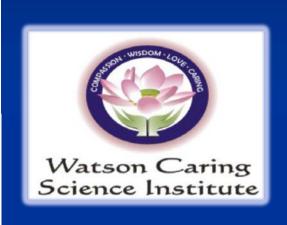
Caring Science-Caritas Theory Practice





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



COLLOQUE EUROPÉEN

LES SOINS HUMANISTES COMME FONDEMENT DE LA PRATIQUE INFIRMIÈRE PASSÉ, PRÉSENT ET FUTUR.

a Source.



JEUDI 4 OCTOBRE 2018 DE 8H30 À 17H, À LA SOURCE

Programme complet et inscription

" : HEART



CARING 明: PASSAGE

Caring Science Jean Watson Caritas October, 2018

Lausanne, Switzerland

Philosophy Theory – Ethic – Research **Professional Practice**

Jean Watson Wywy watson caring science.org



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

A QUANTUM UNIVERSE - in an industrial world - Unfolding...as we



It's a Quantum

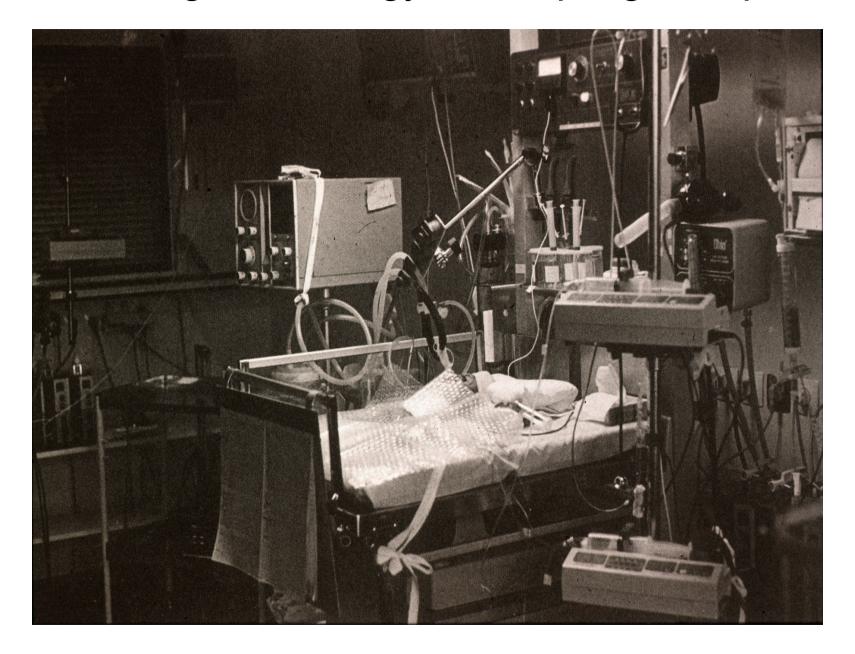


Scientific Disciplinary shift

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

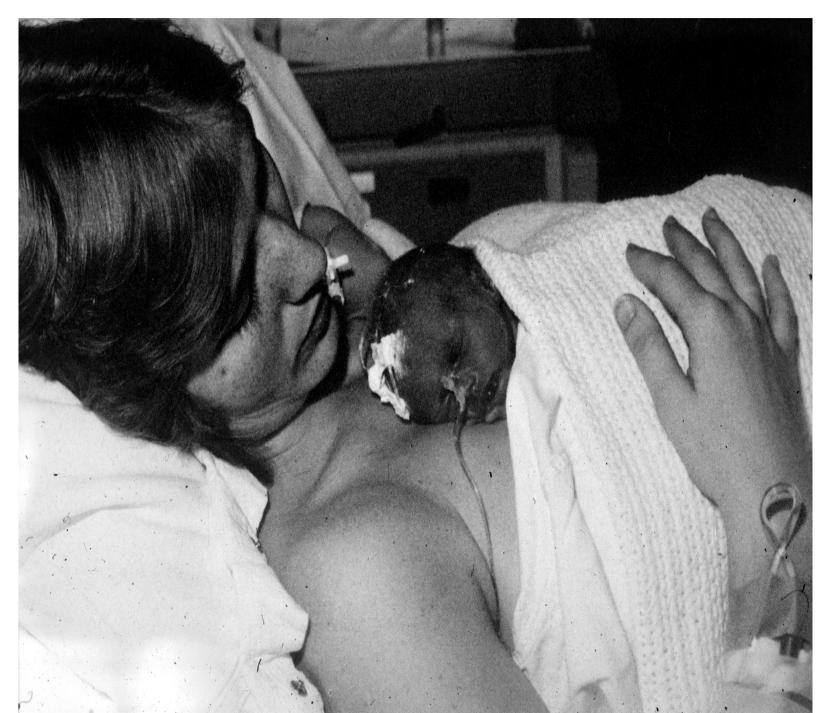
- Relational/unitary ontological /'quantum universe' worldview
 - Ethic of 'Belonging'
 - Expanding epistemology –methods (what knowledge?)
 - Praxis, discipline guided informed moral practice

