Caring Science–Caritas Theory Practice

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Caring Science
Jean Watson
Caritas
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Philosophy
Theory – Ethic – Research
Professional Practice

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REFLECTIVE PAUSE
FOR NEW CONSCIOUSNESS

The Red Blouse, 1923
Henri Matisse
The Museum of Modern Art, New York
A QUANTUM UNIVERSE - in an industrial world - *Unfolding...as we Speak*
It’s a Quantum Moment – for Health Care and our world
Scientific Disciplinary shift

- From Separatist ontological worldview
- From rule-driven Ethics to
- From Empirical epistemology - methods
- From technical practice

- Relational/unitary ontological ‘quantum universe’ worldview
- Ethic of ‘Belonging’
- Expanding epistemology – methods (what knowledge?)
- Praxis, discipline guided informed moral practice

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Transcending Technology – Critiquing – Repatterning

From ‘Skills’ labs to ‘Caring – Healing Arts’ Labs
MORAL PRINCIPLES for Quantum - Unitary

CARITAS PRAXIS = HEALING PEACE

All creation is sacred and connected
All humanity Belongs to infinite Source that unites us
Every person has need & right to compassionate care; ‘to be seen, heard, Know they matter’;
Caritas Consciousness Energy Embodies PEACE

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Caring Science to Unitary Caring Science - From Caritas to Veritas/Communitas

• From Micro – to Macro *(Self/System/Society)*

• From Isolated ad hoc ‘Caring Moments’ to *Intentional Transpersonal Caritas Praxis*

• From Caritas to *Veritas/Communitas* (Local – Global)

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FOR A CHILD'S SAKE...

trust

GENEROUS SERVICE

healing environment patients

Pause

Community

authentic presence heart focus honor
Boundless Creativity

Staff humble expertise

...THIS IS THE MOMENT

Caring families

Loving Kindness

Children's Hospital Colorado
“It takes 100 years for a profession to mature as a distinct discipline”

2010

Centenary of Nightingale:
1820- 1910

Founder of Modern Nursing
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
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

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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.
CARING SCIENCE: The Evolution
“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.
Theoria - Theory (Latin) Means Literally - “To See”

Theory

Research

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

Nursing's Caring

HOSPITAL
MEDICAL
ACUTE CURE
“CENTER”

Healing Health Margin

What Is: Modern Medicine/Nursing

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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:
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

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Caring Science as Sacred Science

- Ethics of ‘Belonging’ - Infinite Field of LOVE – Sustaining Divinity of Humanity

- Connectedness of All – Relational Cosmology

- Health-illness crisis is "emergence of the human spirit" (R.D.Laing) – call for whole person care

- Working with mystery- life force of self-other
Unitary World View: “Human Resides in Unitary Field of Consciousness”

- Levinas: “Ethic of Belonging” –

- Infinite Field of Universal Love/Spirit

Hildegard of Bingen 12th century
The Electromagnetic Field of the Heart

Caritas/Heart Field: Subtle Healing Environment
RETURN TO LOVE
Heart-Brain Communication

CARITASHEART™ METHODOLOGY

CARING SCIENCE - HEART SCIENCE

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

Unitary Caring Science Energetic Model* (*Smith, 1999; Watson & Smith, 2002)

Caritas Ways of BEING Caring –Healing:

*Manifesting Intention*
*Appreciating Pattern*
*Attuning to Dynamic Flow*
*Experiencing the Infinitive-mystery*
*Inviting Creative Emergence*
Caritas Praxis – Embodied Caritas

Simone de Bouvoir

“When things of the spirit come first....everything else falls into place”....

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Caritas-Ways of Being & Becoming

1. Loving Kindness
2. Heart-Centered Authentic Presence
3. Compassionate Forgiveness
4. Gratitude- Appreciation
5. Giving –Receiving
6. Stillness-Silence
7. Connecting with the field of Universal Love
8. Energetic Caritas Consciousness Evolution
9. Manifesting Caritas Field (to sustain caring and our humanity)
10. Open to Creative emergence
11. Other - infinite
Research on 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 Science Transformation

- Moving From the “Case” to the “Face”

- From Patient to The Spirit Filled Person Behind a Disease

- From Medical Diagnosis to The “Meaning” Given to the Illness to Relationship-centered caring;

- 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
Core Aspects: Caring Science
Theory of Human Caring

- Relational Unitary caring science as Ethical-Moral – Philosophical Values-Guided Foundation

- Caring Core: 10 Caritas Processes® – Love-Heart-Centered Caring/Compassion

- Transpersonal Caring Moment – The Caritas Field

- Mindful Caring as Consciousness – Energy - Intentionality – Heart-Centered Human Presence

- Energetic Caring-Healing Modalities
Caritas Process 1: Humanistic – Altruistic Veritas
Timeless Values – Practice of Loving-Kindness and Equanimity with Self and Other
Caritas Process 2: Enabling Faith and Hope, Being Present Authentically
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
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

*Embodied Spirit:* Touching Mindbodyspirit, Not Just Body Physical
Caritas Process 10: Open to Existential - Spiritual Unknowns: Allow for Mystery & Miracle
MEXICAN CONGRESO – REPLIES TO ‘MIRACLES IN LIFE’
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Caritas:

It is when we include caring and love in our science, we discover our caring-healing professions and disciplines are much more than a detached scientific endeavour, but a life-giving and life-receiving endeavour for humanity.

