modalities:

- Massage/Therapeutic touch
- Expressive movement/Dance
- Imagery
- Music
- Relaxation
- Humor
- Prayer
- Meditation
- Pet Therapy
- Educational Forums and workshops



Conclusions

Please remember:

"Nursing involves a sense of presence higher than human, a divine intelligence that creates, sustains, and organizes the universe and our awareness of an inner connection with this higher reality..."
(Florence Nightingale)



Thank you for choosing nursing
as your career!

"Let no one ever come to you without
leaving better and happier."
Mother Theresa



Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to provide quality care and improve the health of the diverse communities we serve.

www.inova.org



2990 Telesar Court
Falls Church, VA 22042

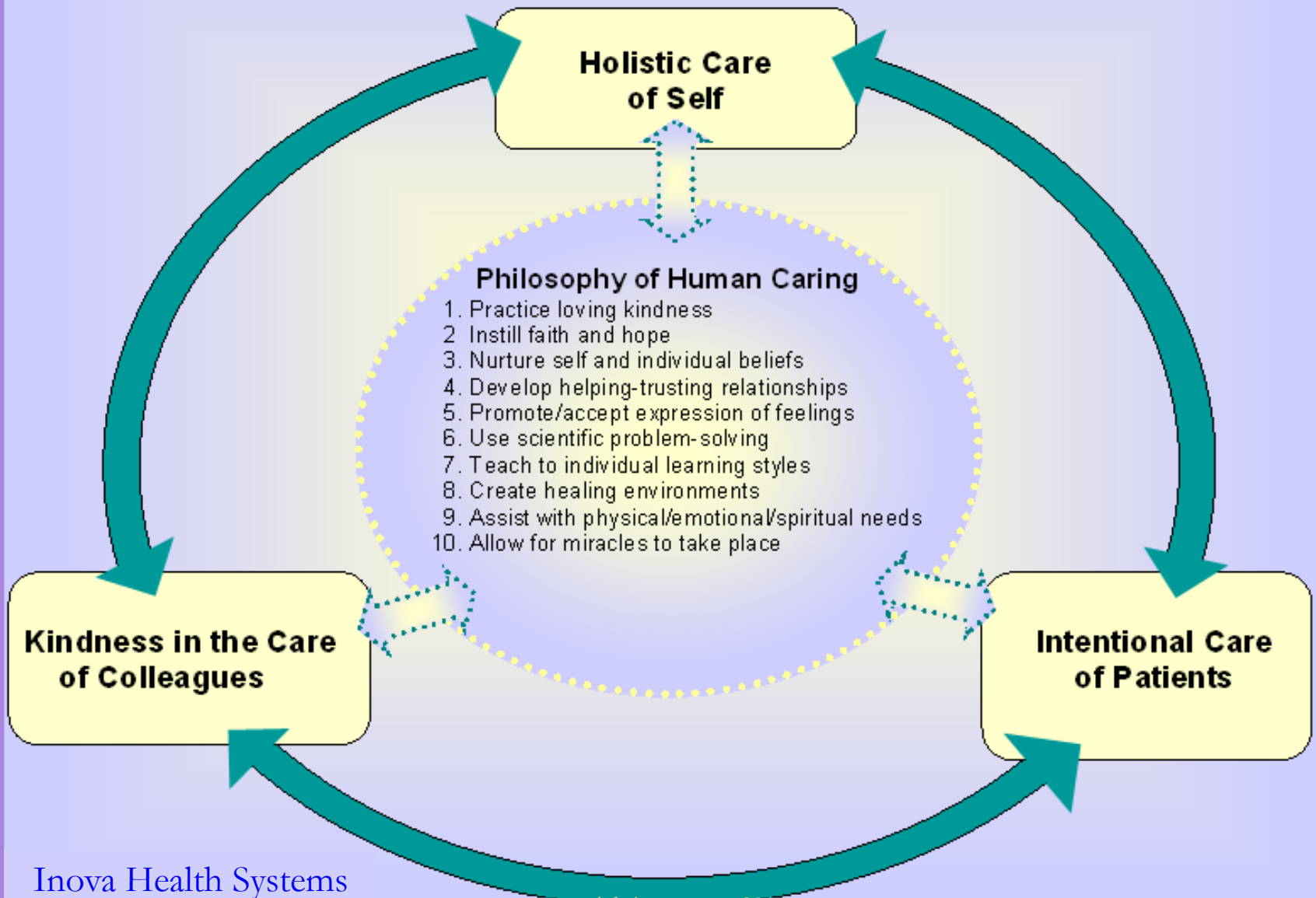
Dr. Jean Watson's Caring/Healing Model



Enhancing Human Caring in the Hospital



Inova's Nursing Model of Care





MISSION STATEMENT:

To provide high quality, customer-oriented and financially strong healthcare services that meet the needs of those we serve.