Transcending Technology – Critiquing – Repatterning



From 'Skills' labs to 'Caring.-Healing Arts' Labs

Human to Human TOUCH



MORAL PRINCIPLES for Quantum -Unitary CARITAS PRAXIS = HEALING PEACE

All creation is sacred and connected
All humanity Belongs to infinite Source that
unites us

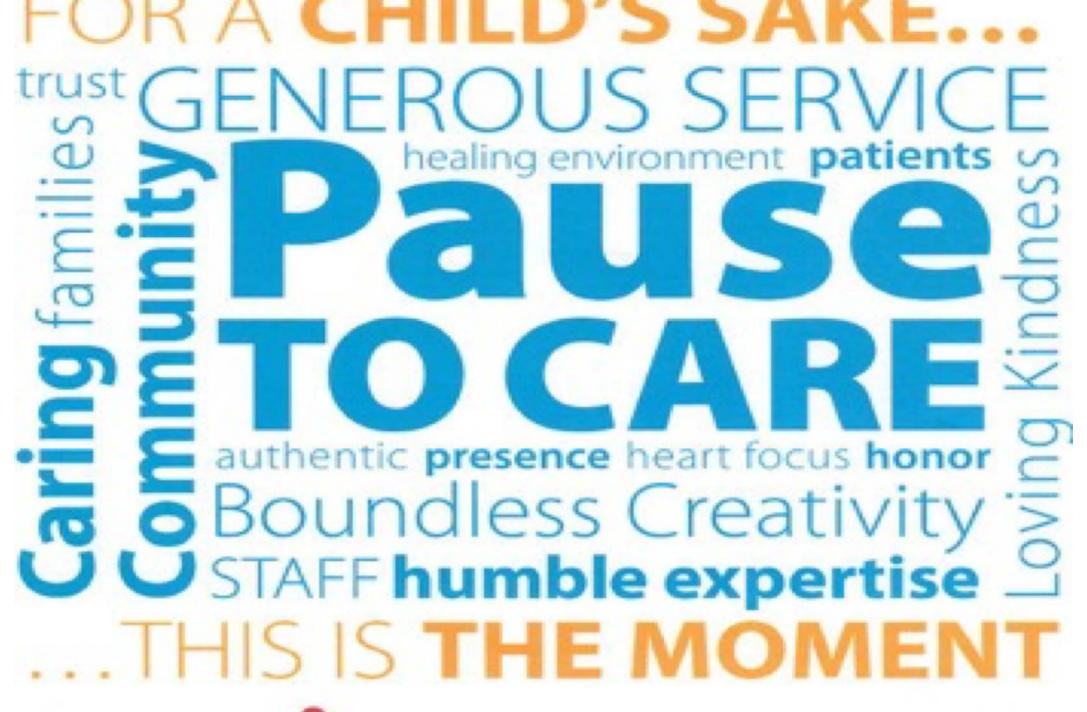
Every person has need & right to compassionate care; 'to be seen, heard, Know they matter';

Caritas Consciousness Energy Embodies PEACE

Jean Watson copyright2018

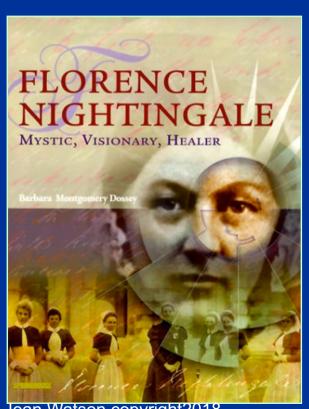
Caring Science to Unitary Caring Science -From Caritas to Veritas/Communitas