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CARITAS Praxis
FACE – HEART – HANDS
MICROPRACTICES – LOCAL – GLOBAL
Caritas/Communitas
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*Micro practice—ETHICS of FACE*

- ‘EVERY Person in world needs to be SEEN’
- Unitary Caring Science: (Levinas *Totality versus Infinity*)
- *The only way we can sustain our humanity at this point in human history is:*
  - **THRU the FACE—**to FACE connection…
- We have to face our own humanity as we face the humanity of other;
- It is through the Face to Face connection…we ‘see; the other’; when look into face it mirrors the infinity of human soul and reflects back our own soul…
Micro practices of Ethics of FACE

- Offering a ‘Healing gaze’ – non judgmental’ look of love/compassion;
- Seek ‘to see’ the person behind the diagnosis, disease, behavior;
- Holding the still point during presence
- Eye to eye and heart to heart connection

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RETURN TO LOVE
Heart-Brain Communication

CARITASHEART™ METHODOLOGY

CARING SCIENCE - HEART SCIENCE

Source: Caring/Compassion – Inner Truth; Beauty, Our Very Humanity
LOVE THE GREATEST SOURCE OF ALL HEALING

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Practice Loving-Kindness
CaritasHeart MicroPraxis

• Pause -Stop – Center – ’Ground self’

• Deep Cleansing Breath

• Heart Focus Breathing

• Heart Feeling – breathing/experiencing high vibration feelings in heart/gratitude; compassion/love/forgiveness/caring/kindness

Radiating feelings from heart to infinite quantum field

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Examples of Caritas Micro- PRAXIS

- Pause before entering room – radiate kindness
- ‘Read’ the field - energetic field
- Authentically Be there - Presence
- Identify Self – address other by name
- Learn to Be still/ to Center self
- Hold Silence
- Compassionate Listening
- Quiet Mind – Open Heart

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Continuation of Caritas MicroPraxis

- Eye contact as culturally appropriate
- Energetically comfort, sooth, calming
- Accurately detect other’s feelings
- Stay within other’s frame of reference
- Hold another with kindness/dignity
- Intentional use of loving touch
- Radiate Loving -heart presence
- From skills to caring-healing acts
- ‘see’; ‘hear’, honor other’s subjectivity

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Intentionality

- Intentions remind us of what is important... intention
- informs our choices and our actions..
- our intentions serve as blueprints. Allowing us to give shape and direction to our efforts/ our life..
- Intentionality connects with consciousness and energy
EXAMPLES Integrative - Caring –Healing Modalities /Caring Science Consciousness

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

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From Evidence to Praxis/
Philosophical Theory-guided

*Informed* moral Action

A dance of Caring Practice

Theory-Research- Practice
Knowing/Doing/Being As

one
Caring Science Research: Caring assessment instruments

- Assessing and Measuring Caring/
- Caritas and Patient Experiences and Outcomes

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Books:
- Assessing and Measuring Caring in Nursing and Health Sciences
- Measuring Caritas: International Research on Caritas as Healing
Postmodern Shift (continued)

- From FACTS to VALUES/MEANING
- From BODY – MIND to EMBODIMENT/CONSCIOUSNESS – UNITY
- From POWER OVER to EMPOWERING/POWER WITH
- From ANALYTIC to INTERPRETIVE
- From THEORY – PRACTICE RESEARCH SPLIT to PRAXIS MODEL – CARING – HEALING NURSING PARADIGM

J. Watson/1992 – 93
Empirical – Theoretical Measurement
Clinical Caring collaborative Research/
WCPS© – Patient Experience of Caring Instrument

Watson Caritas
Patient Score - WCPS

(Apgar* score of caring)

©Watson, 2009
Inspiring & Assuring Human Caring: Authentic Caring Science Criteria & Standards

- Beyond Economics Per Se, To Values, Ethics, Morality, Advanced Standards of Caring Science
- From Mechanical-Medicalized Views of Health and Humanity To Spiritualizing of Health and Healing
- From Institutional/Industrial Models To Public “Covenant”, Transformed Caring–Healing Systems
- From Conventional Impersonal “Managed Care” To Authentic Caring Healing Practices and Healing Environments for Staff and Patients

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Caritas:

It is when we include caring and love in our science, we discover our caring-healing professions and disciplines are much more than a detached scientific endeavour, but a life-giving and life-receiving endeavour for humanity.

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Creating a Caritas culture for self and others
“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

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HUMAN RIGHTS

The Universal Declaration of Human Rights was adopted by the United Nations General Assembly on 10 December 1948. It is a declaration by the UN General Assembly that sets out, for the first time, certain fundamental human rights and freedoms as universal and inalienable rights.

Since its adoption in 1948, the United Nations has progressively expanded human rights to encompass specific rights for women, children, disabled persons, indigenous peoples, and other vulnerable groups.

This exhibition brings together photographs by the renowned photojournalist Octavio Roth to illustrate the diversity of human rights around the world. The photographs were presented to Octavio Roth in 1998 as part of his 50th anniversary exhibit of the history of human rights.

The artist, Octavio Roth (1932-2016), was born in Cuba but lived and worked in London and the United States. In 1981, he graduated from the University of London and has since worked as an independent photojournalist.

The exhibit is intended to inspire us to consider our own responsibilities in the face of these universal rights and to take action to ensure that everyone has access to them.
Caritas to Communitas
TRANSCENDING BORDERS AND BOUNDARIES
From 2012 – 2018
UNITARY CARING AND PEACE – MIDDLE EASTERN NURSES UNITING IN HUMAN CARING & PEACE

Jean Watson Copyright 2017
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
THE TIME WILL COME
WHEN YOU SEE
WE ARE ALL ONE.

«THE BEATLES»
Passing on the Light

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