

# Caring Science, Mindful Practice

Implementing Watson's  
Human Caring Theory

Second Edition

**Kathleen Sitzman  
Jean Watson**

# Caring Science Mindful Practice Implementing Watsons Human Caring Theory

**Sara Horton- Deutsch,Jan Anderson**

## **Caring Science Mindful Practice Implementing Watsons Human Caring Theory:**

Caring Science, Mindful Practice, Second Edition Kathleen Sitzman,Jean Watson,2018-04-28 Praise for the First Edition The book offers rich examples of nursing projects that may broaden nursing care for greater patient and student satisfaction and assist nurses with holistic self care Gale Robinson Smith PhD RN Associate Professor College of Nursing Villanova University International Journal for Human Caring Provides wonderful tools for nurses to use in practice education or even for self care Designed for any nurse who wishes to learn more about applying Jean Watson s Human Caring Theory to practice It is a practical easy to read book for all nursing audiences and could be used at any educational level Doody s Medical Reviews Sitzman and Watsons book is an invaluable resource The strength of this book is its simplicity on one level yet its complexity as the reader works throughout the layers incorporated within the book Nursing Times This seminal work based on the philosophy of Watson s Human Caring Theory is designed to help students and practitioners of nursing to simplify Watson s complex teachings and integrate them into everyday practice The revised second edition includes an abundance of new micro practice examples for each Caritas process practical exemplars from Dr Sitzman s research enabling readers to cultivate Caritas and mindfulness on a daily basis and new case studies demonstrating how others have implemented Human Caring Science into everyday life and work Drawing on the contemplative and mindfulness teachings of Thich Nhat Hanh the text offers an engaging entry into Human Caring Theory for newcomers and deepens understanding for current practitioners Clear and simple content supports foundational learning and promotes direct experience related to Watson s work The book features guided mindfulness activities and artistic practices for each of the ten Caritas Processes plus case studies and guided procedures to facilitate learning and internalizing the method The text also serves as the foundational text for the WCSI online course that provides step by step instructions on how to integrate and ground the philosophy and abstracts of Human Caring Theory into practice Additional teaching supports include Power Point slides New to the Second Edition New and updated content throughout Presents new examples from author s research for cultivating daily Caritas and mindfulness practices Each Caritas process chapter includes micro practice examples from scholarly work demonstrating use of Watson s Theory Abundant case studies demonstrating how others have implemented Caring Science and Mindfulness in everyday life and work Key Features Engages newcomers in learning Human Caring Theory and deepens understanding for current practitioners Facilitates integration of the philosophy and abstracts of Human Caring Theory into clinical practice Provides abundant case studies and guided activities to reinforce content Includes guided mindfulness and artistic practices for each of the Ten Caritas processes Designed for a diverse audience including undergraduate graduate and international nursing and health science students Serves as the foundational text for the companion WCSI online course including videos **Caring Science, Mindful Practice** Kathleen Sitzman,Jean Watson,2013-07-30 Print CourseSmart

*Caring Science, Mindful Practice* Kathleen Sitzman,Jean Watson,2014 **Caring Science, Mindful Practice, Second**

**Edition** Kathleen Sitzman (PhD, RN, CNE, ANEF.),2018

**A Handbook for Caring Science** William Rosa,Sara

Horton-Deutsch,Jean Watson,2018-09-28 A monumental compendium of Caring Science past present and future This groundbreaking work is an encyclopedic reference on the full spectrum of Human Caring Science With contributions from highly accomplished scholars and practitioners from six continents it spans the evolution of Caring Science from its origins 40 years ago through its ongoing innovation and development and into the future Comprehensive and in depth this resource brings multigenerational perspectives to Caring Science and demonstrates its ethical nursing applications across cross cultural settings worldwide The book s broad scope embodies the paradigm s theoretical foundations guidance from Caring Science educators and researchers and practice insights from expert clinicians and administrators It offers strategies to influence meaningful policy change integrate principles throughout cross cultural and global settings and introduces inspiring voices from luminaries in coaching Caring Science creative arts spirituality and self care The text clearly demonstrates how theories frameworks and paradigms are directly integrated into practice research and educational settings Scholarly narratives and discourses on Caring Science will facilitate understanding of how to transform systems with a caring consciousness and ethically informed action Chapters consistently formatted to promote ease of comprehension include exemplars with reflective questions and references Key Features Traces the history of Caring Science and merges it with current and future perspectives Provides a how to guide for understanding the integration of theories frameworks and paradigms into practice research and education Distills a vision of how to transform systems with a caring consciousness and a commitment to ethically informed action Enables readers to cross reference Caring Science leaders across specialties Illustrates Caring Science practice through case studies examples and discourses Supports hospitals in procuring or maintaining ANCC Magnet certification Identifies research and practice opportunities for readers to integrate Caring Science into their professional milieus

