



Watson Caring
Science Institute

WATSON CARING SCIENCE INSTITUTE
CARING SCIENCE LIBRARY

*Includes brief descriptions,
academic reading levels
and intended audience.*

Organized by:

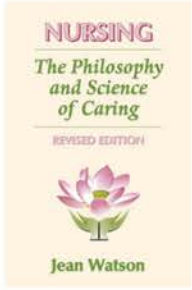
- Authored by Jean Watson
- Lotus Library publications
- Co-authored by Jean Watson



**LOTUS
LIBRARY**

An imprint of WCSI

Nursing: The Philosophy and Science of Caring — Jean Watson



This book is a comprehensive overview of earlier Watson books and is the most comprehensive of Watson's Human Caring Theory; the history and evolution of Caring Science philosophy and theory.

Jean's first publication was originally published in 1979, Boston, Little Brown. This version was reprinted by University Press of Colorado celebrating the 40th anniversary of Watson's Caring Science. This first edition is more valued in that it is an historical, first of its kind. It lacks the currency of ideas, although the core framework is already there. It is considered a collectors book.

This book has been translated into many languages including Spanish as shown here on the right.



Level:

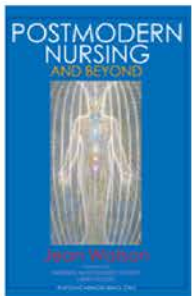
ALL levels. This is THE book to read if you wish to understand Watson's Caring Science Theory.

Audience:

Students, teachers and anyone interested in understanding Watson's Caring Science

- Revised Edition May 2008, University Press of Colorado
- First Edition 1979, Little Brown
- Also available in Spanish

Postmodern Nursing and Beyond — Jean Watson



This book addresses 'beyond theory' toward a shared ontological relational paradigm for human caring and healing. It reframes and integrates caring healing modalities and relates Nightingale's own writing of nursing to practices of caring-healing modalities.

It takes a feminist turn toward a relational ontological world view with Nursing as ancient Archetype for Healing; Nursing as Artistry of Practice; and Nursing as Architect for ontological designs for healthcare system design.

This is a futuristic book that addresses Watson's Caring Science as a larger paradigm of a worldview shift into an energetic cosmology of Healing and Health.

Level:

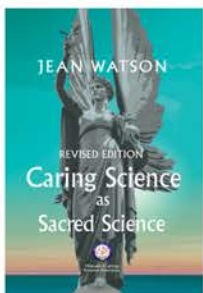
Beginners to advanced

Audience:

Nursing students, conscious dying, holistic practitioners graduate students and scholars

- Reprinted 2011, Watson Caring Science Institute
- First Print 1999, UK

Caring Science as Sacred Science — Jean Watson



Following on from Watson's classic *Nursing: the Philosophy and Science of Caring*, this book is for scholars who wish to understand the integration of French philosopher Emmanuel Levinas' Philosophy and 'Ethics of Belonging' as a basis for a Caring Science worldview. Watson makes a case for Caring Science as Sacred Science in that nursing is dealing with life force, the soul of another. This work invites Cosmic love as that to which we all belong before and after life/death; the sacred circle of life as part of sacred mystery. Personal vignettes of Jean's journey into the loss of her eye and husband are integrated into the text.

Includes the Seven Sacred Sutras.



Level:

Accessible to all readers

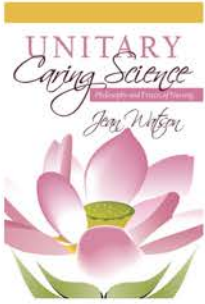
Audience:

For students, professors scholars, researchers and graduate students

- Revised Edition June 12, 2021, Lotus Library
- First Edition 2005, Philadelphia, PA, FA Davis



Unitary Caring Science - The Philosophy and Praxis of Nursing — Jean Watson



This book develops the foundation of scientific disciplinary principles such as axiology, ethics, ontology, epistemology, methodology, and praxis in the context of evolving worldview cosmology of One of Belonging to Infinity – quantum universe.