Values

Goals

quiet voices

...you are entering a
healing environment

Kaiser - Antioch
Medical Center

Caring Science Criteria: Purposive Involvement

= meaningful work groups



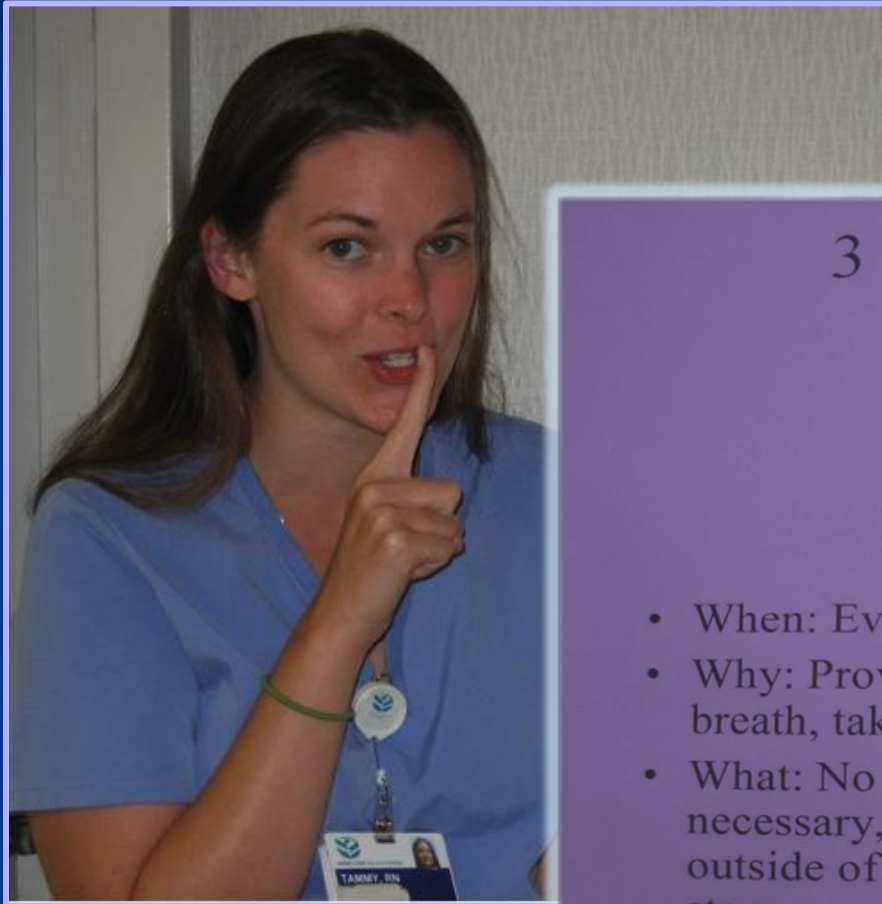
'Care for the Caregiver' Seated Massage



The Children's Hospital Denver

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Healing Environment: Quiet Time



3 North QUIET TIME



- When: Every day from 1pm to 1:30 pm.
- Why: Provides a pause to reflect, catch your breath, take a breather.
- What: No interruptions from staff unless necessary, or if you need something. Lights outside of rooms dimmed. Quiet voices and soft steps.