- 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)





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



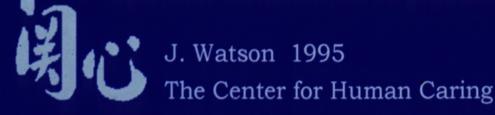
2010
Centenary of Nightingale:
1820- 1910
Founder of Modern Nursing

Jean Watson copyright2018

NIGHTINGALE'S METAPARADIGM FOR 21ST CENTURY

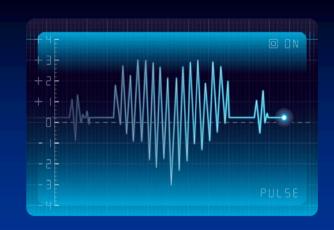
1859 WORK FORESHADOWS NURSING AND HEALTH FOR 21ST CENTURY

- 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









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

Jean Watson copyright2018

Caring Science Maturing of Nursing Discipline

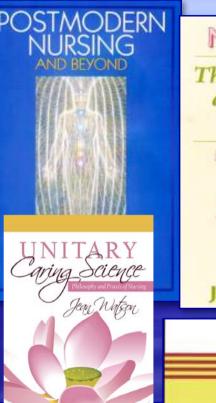
Timeless values; Ethic; Unitary Worldview; Philosophical orientation; Covenant with Global Humanity; Shared Principles, Converging Theories, Knowledge lens; Expanding Research traditions.