It traces core nursing literature, which excludes ‘caring’ in the meta-paradigm, to a convergence of discourse to Caring being included to the latest turn toward ‘Unitary Caring Science’ as a maturing of the discipline, addressing nursing’s phenomena of wholeness, caring consciousness, energy, relational ontology and evolution of human consciousness.

Another classic Watson book for students interested in the evolution of the discipline and location of caring in the meta-paradigm, this work traces the discourse of the meta-paradigm.

This book shows Jean's evolution of thinking from the 2008 book *Nursing: the Philosophy and Science of Caring*. Required reading for Watson Scholars.

Level:

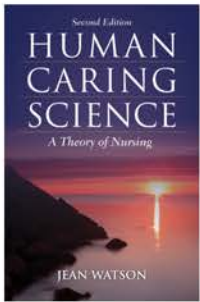
Accessible to all readers

Audience:

Doctoral and graduate students and those wanting to understand Watson's Caring Science evolution

- 2018, University Press of Colorado

Human Caring Science: A Theory of Nursing — Jean Watson



This book is a brief, yet comprehensive, overview of the Theory of Human Caring, Trans-personal Caring and Transcendental Research Methodology.

It can serve as a first entrance into Watson's theory. It is used by undergraduate and graduate programs as an accessible resource on Theory, Caritas and the Art of Caring.

It has been translated into several other languages.



Level:

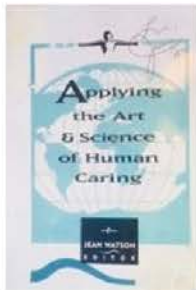
Accessible to all readers

Audience:

Undergraduate and graduate students

- Second Edition February 2011, Jones & Bartlett Learning
- First Edition 1998, National League for Nursing
- Also available in Japanese

Applying the Art & Science of Human Caring — Jean Watson



Applying the Art & Science of Human Caring offers a timeless framework for implementing a successful caring-healing theory and philosophy. It includes chapters from nursing scholars and experts involved in projects at the renowned Center for Human Caring at the University of Colorado, founded by Jean Watson, who was the Dean at the time.

Download version only.



Level:

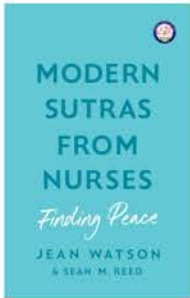
Scholars

Audience:

Scholars and researchers; useful for historical foundational research and implementing a Caring Science curriculum

- 1994, National League for Nursing Press (NLN Press)

Modern Sutras from Nurses: Finding Peace
— co-edited by Jean Watson and Dr. Sean M. Reed



In recent years, Dr. Watson has coined her own aphorisms as ‘Seven Sacred Sutras’ which includes words such as silence and surrender. Inspired by Watson’s Sutras, this book was lovingly dreamed up by a group of postdocs, senior scholars, and students from Watson’s Caring Science as Sacred Science course. They include nurses and care professionals from across the nation: Karen White-Trevino, Jennifer Drake, Debby Flickinger, Danielle Leone-Sheehan, Gloria Littlemouse, Julie Piazza, Priscilla Javed, Patricia Crispi, Natalya Yim, and Rita Romito-DiGiacomo.

The authentic sharing of personal truths will inspire, delight, and comfort the reader of all ages and professions. They offer breadths of quietude for the busy mind. They can be read as useful tools in which to refer whenever life is overwhelming; a gift of service from Watson Caring Science colleagues to the world.

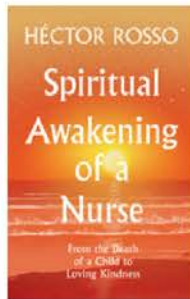
Level:
Accessible to all readers

Audience:
All readers

- May 2023, Lotus Library



Spiritual Awakening of a Nurse: From the Death of a Child to Loving Kindness
— Héctor Rosso



As a nurse and a father, Rosso poignantly reflects on his grueling struggle and a search for life’s meaning after enduring seven harrowing years stoically supporting his “soul teacher,” 13-year-old daughter Julieta who died after being diagnosed with cancer at age 6. Following his loss, Rosso begins a courageous trek through an uncharted territory of chaos, despair, forgiveness, and unknowns, which leads him to confront his pain and himself head-on, leading to deep surrendering, self-care, higher consciousness, and loving-kindness relationships.