The Children's Hospital Denver

CP: 10 Sanctuary – Healing Room for Nurses





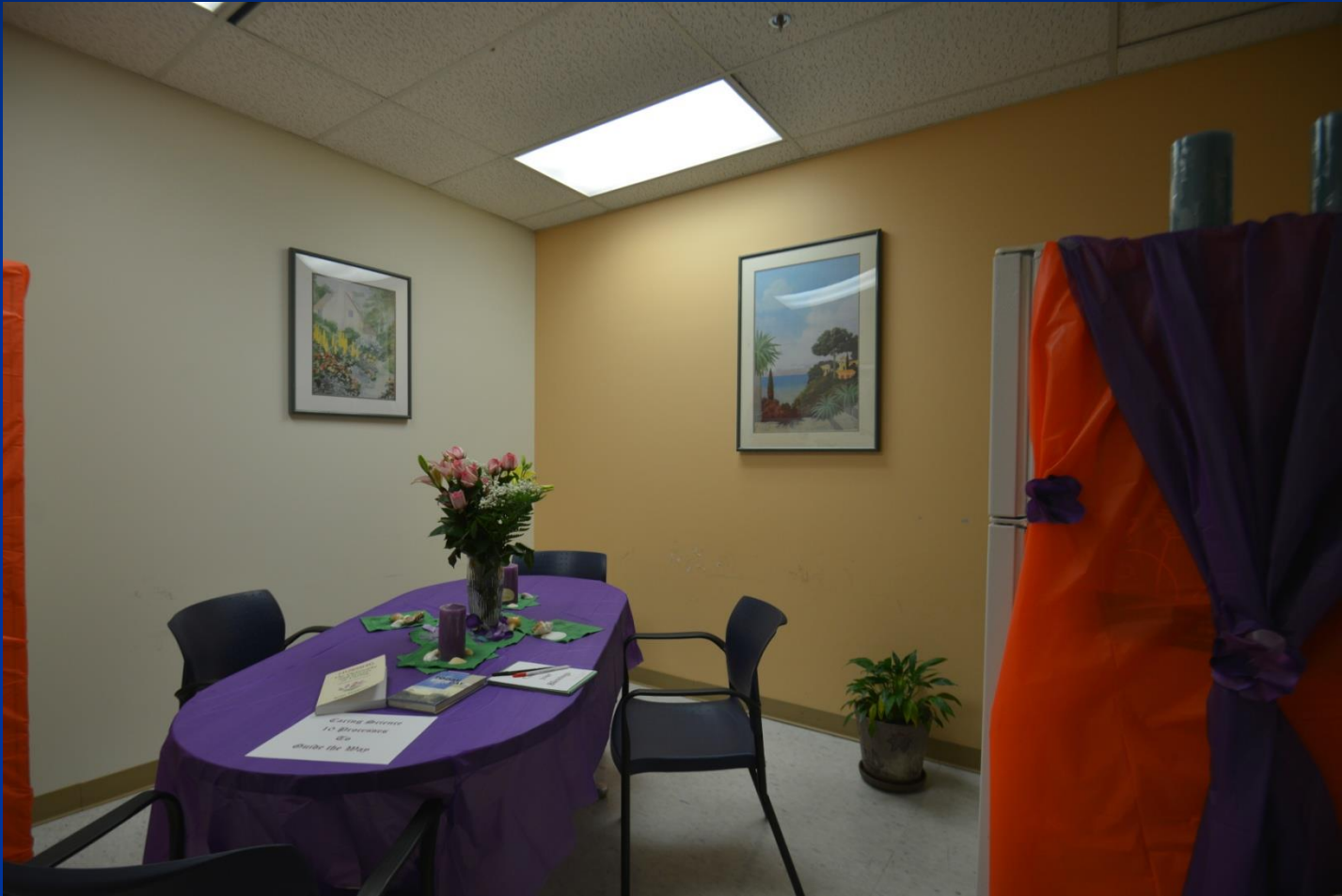
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Jean Watson's
Theory of Human Caring
10 Caritas Processes

- Practice loving kindness
- Instill Faith and Hope
- Nurture individual spiritual Beliefs and practices
- Develop helping, trusting relationships
- Promote and accept the expression of positive and negative feelings
- Use creative scientific problem-solving methods for decision making
- Perform teaching and learning that address individual needs and learning styles
- Create a healing environment for the physical and spiritual self which respects human and dignity
- Assist with physical, emotional, and spiritual human needs
- Allow room for miracles to take place



Relax! Relax

Hand-drawn diagrams of speech bubbles or thought bubbles on a white sheet of paper. The word "Relax!" is written in green cursive at the top. Below it, there are two speech bubble outlines, one larger than the other, with some faint, illegible text inside them.



Healing Stones / Blessing Basket Manifesting Caring and Love



Visibility of Caring/Caritas Culture

10 CLINICAL CARITAS PROCESSES

by Jean Watson

1

"PRACTICE OF LOVING-KINDNESS
AND EQUANIMITY WITHIN
CONTEXT OF CARING CONSCIOUSNESS"



Text block with a decorative border of small red hearts.



Text block with a decorative border of small red hearts.

Text block with a decorative border of small red hearts.



Text block with a decorative border of small red hearts.