*Nursing Theorists and Their Work E-Book* Martha Raile Alligood,2021-07-23

Selected for Doody s Core Titles 2024 with Essential Purchase designation in Theory Find the thinking of 39 leading nursing theorists in one comprehensive text Nursing Theorists and Their Work 10th Edition provides a clear in depth look at nursing theories of historical and international significance Each chapter presents a key nursing theory or philosophy showing how systematic theoretical evidence can enhance decision making professionalism and quality of care Lead author Martha Raile Alligood is known nationally and internationally for her expertise in nursing theory A classic in the field of nursing theory this text uses objective critiques case studies and critical thinking activities to bridge the gap between nursing theory and application Scholars specializing in the work of a specific nursing theorist write each theorist chapter often having worked closely with the theorists to provide the most accurate and complete information Case studies at the end of each theorist chapter put the theory into a larger perspective demonstrating how it can be applied to practice Critical thinking activities at the end of each theorist chapter help you understand the theory presented and apply it to personal and hypothetical

situations Diagrams and graphics help you to visualize and better understand abstract concepts and theories History of nursing theory development includes its significance to the discipline and practice of the nursing profession Brief summary sections in theorist chapters enhance comprehension and make it easier to review for tests Major Concepts Definitions box in each theorist chapter outlines a theory s most significant ideas and clarifies vocabulary Points for Further Study section at the end of each chapter indicates sources of additional information References at the end of theorist chapters list the author s primary and secondary sources of information NEW theorists chapter authors and case studies provide research and expertise from countries across the world NEW references and bibliographies demonstrate the ever increasing use of nursing theory globally

Caring: A Passage to Heart Jean Watson,Marie Clayton,2020-10-11 This keepsake book contains a collection of lived out stories written by care givers revealing a personal or professional truth exemplars of the Watson 10 Caritas Processes R which is the core of the Theory of Human Caring I hope the caring moments described in this book will inspire and encourage readers as they travel their own unique caring paths Kathleen Sitzman PhD RN CNE ANEF FAAN These stories cross and transcend cultures roles professions borders and boundaries in locations around the world The Caritas stories and shared experiences unite us in our humanity across time and space congruent with an online virtual world of today whereby space connects rather than separates Jean Watson PhD RN AHN BC FAAN LL AAN The collection in this book originated from participants taking a free online course entitled Caring Science Mindful Practice facilitated by Kathleen Sitzman In 2015 when I offered the first Caring Science Mindful Practice Massive Open Online Course MOOC I didn t know if anyone would come or if anyone would want to share Caritas moments from their own experiences in a public forum Through the process of teaching this course I have learned that people in nursing allied health and beyond experience support companionship fulfillment validation encouragement and inspiration through sharing their own unique Caritas moments and reading those of others within this global caring community that continues to grow each time the course is offered I hope the caring moments described in this book will inspire and encourage readers as they travel their own unique caring paths

Kathleen Sitzman PhD RN CNE ANEF FAAN Distinguished Watson Caring Science Scholar Professor East Carolina University College of Nursing Find out more at [www.watsoncaringscience.org](http://www.watsoncaringscience.org) *Nursing Theories and Nursing Practice* Marlaine C Smith,2019-10-02 Noted nursing scholars explore the historical and contemporary theories that are the foundation of nursing practice today The 5th Edition continues to meet the needs of today s students with an expanded focus on the middle range theories and practice models that link theory to clinical practice You ll explore the role of these theories in the real world to see how they guide nursing practice **Theoretical Basis for Nursing** Melanie McEwen,Evelyn M. Wills,2017-12-28 Access the essential information you need to understand and apply theory in practice research education and administration management The most concise and contemporary nursing theory resource available Theoretical Basis for Nursing 5th Edition clarifies the application of theory and helps you become a more confident well rounded nurse This

acclaimed text is extensively researched and easy to read giving you an engaging approachable guide to developing analyzing and evaluating theory in your nursing career     System Innovation Julie Oehlert,Kathleen Sitzman,2024-02-06 System Innovation A Holistic Approach to Disrupting with Love and Human Caring inspires healthcare leaders and professionals to innovate healthcare habits practices policies functions and their own leadership style to achieve desired outcomes It employs a holistic approach to leadership and management providing practical actions for health systems to deploy to disrupt the current environment so a more connected culture grounded in love and caring can emerge Frameworks and theories emphasized include cultural transformation theory caring science and design thinking Calling for a brave visionary approach to leadership System Innovation is an ideal resource for leadership courses at all levels of nursing and healthcare related education as well as in professional settings Check out the companion resource for the textbook System Innovation Disruptor Diary A Holistic Approach to Disrupting with Love and Human Caring     System Innovation Disruptor Diary Julie Kennedy Oehlert,Kathleen Sitzman,2024-04-23 System Innovation Disruptor Diary A Holistic Approach to Disrupting with Love and Human Caring is designed to be used alongside the textbook System Innovation A Holistic Approach to Disrupting with Love and Human Caring which lays out a foundational holistic approach for facilitating successful disruption at the healthcare system level That text shares theoretical models and conceptual frameworks as well as implementable operational concepts and practices This disruptor diary provides readers of the textbook with space for reflection journaling and ideation emphasizing how vital the thoughts and ideas of healthcare workers are to its very future The diary features select quotes from the text and ample space for readers to further reflect doodle journal and engage It also includes two impactful exercises from Chapters 2 and 7 of System Innovation one on designing a disruption mandala and another that encourages deep reflection on customer service versus hospitality Designed to encourage greater personal growth and leadership System Disruptor Diary is an engaging and stimulating resource for students using System Innovation