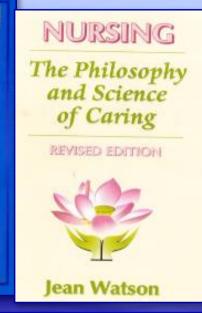
CARING SCIENCE: The Evolution

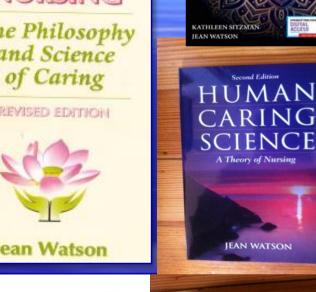


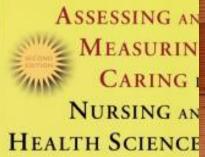
Kathleen Sitzman Jean Watson

Jean Watson









MEASURING RESEARCH ON CARITAS AS HEALING JEAN WATSON

WATSON'S CARING SCIENCE GUIDE TO

Assessing and Measuring Caring in Nursing and Health Sciences

JEAN WATSON

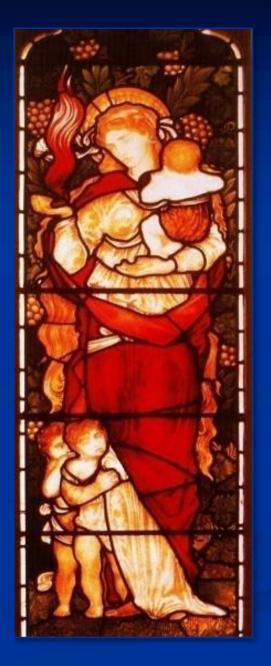
Caring Science



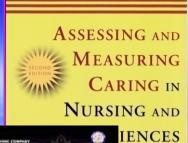
Jean Watson copyright2018

"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, copyright 2018



Oxford University





WATSON'S CARING SCIENCE GUIDE TO

Assessing and Measuring Caring in Nursing and Health Sciences

WATSON

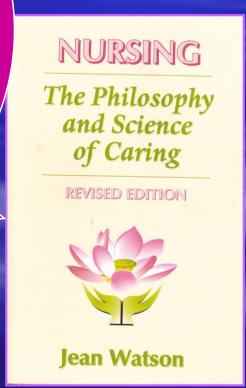


Theory





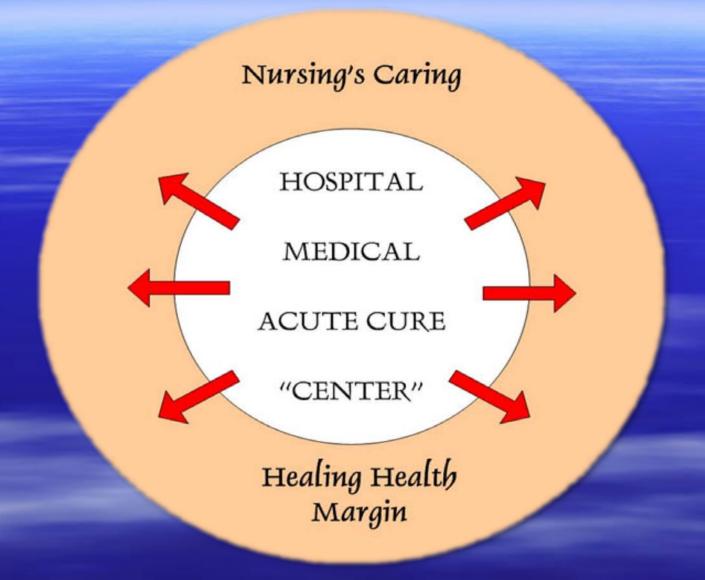
Practice



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



Critiquing Status Quo



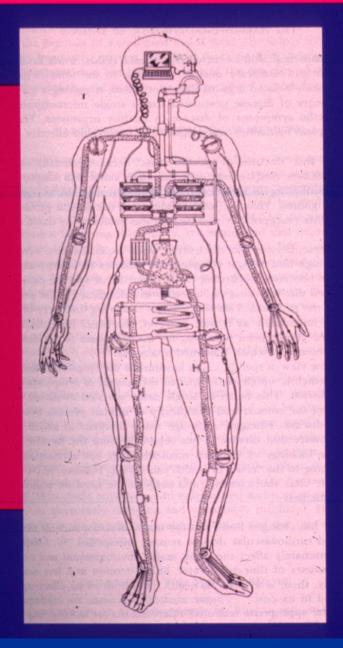
What Is: Modern Medicine/Nursing

Jean Watson copyright2018



Era I: Materialistic Medicine-Dossey 1990 Past 100 Years

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

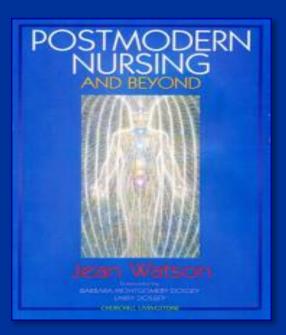


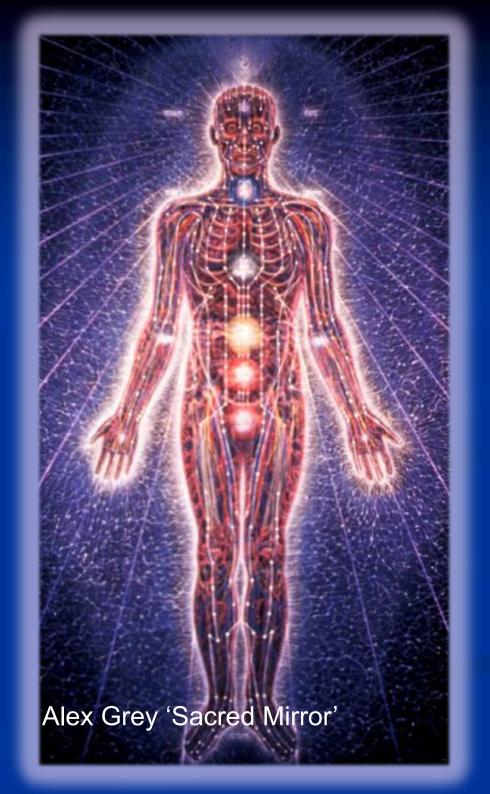
Modern: Western

The Body as Machine

From:
Beinfield, H. & Korngold, E.
(1992). <u>Between Heaven and Earth</u>.
NY: Ballanatine.