Winter Haven Hospital

Winterhaven Hospital, FL

Meaningful Rituals and Communication - Sharing Among Staff

Opening a Compassionate Heart

- Annual Blessing of the Hands

- Caring Discussion Boards

- Caritas Column
Wyoming Medical Center

W M C MONTHLY

CARITAS *Process*

September 2006 Volume 1 Number 1 Editor: Patti S. Legler, RNC

✱ Caritas ✱

A term meaning loving kindness towards others; it is held to be the ultimate perfection of the human spirit.

THE THEORY OF HUMAN CARING

Jean Watson developed her theory in the late seventies with the ten Carative Factors. These Carative Factors have evolved into the Caritas Processes - a more spiritual language to provide a framework for what we do. A Caritas Process will be presented every month. Most find the language of the Caritas Processes to be difficult. The purpose of this column is to begin to explore the depth of meaning and the potential for increasing personal awareness within this language.

The Caring Theory is intensely personal and it transcends the personal when it is actualized. And so these columns are, at least initially, going to be very personal stories about observations and assessments I have made about our profession.

In June I found myself observing nurses as a family member through the lens of the Caritas Processes. My mother-in-law was in a small ICU, I volunteered to stay with her through the nights and I had three papers due for the Caring Intensive classes I had taken at the University of Colorado. This combination of events allowed for a painful, yet unique opportunity to observe members of my profession interact with my mother-in-law, with our family and with myself.

I met or had contact with five different nurses. I would classify two as very caring; two were, well I'll call them 'Caring Challenged'; and one was perceived as essentially uncaring. Interestingly enough, my family perceived these nurses in similar ways, although they couldn't articulate why. *What makes a nurse caring? What makes a nurse be perceived as uncaring?* As I helped care for my mother-in-law, as I wept, as I watched and as I attempted to work on these papers, I realized that Watson provides these answers in the foundation of her theory. You are invited to join me in exploring the answers to these two essential questions over the next several months through the lens of the Caritas Processes.

Opportunities For Ritual “Handwashing”

An ACT Initiative



PROVIDES A PAUSE TO:

- Quiet Busy Mind
- Wash Away Old Experience
- Center in Caring Intention
- Honor Self and Other
- Reconnect to Core Values
- Bless and Release Last Person/Situation
- Purify Sacred Space for Authentic Presence
- Open to Ability to Give and Receive Next Person/Situation

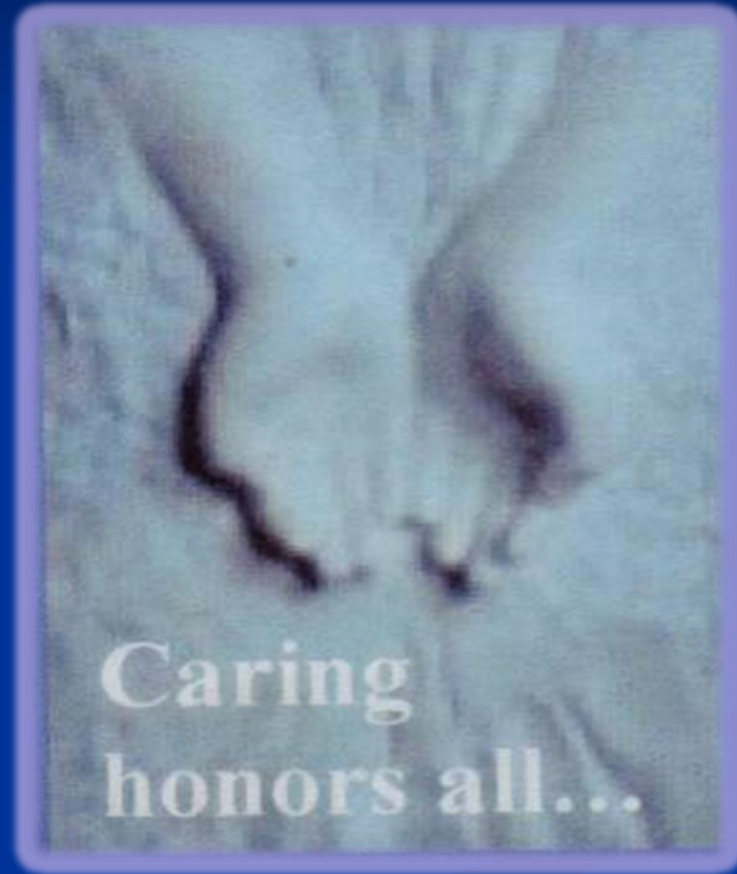
Magnetic Reminders: Pausing - Practicing Presence: Loving Kindness

