Jean Watson
Caritas
Caring Science: Disciplinary Foundation
Philosophy - Theory - Ethic - Professional Practice Model

University of Auckland
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C A R I T A S

"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.

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 acumen;

Environmental, institutional, and human care essentials, e.g., (nursing therapists) are being re-discovered as “essentials” by the public;

Spiritual dimensions of practice

11/15/2011
CARING SCIENCE: The Evolved Theory

What Is Underneath 'Caring Science and the Theory of Human Caring'?

Disciplinary Foundation:

- Timeless values; Ethic; Universal; Worldviews
- Philosophical orientations; Common with Global Humanity; Theories, Knowledge areas, Research traditions, Etc.

Era I: Materialistic Medicine-Dossey 1990

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

Era II: Medicine-Mind-Body Medicine

- Role of Consciousness – Emotions, Perceived Meaning, Attitudes, Perceptions – In Changing Physiology
- Psychoneuroimmunology – Interrelationship of Autonomic, Neurologic, Endocrine, Immune Systems.

Modern: Western

The Body as Machine

Era III – Non Local Transcendent Consciousness

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

Love: Intelligent Heart Centered Human-to-Human Caring Practice

Love... The Old Unfamiliar Name...

Where is Our Patient?

T.S. Eliot

Unitary World View:
“Human Resides in Unitary Field of Consciousness”

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

Love: The Greatest Source of All Healing

Caritas Methodology/Modality: Heart Centered Coherence: Centering-Pausing-Breathing

Emotions and the Heart

Heart-Brain Communication

Source: Caring Compassion – Inner Truth; Beauty, Our Very Humanity
Caritas Process 8: Creating Healing Environments
Being / Becoming the Caritas Field

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

Caritas Heart Moment

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

Alex Grey 'Sacred Mirror'

Caring Science as Sacred Science

- Ethics of ‘Belonging’ - Infinite Field of LOVE - Sustaining Divinity of Humanity - Grace and Dignity
- Connectedness of All - Relational Cosmology
- Dwelling and Aligning with Infinite Field of Universal Love
Core Aspects: Caring Science Theory of Human Caring

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

EMBRACE...

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

INSPRE...

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

TRUST...

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

Nurture...

Caritas Process 4: Developing Authentic Trusting Caring Relationships

Relationships: Uncaring to Caring

- Biocidal 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
Patient Consequences

**Caring**
- Emotional-Spiritual Well-Being (Dignity, Self Control, Personhood)
- Trust Relationship, Alienation, Family

**Non-Caring**
- Humiliation, Frightened, Out of Control, Despair, Helplessness, Alienation, Vulnerability, Lingering Bad Memories
- Decreased Healing

(Nursing, 1999)

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Nurse Consequences

**Caring**
- Emotional-Spiritual Sense of Accomplishment, Satisfaction, Purpose, Gratitude, Preserved Integrity, Fulfillment, Wholeness, Self Esteem, Living Own Philosophy, Respect for Life, Death, Reflective... Love of Nursing, Knowledge

**Non-Caring**
- Hardened, Oblivious, Robot-Like
- Depressed, Frightened, Worn Down

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

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DEEPEN... Caritas Process 6: Creative Problem-Solving Caring Process

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BALANCE... Caritas Process 7: Relational Teaching Learning / Inner Subjective Meaning

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CO-CREATE... Caritas Process 8: Creating Healing Environments Being / Becoming the Caritas Field

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MINISTER... Caritas Process 9: Assistance With Basic Needs - Sacred Acts

Embodied Spirit:
Touching Mindbodyspirit, Not Just Body Physical

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

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 Our Own Infinite Soul

Levinas....
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: Comfort
From Medical-Clinical Views of Humanity to Unity of Mindbodyspirit, Oneness - Connectedness
From Industrial Models to Creative, Mature Professional Models of Caring-Healing – Kaiser So. California Model

Visibility of Caring/ Caritas Culture

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

Caring for Our Future
The Children’s Hospital Denver
Caring Healing Modalities as General and Advanced Practice Nursing (Congruent with Mindbodyspirit Medicine)

- Non Invasive
- Non Intrusive
- Natural-Relational Environmental Modalities.
- Caring-Healing Modalities that Provide Pain Control, Symptom Management, Comfort Measures and a Sense of Well Being for Healing and Wholeness.

CARITAS BEING: Connect with Your Patient as a Person

- Comfort
- Hold a Hand
- Sit & Listen

Healing Stones / Blessing Basket Manifesting Caring and Love

The Effect of Sacred Space Environment on Surgical Patients
Barbara Schmock, RN, MSN, AHN-BC
Diane Breckenridge, RN, MSN, PhD
Abington Memorial Hospital
Magnet Designated
Transforming Surgical unit Abington Hospital, PA

Sacred Space Surgical experience continued

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...

Opportunities For Ritual “Handwashing”

Healing Environment: Quiet Time
"Code Lavender"
Patient, Family and Staff Requests

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 Medtronics

Meaningful Rituals and Communication - Sharing Among Staff

Opening a Compassionate Heart
- Annual Blessing of the Hands
- Caring Discussion Boards
- Caritas Column

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

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

Magnetic Reminders: Pausing - Practicing Presence: Loving Kindness

VALUES:
- Preserving Human Dignity:

Caritas Process Number 1

The Staff Retreat
A Caritas Garden

INova Heath, Fairfax, VA

Angie Fontaine, RN Caritas Coach, Jacksonville Baptist, FL, 2009
Transforming a Smoking Area

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

Habitat for Healing

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

Pet Therapy: Something to Care for and Love

Creating a Caritas culture for self and others
Orientation - Creating Intentional Caring Science Consciousness Culture

- Developed Caritas Content at Unit-System Level for Intellectual - Experiential Education-Workgroup Cohesion/ Learning
- Self Caring Practices: Loving
- Kindness-Forgiveness-Gratitude
- Caritas Processes
- Radiating Caritas Field from ‘Heart-Centered’ Caritas Practices
- Individually-Collectively

"Developing practitioners, able to mature as reflective learners and professionals”

“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

Call to Nursing and Health Care Systems to Come of Age:

Establish Nursing as a Full, Mature Health, Healing and Caring Profession

Return to Source for All Change:
Light of Human Spirit and Creative Change from Within