Jean Watson

Caritas
Caring Science

Professional Practice Model

www.nursing.ucdenver.edu/caring
www.watsoncaringscience.org

PSYCHIATRIC NURSING –

CARING SCIENCE:

EMERGENCE OF THE HUMAN SPIRIT

25th Annual
AMERICAN PSYCHIATRIC
NURSES ASSOCIATION
October, 2011
What Is Underneath ‘Caring Science and the Theory of Human Caring’?

Unitary World View - Evolving Human Consciousness
Patterning – Transcendence - Relational –Expanding
Epistemology – Emancipatory -
Human Environmental Field
Values Ethics – ‘Covenant with Humanity ‘ - Beyond medical-clinical lens

Era III – Non Local
Transcendent Consciousness

- Connecting with Universal Source
- Holographic Notions
- Consciousness Transcends Time and Space, and Physicality
- Consciousness is Joined
- Consciousness – Omnipresent, Infinite, Immortal and Ultimately One; Unitary Being; Unitary Field
- Evolving Heart-Centered Human –Deepening /Sustaining Our Humanity
Connectedness of all living things: Human- Caring/ Eco-Caring
Unitary World View: “Human Resides in Unitary Field of Consciousness”

- Levinas: “Ethic of Belonging”

- Infinite Field of Universal Love/Spirit

---

Modern: Western

The Body as Machine

Expanded View of Person:

Alex Grey 'Sacred Mirror'

Old/New Views of Body
Unity of Mindbodyspirit

Body as Energy, Light Consciousness - connected to Source
“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.

Caritas –LOVE- Healing – PEACE
Caring Science as Sacred Science

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

- Connectedness of All – Relational Cosmology

- “Psychiatric emergency is emergence of the human spirit” (Laing)

- Dwelling and Aligning with Infinite Field of Universal Love

- Working with mystery life force of self-other

- Biogenic – Life-giving/Life Receiving self-other

Watson JEANWATSON
Copyright 2014
Caritas Heart Moment: What Song does your heart want to Sing?

The Electromagnetic Field of the Heart

Caritas/Heart Field: Subtle Healing Environment
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

Core Aspects: Caring Science
Theory of Human Caring

- Caring Core: 10 Caritas Processes
- Transpersonal Caring Moment – The Caritas Field
- Caring as Consciousness – Energy - Intentionality – Heart-Centered Human Presence
- Caring-Healing Heart-centered Methods/Modalities
Caritas Process 1: Humanistic – Altruistic Values – Practice of Loving-Kindness and Equanimity with Self and Other

Nursing Professional Model of Care
Based on Jean Watson's Caring Theory

Nursing Vision
The nurses of Winter Haven Hospital promote excellence through theory-driven, evidence-based practice to achieve patient outcomes
Caritas WAYS OF BEING –BECOMING:
Related to Heart –Centered Consciousness and Intentionality – in the moment:
Spirit – to –Spirit Connections through:
1. Loving Kindness – Equanimity self-other
2. Heart-centered Authentic Presence;
3. Authentic Listening – Beyond Words- Beyond Judging
4. Compassionate Forgiveness for self – other – system
5. Invoking Gratitude- Appreciation
6. Energetic Caritas Consciousness evolution –personal spiritual practice
7. Opening - Giving –Receiving
8. Being Still- Silence – Holding the Still Point
9. Connecting with infinite cosmic field of Universal Love
10. Manifesting Caritas Field (to sustain caring and our humanity)
11. Other - infinite

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

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

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
Kaiser - Antioch Medical Center

quiet voices
...you are entering a healing environment

Watson JEANWATSON Copyright 2011

ETHICS OF FACE - Levinas

Watson JEANWATSON Copyright 2011
Ethics of Face: 
*Belonging (Infinite Field) Before Being*

- When We Look Into the Face of Another Human Being, We Look Into the Mystery and Infinity of the Human Soul; We Touch the Infinite Field of Universal LOVE In Which We All *Belong* Before Our *Being*.

- In Looking Into the Mystery and Infinity of Another’s Soul; It Mirrors Back the Infinity of our own Soul

- This is *Beyond Clinical* …toward Caring – Healing - Peace
“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
ULTIMATELY: HUMAN CARING AND PEACE

Return to Source for All Change:
Light of Human Spirit and unity of humanity as moral community

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

The Children’s Hospital, Denver
Caritas Heart Centering  Methodology

an energetic wave that helps to create coherence in the environment, in the home, and society.

Kaiser – Antioch Medical Center;
Baptist Health Jacksonville;
Chesapeake Regional, VA

Healing Environment: Quiet Time
Dimming the Lights

3 North QUIET TIME

- When: Every day from 1 pm 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.
Magnetic Reminders: Pausing - Practicing Presence: Loving Kindness

VALUES:
Preserving Human Dignity:

Caritas Process

Magnets on Patient’s Door
INOVA Health, Fairfax, VA

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

Kaiser – Antioch Medical Center

Sanctuary –
Healing Room for Nurses

Angie Fontaine, RN Caritas Coach, Jacksonville Baptist, FL, 2009
Call of Nursing to Come of Age:

Mature as Distinct Discipline of Human Caring – Healing-Health-Well Being

…informing and transforming self and system

Human Caring and Peace

© jeanwatson 2009