Watson's Caring in the Digital World Kathleen Sitzman,Jean Watson,2016-10-18 This innovative text built on the foundations of Watson's Caring Science demonstrates how nursing professionals can develop virtual relationships that encompass caring and understanding in professional teaching learning and everyday cyber communications It describes how caring and love can transcend distance space and time in our increasingly virtual world to preserve the basic fabric of humanity as we physically interact less and electronically interact more Straightforward and concise the text offers specific practices for teachers students and professionals to support caring in a digital world along with practical examples that enable readers to envision ways to create their own caring online presence The text provides examples of initiatives aimed at establishing ongoing intent to care on levels ranging from personal to global Included are a variety of educational activities that rely on digital resources to facilitate interaction collaboration learning and connection Learning objectives and knowledge check questions in each chapter reinforce information and a corresponding MOOC and other free professional

online trainings are available to readers to augment study Key Features Built on Watson s Caring Science and expanded through Sitzman s research Contains specific information and practical examples for faculty students and professionals who interact online Provides examples of online caring initiatives from personal to global Validated by seven research studies and extensive online experience of the authors

**Caring Science as Sacred Science** Jean Watson,2021-06-12

In this continuing work I have allowed myself to incorporate personal material for my own caring healing processes So in some ways writing about caring and sacred science may not be tolerated in academic circles and scholarly work but if there was ever a time to converge personal and professional authentic ethical efforts for living being doing becoming scholarly spirit filled and scientific it is NOW Jean Watson Written by the leading expert in Caring Science Dr Jean Watson this updated newly revised text offers a moral and philosophical foundation for all health professionals This moral ethical framework offers the reader a way to work and view life through a caring and healing lens The author discusses a new paradigm for mind body spirit nursing medicine and healthcare You will gain core knowledge of caring as it relates to both education and the practice of compassionate professional human caring and healing This new edition includes Watson s most recent writings on the Seven Sacred Sutras as well as her 10 Caritas Processes R a foundational values based guide in which to base your life and work

**Caritas Coaching** Sara Horton- Deutsch,Jan Anderson,2018-03-15 Historically nurses have been the source of heart and healing in the healthcare system But today s care providers have little opportunity to make sense of their own experiences md let alone be fully present for others Nurses and other care providers are often ill prepared for the heavy toll of their day to day workload and find themselves at a crossroads accept things the way they are or search for a different way Through stories of caring moments transpersonal journeys and ongoing evolution Caritas Coaching provides nurses and other caregivers a deep intimate look at how to integrate Caring Science into their practice Caring Science offers a scientific and philosophical context to explore describe and research human healing ultimately providing a path for bringing care back into healthcare By integrating Caring Science into their practice nurses can balance information and technology with the human side of healthcare

**Healing Through Communication** Carol Leppanen Montgomery,1993-05-05 Advancing caring as an intrinsic part of nursing the author of this volume offers a theory of caring that is grounded in both clinical practice and existing theory Author Carol Leppanen Montgomery describes the qualities and behavioral manifestations the caregiver needs to communicate caring and the unique qualities of the health care system that shape the communication of caring She then lauds transformative effects of caring while admitting the emotional risks caregivers undertake Finally a model is presented that describes the support necessary to sustain this level of communication and to help caregivers cope with the emotional demands of caring Demonstrating the depth and complexity of caring communication Healing Through Communication is a valuable resource for caregivers in all the helping disciplines especially nursing allied health and social work This is an exceptional piece of writing I thoroughly enjoyed reading it and heartily recommend it Is a book on this topic

needed. Absolutely. Too often we make assumptions about the nature of caring how it is learned expressed or enhanced. The placement of caring within a framework of relational communications is an extremely helpful way to visualize teach and support this phenomenon. The strengths of this text are many but briefly I most appreciate the conceptual focus and placing of caring as a tangible describable communications phenomenon the comprehensive treatment of the subject and the many detailed exemplars of caring from a variety of caregiver roles and settings. Mary Aukerman Ph D R N Director of Nursing Education and Research Shadyside Hospital Pittsburgh Pennsylvania Healing Through Communication takes the concept of practice to a deeper level of understanding experiencing and living. The unique focus of this work is the way Dr. Montgomery places the caring healing relationship as central to nursing education and practice. Jean Watson Ph D R N F A A N University of Colorado Health Sciences Center. This fine qualitative research report presents information about an essential topic of interest to educators, academicians and clinicians working in the helping professions. The information presented would also be useful in assisting lay or volunteer helpers work with persons in need. The book is an important work and adds significantly to the knowledge of caring. I believe that this is a benchmark effort. Sylvia A. McSkimming Ph D R N Associate Director of Nursing Research and Education St. Vincent Hospital Medical Center Portland Oregon. Watson's Caring Theory and Instrument Development ... Margaret H. Stanfield, 1991. *Methods and Methodologies in Caring Science*, 2010

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