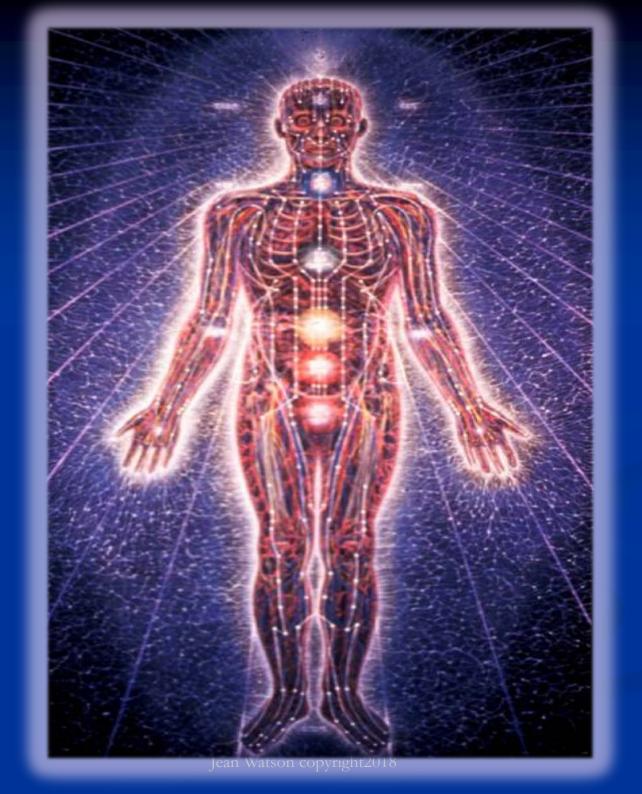
Expanded View of Person: Light, Energy, **Consciousness:** MindBodySpirit Connectedness **Heart-Connectedness** with Source





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**







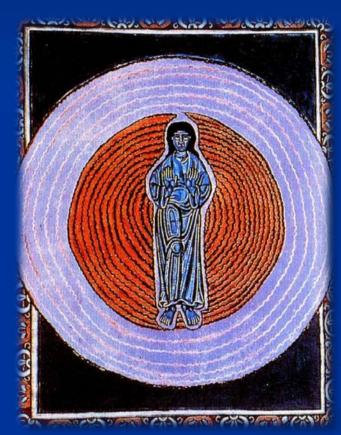
Caring Science as Sacred Science

- 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

Watson JEANWATSON Copyright 2011

Unitary World View: "Human Resides in Unitary Field of Consciousness"