VALUES:

**Preserving
Human
Dignity:**

Caritas Process

Number 1



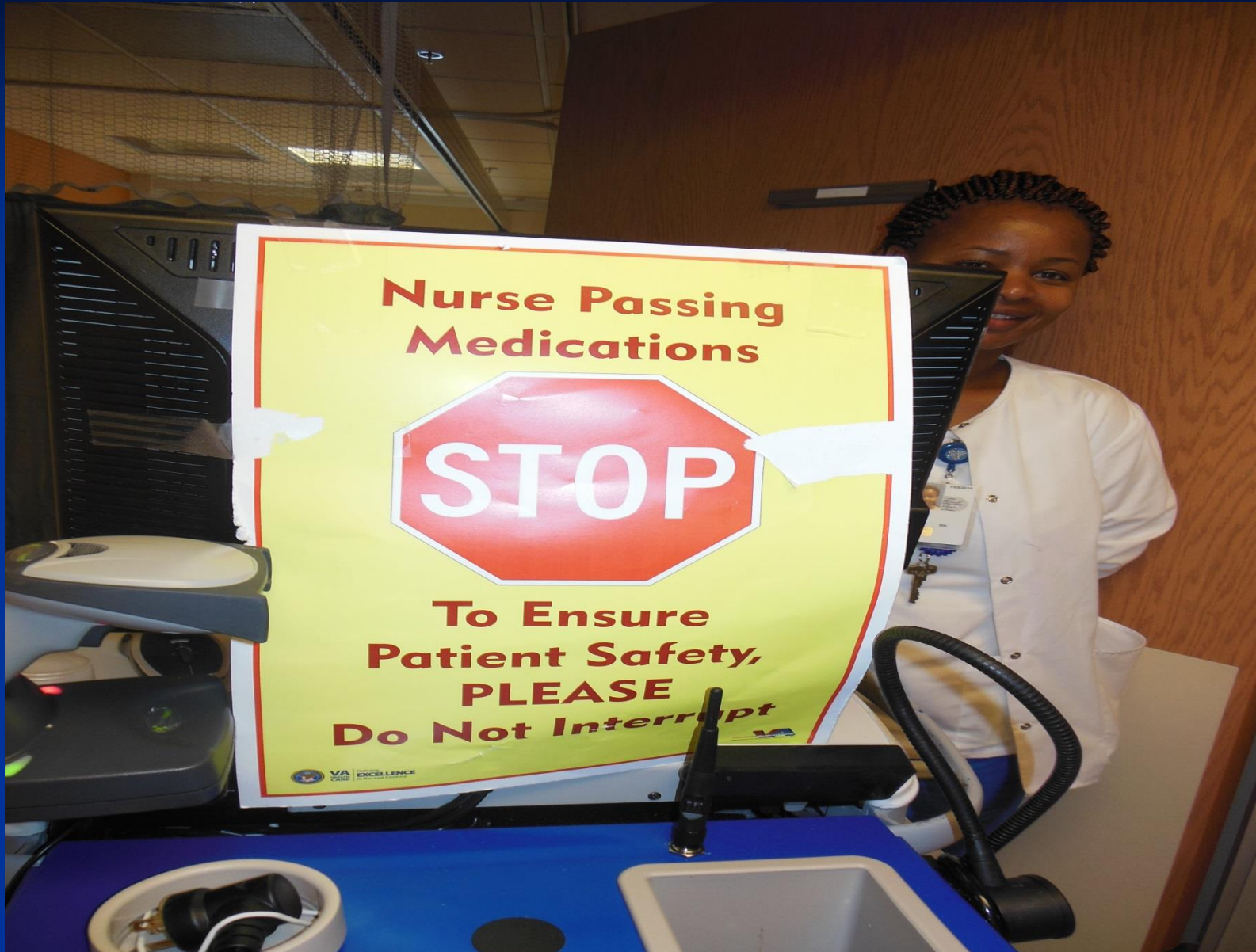
Magnets on Patient's Door

INOVA Health, Fairfax, VA

Culture of *Carefulness*: Caring Consciousness – Intentionality: Promoting Medication Safety



Kaiser – Antioch
Medical Center





CARING MOMENTS

Dear Mr. [Name],
I am so glad to hear that you are well and hope you are enjoying your time in the hospital. I have been thinking about you and how you have been through so much. I am so proud of you and how you have been so brave. I hope you are feeling better and that you are ready to go home. I will be there for you when you need me. Love, [Name]

