DEVELOPING SELF-CARE THROUGH CARING SCIENCE: AN INTEGRATIVE EVIDENCE-BASED APPROACH

Abstract

Forensic nurses and healthcare professionals who are exposed to vicarious trauma, work with violent offenders, domestic violence, and sexual assault are susceptible to higher level of stress. It is essential for these professionals to treat their patients with human dignity, and motivate them to comply with their treatment plan while remaining non-confrontational, empathic, attentive, caring, and directive. The stress of working with difficult mental health patients, forensic patients can compromise one's health, job performance, and an effective patient/client relationship. Cultivating the Practice of Loving-Kindness with Self and Others, centering oneself, and engaging in self-care development can lower stress and facilitate a professional authentic presence which promotes a healing environment, and a positive human interaction with clients.

Presentation Summary

What is it like to experience a positive human interaction with difficult patients? This requires developing self-care strategies to alleviate the stress encountered in our professional settings and personal life. We must be authentically present, attentive, empathic and non-confrontational. Caring Science and Mindfulness promotes sensitivity towards self and others.
Objectives

1. Becoming present, attentive, empathic and non-confrontational while addressing risk factors.
2. Addressing counter-transference and the distress of vicarious trauma by implementing Dr. Jean Watson's Caritas Processes.
3. Increasing the efficacy of treatment/case planning with Caritas and motivational interviewing.

What will I present

Power point on the physiological effects of stress. Experiential exercises in developing a Caritas presence and the practice of loving kindness, compassion and equanimity with self/others. Applying motivational interviewing. Practicing and applying Dr. Jean Watson's mindful centering technique to develop and authentic presence and preventing stress and burn out.

How I will engage the learner

Small groups, discussion, mindful exercises and feedback. This workshop is meant to engage the participants in understanding and practicing Dr. Jean Watson's Caritas Processes to lower personal stress and prevent burn out.