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

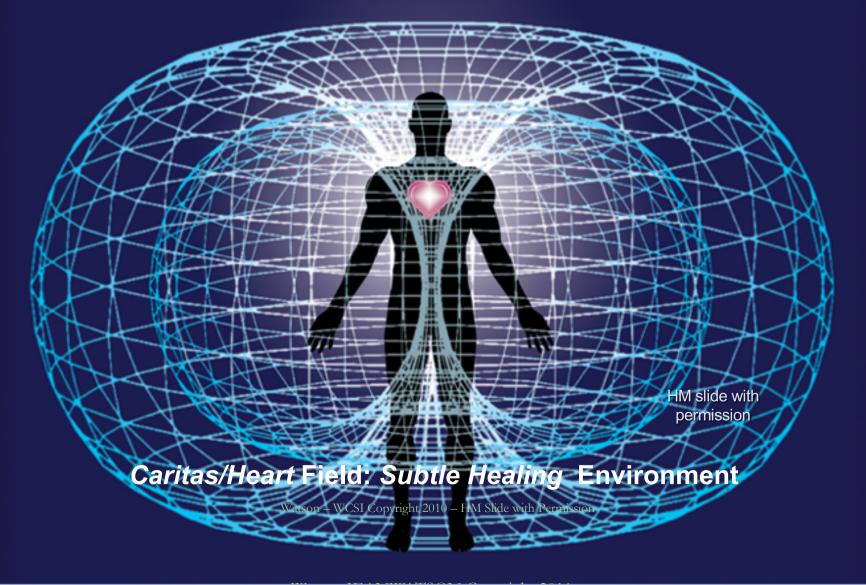


Hildegard of Bingen 12th century





The Electromagnetic Field of the Heart







CARITASHEART TIME THOO LOGY



IG SCIENCE - HEART SCIENCE

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

Decoding the Intelligence of the Heart

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



Carítas Praxis - Embodied Carítas

Simone de Bouvoir

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



Watson Caring Science Institute

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

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

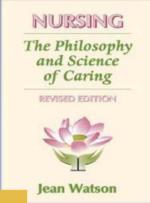


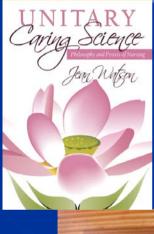
Caring Science Transformation

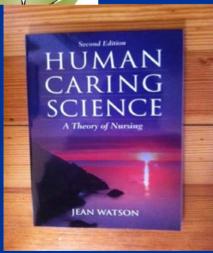
- Moving From the "Case" to the "Face"
- From Patient to The Spirit Filled Person Behind a Disease
- From Medical Diagnosis to The "Meaning" Given to the Illness to Relationship-centered caring;
- From Performance/Doing to Presence; PRAXIS
- From Medical-Clinical Views of Humanity to Unity of Mindbodyspirit, 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





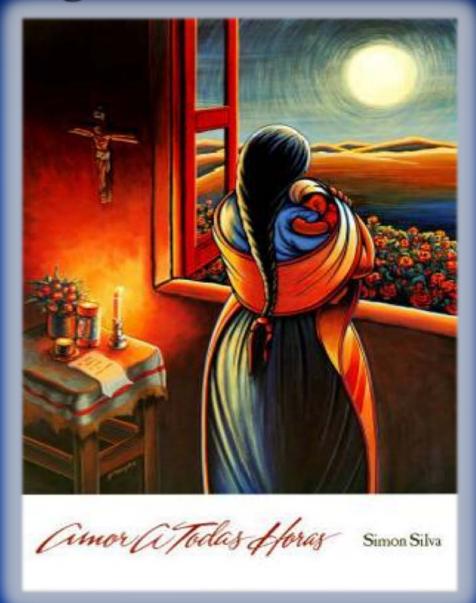


Caritas Process 1: Humanistic – Altruistic Veritas Timeless Values – Practice of Loving-Kindness and Equanimity with Self and Other

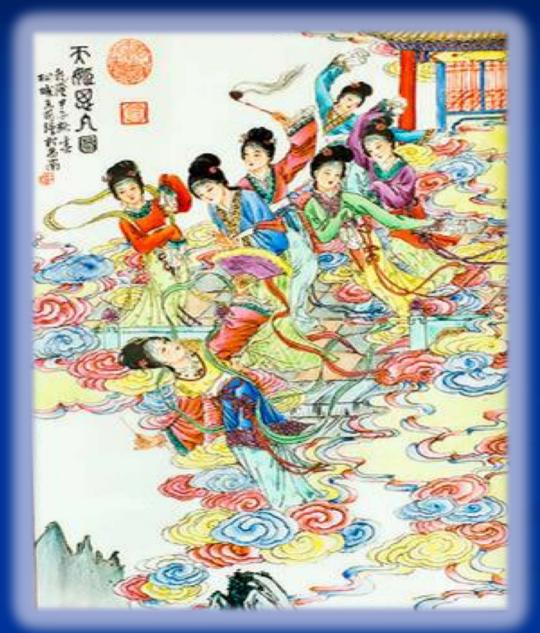


Jean Watson copyright2018

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

Caritas Process 9: Assistance With Basic Needs – Sacred Acts



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





MEXICAN CONGRESO – REPLIES TO 'MIRACLES IN LIFE'

Jean Watson copyright2018



Caritas:

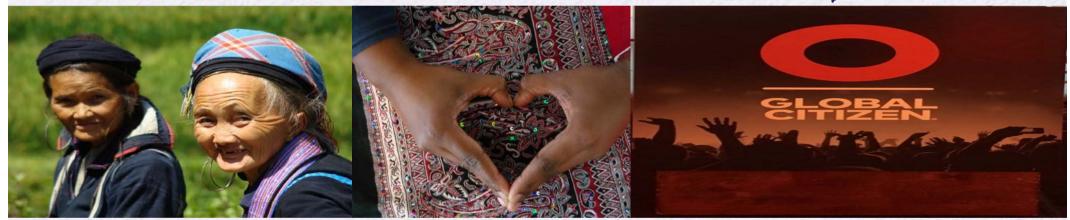
It is when we include caring and love in our science, we discover our caring-healing professions and disciplines are much more than a detached scientific endeavour, but a life-giving and life-receiving endeavour for humanity.