Office of Medical Center
1000 [Address]
[City, State, Zip]
[Phone Number]

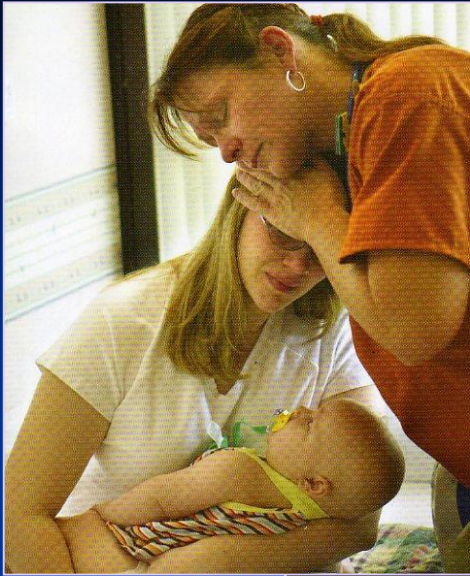
To: [Name]
Re: [Name]
[Date]

I have been thinking about you and how you have been through so much. I am so proud of you and how you have been so brave. I hope you are feeling better and that you are ready to go home. I will be there for you when you need me. Love, [Name]



CARITAS BEING: Connect with Your Patient as a Person

Comfort



● Hold a Hand



Wake Forest Baptist Univ. Hospital

Sit & Listen

Cultivating Consciousness and Listening for Meaning



Afternoon Tea Where:

- **Reflective Practice is Cultivated**
- **Where Nurse's Own Experiences are Shared**
- **Where We Learn to Listen for the Meaning**

Wyoming Medical Center



Pet Therapy: Something to Care for and Love



Marlienne Goldin, RN
Caritas Coach & Faculty

Habitat for Healing

- **Influencing the Environmental Field**
- **Using Creative Caring-Healing Modalities**
- **For Staff, Patients and Families**



“Code Lavender” CALL TO PRAYER

Code Lavender:
A Unique Intervention
Offered at North Hawaii
Community Hospital, a
Healing Hospital Inspired
and Influenced by the
“Blended Medicine and
Holistic - Healing” Passions
of Dr. Earl Bakken, Scientist
and Inventor of the Internal
Cardiac Pacemaker and
Founder of Medtronic



North Hawaii Community Hospital
Dr. Earl Bakken & Dr. Watson, Taping of
Million Nurse Message



THE STAFF RETREAT
A Caritas Garden

Angie Fontaine, RN Caritas Coach, Jacksonville Baptist, FL , 2009

Transforming a Smoking Area



Angie Fontaine, RN Caritas Coach, Jacksonville Baptist, FL , 2009

Into “The Caritas Staff Retreat” with a Stone Waterfall Feature



From Smoking Area to Caritas Garden

Angie Fontaine, RN Caritas Coach, Jacksonville Baptist, FL , 2009

Reclaim Nursing ARTS: General –Advanced Healing-Caring Modalities

- Intentional Touch
(Therapeutic – Healing)
- Visualization
- Imagery
- Music –sound
- Expressive Journaling
- Massage
- Centering
- ‘*Caritas*/HeartMath
Method’
- Humor
- Prayer
- Pet Therapy
- Meditation-Silence
- Art-Dance –Movement
- Etc., Etc., Etc...



Creating a Caritas culture for self and others

Priceless - INOVA Health





- From Patient to The Spirit Filled Person Behind a Disease
- From Medical Diagnosis to The “Meaning” Given to the Illness to Trusting *caring relationship*;
- From Performance/Doing – to Presence; Praxis
- From Medical-Clinical Views of Humanity to Unity of Mindbodyspirit, Oneness - Connectedness
- From Industrial Models to Creative, Mature Professional Models of Caring-Healing –



**“Ethics of Face and Hand”:
A Reminder:**

**We literally hold another person’s
Life in our hands and are the source for
sustaining our own and others humanity**

Levinas, French & Logstrup, Danish Philosopher



**TRANSFORMATION: Call to
Health Care Systems to Come of
Age for Evolving Humanity:**

**Create and Sustain Global Human
Caring - Health & Healing for Self
– Systems – Society/Planet Earth**



Restore light of our humanity – Return to Source for
All Change:
Inviting Human Spirit and Creative Change from
Within