CREATING SELF-CARING MOMENTS THROUGH DANCE MOVEMENT

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Introduction: Today’s nurse is under increasing pressure to do more, learn more, give more and reflect technological competency with patients. What is often lacking is emphasis on ontological competencies. Ontological competencies are ways of being allowing for new possibilities of discovery, refreshing soul and heart and offsetting rigid processes. Without appropriate inner balance and care of self’s soul, heart and mind, nurses’ interpersonal and intrapersonal relationships are ineffective and ultimately affect quality of interactions and health of self and other. Throughout the nurse’s day environment may involve “Biocidic” interactions, in order for the Caritas nurse to maintain loving care toward self and others it is essential to identify, develop and practice “loving kindness with self and others”. Practicing “loving kindness” promoting a “biogenic, nurturing and healing environment” (Watson, 2008).

Significance: The significance of nurses taking time out to care for self and learning strategies to provide moments of centering and caring for self promoting inner health, love and caring is that it prepares the nurse’s inner self to go forth ready to share authentic caring promoting healing and maintaining a harmonious inner being. In caring for self, the Caritas nurse is prepared with skills and a repertoire of methods by which to share and help patients, students and others promote stress reduction.

Purpose: The purpose of this project is to identify dance movements as relates to Caritas Processes™ and explore the relationship between practice of dance movement in starting the nurse’s day and at various times throughout the day as stress reduction and harmonious inner connection with self, universal love and practice of caritas. Once the Caritas nurse masters movements that promote inner peace and healing (s) he may go forth to teach others and become creative in building their own repertoire of dance movements that personalize their needs and create individual self-caring moments and co-create transpersonal caring moments.

Setting and Participants: This is an on-going project. Setting will occur in various locations that allow for a calm quiet environment with comfortable space to move.

Project Description/Process: There are numerous modalities for healing or connecting with self, others or meditative harmony. Many strategies highlight meditation, prayer, various traditional therapies and Art Therapy as approaches for working through mental
and emotional hurtful memories or simply addressing stress. All have proven to have merit for varying populations. There are studies supporting successful use of various movement modalities such as, yoga, Pilates, dance or swimming to address issues such as depression or other illnesses. (Stuckey & Nobel, 2010). This project identifies specific dance movements, provides their meaning and provides links with Caritas Processes™. The dance movements are intended to assist the individual to tap into what Watson has described as “holographic caring moment” and a “quantum caring field”. Watson (1999) states “I have used the notion of a caring field to convey the quantum concept of waves radiating from each person and becoming part of a new field of possibility, all within a caring moment, affected by one’s consciousness and intentionality (Watson 1988a, b)” pg 109. Movement Therapy is an approach to promote centering and assist the individual to enter into a caring field and intentional consciousness connecting to frequencies of love. With this energy, intentionality and consciousness the individual goes forth in a higher level of self, able to share in transpersonal caring-healing moments.

**Project Outcome/Projected Outcomes:** As an evolving project, the projected outcome is to show possibilities of self-caring through Dance Movement.

**Project Evaluation of Partial/Project Evaluation if not completed:** Evaluation will occur on levels of participating individuals reporting decreased stress levels, the ability to spontaneously create self-caring moments and increasing levels of internal serenity as reported by participants. As an ongoing process, further evaluation strategies will be developed.

**Future Directions:** This on-going project is foundational to creating and co-creating healing dance movements; revealing how music and dance movement may be designed to provide self-caring moments. Through Dance Movement one is able to transform self and developing a sense of reverence for body, spirit and soul experiencing sacredness as the music and movement bring forth Caritas.

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**References**