Jean Watson



CARITAS Praxis FACE - HEART - HANDS

MICROPRACTICES - LOCAL -GLOBAL

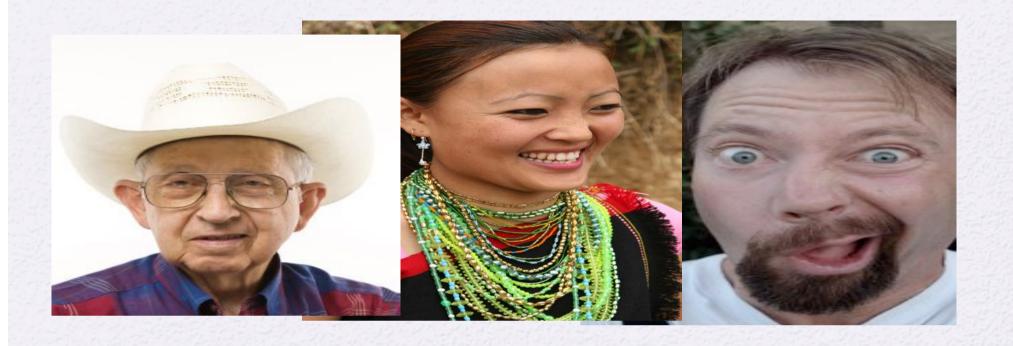


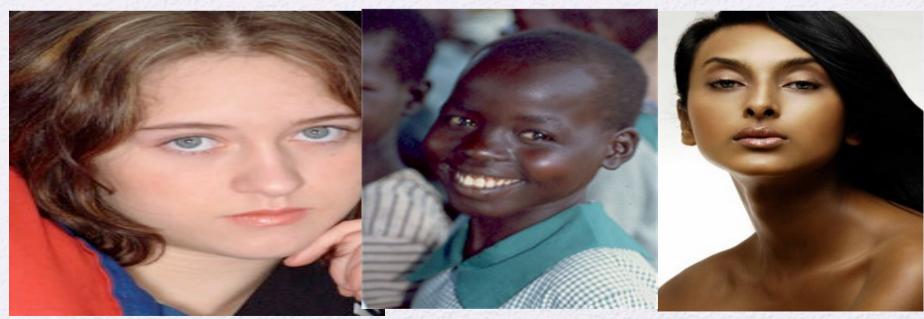
Caritas/Communitas

Micro practice- ETHICS of FACE

- 'EVERY Person in world needs to be <u>SEEN</u>'
- 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...







Jean Watson copyright2018



Jean Watson copyright2018

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

Caritas Heart Micropraxis







CARITASHEART TIMMETHODOLOGY



IG SCIENCE - HEART SCIENCE

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

JeanW/

Decoding the Intelligence of the Heart





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

Caritas MicroPraxis Hands TOUCH









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

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

LOCAL -GLOBAL Caritas/Veritas 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/right2018

EXAMPLES Integrative - Caring — Healing Modalities / Caring Science Consciousness

- Intentional Touch (Therapeutic – Healing)
- Visualization- Intentionality
- Imagery –light color
- Music –sound
- Expressive Journaling
- Massage
- Centering AuthenticityPresence

- 'Caritas/HeartMath Method'
- Nature
- Humor
- Prayer
- Pet Therapy
- Meditation-Silence
- Art-Dance –Movement
- Jean Watson copyright2 Etc., Etc., Etc...

From Evidence to Praxis/ Philosophical Theory-guided Informed moral Action Adance of Caring Practice

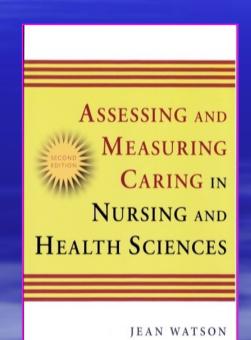
Theory-Research- Practice Knowing/Doing/Being As

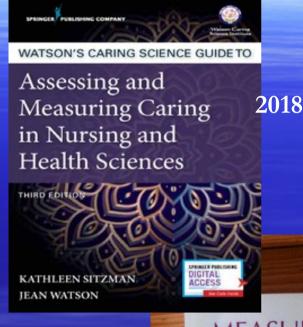
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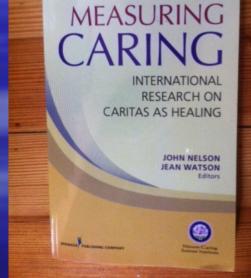
Caring Science Research:

Caring assessment instruments

- AssessingandMeasuringCaring/
- Caritas andPatientExperiencesandOutcomes







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 to PRAXIS MODEL— RESEARCH SPLIT CARING—HEALING

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



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.

