Welcome to The Caritas Coach Education Program
Presentation - A Journey of Transformation

Jan Anderson, RN, MSN, AHN-BC,
Caritas Nurse & Caritas Coach CCEP Director & WCSI
Faculty

&

Bernice Yale, RN, Caritas Nurse & Caritas Coach,
Assistant Nurse Manager, Med/Surg, Kaiser San Jose
Medical Center
Watson Caring Science Institute Mission

To restore the profound nature of caring/healing in health care

To retain our most precious health care resources—all those who work in health care

To deepen & expand caring science around the world
The Caritas Coach Education Program Mission

Deepen Knowledge & Appreciation of Caring Science

Prepare for Role of Caritas Coach

Develop a Health Care Practice with Caring Science as its Foundation
Caring Science

Grounded in the Love of Humanity

Recognizes the Value & Dignity of each individual as an Embodied Soul as opposed to an object to be treated & cured

Caritas & Care are used in a sacred sense to address the spiritual nature of the love & connection that form the ethical foundations of human caring.

Foundation of the Caritas Coach Education Program (CCEP)  
(Watson, 2005; Watson, 2008)
CCEP Caring Curriculum

Based in Meaning & Significance of the Experience

Transpersonal, Exploratory, Engaging, Creative, Purposeful

Results in deep learning, self-knowledge, self-care, & self-healing

Faculty are sensitive to those they are working with and stay within their frame of reference to individualize & personalize the teaching/learning experience. (Watson, 2008)
CCEP Faculty are Exemplars of Caritas

To learn more about our prestigious faculty go to WCSI website and look for Faculty Profiles
Caritas Coach Quotes

“I have become profoundly aware how my thoughts, my daily centering rituals, reflection, and acts of self-love impact my ability to demonstrate care/love for others.”

“I have found that by intentionally listening and taking time to actually care about my co-workers that our relationships improved and our work became more collaborative and effective.”

“I learned about intentionality and how powerful it can be. I feel like prior to this knowledge, I was just going through the motions of life. Today, I live each day more conscious and awake.”

“The past six months of learning has resulted in profound changes in both my personal and professional lives. My relationship with myself now involves greater self-love, loving kindness towards self, and equanimity. I am better able to surrender, feel gratitude for my blessings and forgive myself and others. This has resulted in an overall improvement in my energy.”
The Caritas Coach Education Program

CCEP is a six-month program that includes attendance to 2 onsite CCEP seminars & six months of Faculty-Guided Learning

CCEP assignments include: reading, writing, reflecting, an individualized caritas project, and creation of a portfolio.

Accredited by American Nurses Credentialing Center
Offers 58 contact units (Pfiedler Enterprises)
CCEP Application Process

Anyone who works in health care is invited to apply

Application found at
http://watsoncaringscience.org/education-programs/caritas-coach-education-program-ccep/

Costs vary with hospital affiliate status
& if a student is enrolled in our doctoral program
Link to costs:
http://watsoncaringscience.org/education-programs/caritas-coach-education-program-ccep/tuition-payment-schedule/
The Caritas Coach


Focuses on both people in a transpersonal relationship-coach & person being coached.

Caritas coaching relationship is designed for working with patients/clients, colleagues, family

Self-care is key to successful caritas coaching.
Caritas Coach Role Assumptions

The person being coached is viewed as whole, capable, accountable, & the primary resource for solutions & goals

The relationship between the coach & the coachee is an equitable & a short-term human connection

The coaching processes are based in inquiry & discovery, with the goal of maximizing potential

Human potential is enhanced for both participants, the coach & the one being coached

The Caritas Coach Education Program will teach you more than skills & knowledge. CCEP will help you uncover your own inner guide and help you to remember your passion and love of caring for self and others so that you are able to heal and touch the human spirit that is alive in all of us.

(Anderson, 2014; Axley, 2008; MacNeil & Evans, 2005; Watson, 2008).
Caritas Coach Education Program

• My personal journey
• By, Bernice Yale
CCEP has been a life changing journey for me as I learned about the theory of caring science.

When I began the program I was inspired to participate in this opportunity. I was an active Caring Science committee member and I embraced the theory.

After completing all of the required readings and Learning Activity Guides (LAGs), journaling and committing to daily self care practices, I am able to view situations in my life as a Caritas Nurse.

CCEP helped me learn about the deeper meaning of having a healing presence.

CCEP opened my awareness by being open to the possibilities of alternative measures to produce healing or caring outcomes.
By studying the 10 caritas processes and explaining the meaning of each process I was able to develop my emotional being, self growth, self awareness and awakening.
CCEP commitment: The Learning Activity Guides and required readings have deepened my understanding of Caring Science and the theory of Human Caring.

The LAG’s help to focus on “being”. Doing tasks in an environment is like being disconnected from the patient. “Being” is having a connection with the patient. “You are the environment.”

The difference between doing and being is by doing, a Nurse is doing tasks with the patient feeling that the Nurse is authentically present. It is possible to do both. As we care for a patient in a skillful way we have the ability to practice nursing with the awareness of the patient’s environment, the caring space. There needs to be a balance between the tasks and the care.
By working in various situations the nurse finds his/her own Being by showing compassion, loving kindness and has a deeper connection with the patient. The patient, therefore can feel this connection allowing healing to take place.

CCEP helped me to “be the environment” As I practice self growth and self awareness, I am becoming more open to my patients’ spiritual beliefs on healing. I now have a deeper understanding of caring and healing and recognizing that we are all connected and what we do and say affect us all.
COMPASSION - This picture was chosen by our staff for their break room. The photo is uplifting, awakening and inspiring. It is a reminder of our intention to provide care and compassion and bring value to the sacred work that we do.

Aesthetic environment
Caritas project: Care Cart for alternative comfort measures

Items for patient’s to use include:

Music
head phones, ear plugs
Art
Aromatherapy
Candles
Spiritual literature
Reading glasses
Lip Balm
Caritas Process #4  NURTURE

Gratitude Room

Honoring caregivers

Providing a healing space
• Caring for myself so I can care for others

Practicing meditation, acknowledging spiritual need amongst our patient care team

Providing loving Kindness

Practice gratitude

Being authentically present

Team building
(hiking, community service)
The Heart and Art of Nursing workshop is a class that our caring science advisory committee holds four times a year.

The workshop is open to all caregivers in our facility.

Basic concepts of the theory are taught.

Art projects promote creativity

Teach self care.
Nurses Day  
May 2014  
poster board of Caring Science committee work
CCEP has given me the opportunity to connect with a wonderful group of caregivers and develop confidence in my new role as a Caritas Coach.

With the support of our team at Kaiser San Jose Medical Center, I feel that we can help transform our health care system into a caring healing system by promoting caring science.
Caring Science

YouTube Videos of Dr. Watson

“Caritas Nursing: Taking Time/Making Time”
and
“The 10 Caritas Processes”
Thank you for your attendance.
If you have questions please feel free to email Jan at Jan@watsoncaringscience.org

CCEP Application, instructions, & program information can be found on the WCSI website http://watsoncaringscience.org/
References


References