Jean Watson





No Boundaries, No Limits



Washington Hospital Center

"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













SUSTAINABLE GOALS









GOOD HEALTH AND WELL-BEING



4 QUALITY EDUCATION



GENDER EQUALITY 5



CLEAN WATER AND SANITATION



AFFORDABLE AND CLEAN ENERGY



DECENT WORK AND ECONOMIC GROWTH





10 REDUCED INEQUALITIES



11 SUSTAINABLE CITIES AND COMMUNITIES



RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE



LIFE BELOW WATER



15 LIFE AND



PEACE, JUSTICE AND STRONG



17 PARTNERSHIPS FOR THE GOALS



HUMAN RIGHTS

HUMAN RIGHTS

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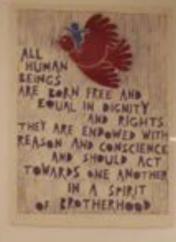
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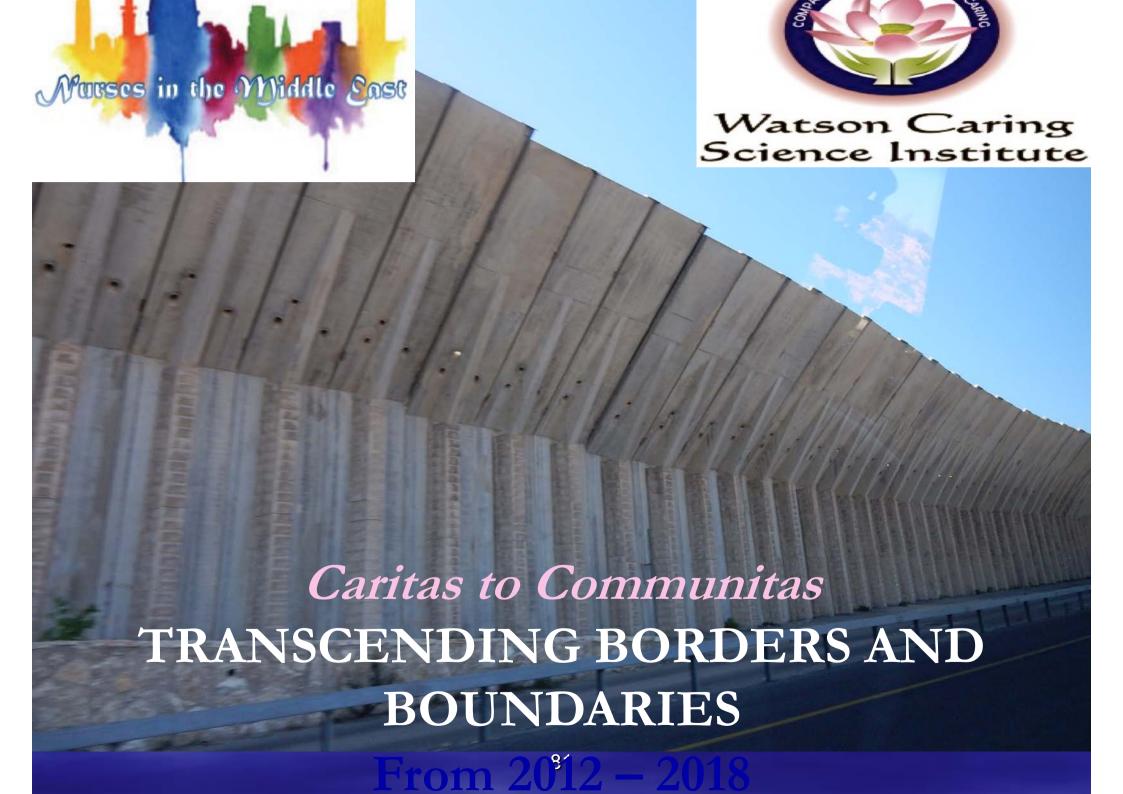




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TRANSFORMATION: Call to Health Care Systems to Come of Age/for Evolving Humanity:

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