Level:
Accessible to all readers

Audience:
All readers

- October 2019, Lotus Library
- Also available in Spanish



This is a beautiful, biographical book that weaves Watson's Caring Science within grief, conscious dying, nursing, fatherhood and relationships.

Birds Hold Our Secrets: A Caritas Story of Grief and Remembering
— Anna Biley



Drawing on her many years as a nurse, mother and wife, Biley tenderly takes us on an auto-ethnographic journey of conscious dying as she supports her beloved nurse academic husband, Fran. Diagnosed with cancer, Fran’s wish was to die mindfully – whatever the circumstances. Anna travels alongside whilst trying to balance normality in family life. Painfully tender, Anna offers an insight in what it’s like to consciously care for a loved one the way they wish to die – honoring the sacred covenant until the end. Biley skillfully guides the reader on a Caritas pilgrimage as she lives out Caring Science principles, digging deep to remember her life’s purpose, which resonates for us all.

This is a beautiful, auto-ethnographic book that weaves Watson's Caring Science within grief, conscious dying, nursing, motherhood and relationships.

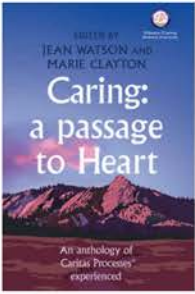
Level:
Accessible to all readers

Audience:
All readers

- October 2019, Lotus Library



Caring: a passage to Heart, An anthology of Caritas Processes® Experienced — Jean Watson, Marie Clayton



A rich and diverse selection of narratives that exhibit the 10 Caritas Processes® inspiring growth and hope in what is happening every day in the field of Watson's Caring Science, strengthening our humanistic values.

This keepsake book contains a collection of lived out stories written by caregivers as they go about their day-to-day work, revealing a personal or professional truth/value system which become exemplars of the Watson 10 Caritas Processes® – the core of the Theory of Human Caring. The collection in this book originated from participants taking a free online course entitled 'Caring Science Mindful Practice' facilitated by Kathleen Sitzman.

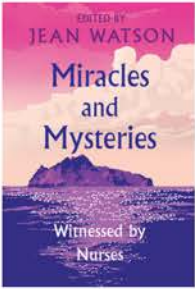
Level:
Introductory

Audience:
All readers

- October 2020, Lotus Library



Miracles and Mysteries: Witnessed by Nurses — Compiled by Jean Watson & multiple authors



A compilation of everyday miracles witnessed by nurses.

Facing life/death human experiences every day, nurses confront unexplained phenomena which do not conform to common explanatory scientific models. This collected work includes short vignettes written by nurses who answered the call-out by Jean Watson to share their profound nursing miracles and mysteries. It acts as a forum where miracles and mysteries can be shared and honored, and to highlight 'unknowns,' allowing for the reality of miracles to come back into our life and world.

Spanish version of this title contains narratives from Latin America and Portugal.



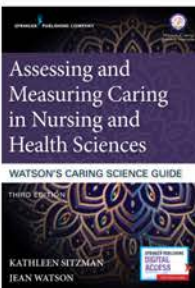
Level:
Introductory

Audience:
All readers

- October 2019, Lotus Library
- Also available in Spanish & Portuguese



Assessing and Measuring Caring in Nursing and Health Sciences — Kathleen Sitzman, Jean Watson



This book provides all the essential research tools for assessing and measuring caring for those in the caring professions. Watson's text is the only comprehensive and accessible collection of instruments for care measurement in clinical and educational nursing research. The measurements address quality of care, patient, client, and nurse perceptions of caring, and caring behaviors, abilities, and efficacy.

The third edition also contains three new chapters, which document the most effective caring language and provide innovative methods of selecting appropriate tools for measurement based on validity and reliability.

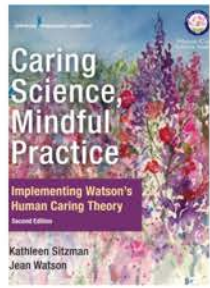


Level:
Students and professors

Audience:
Scholars, researchers and graduate students

- Third Edition March 28, 2019, Springer Sitzman & Watson
- Second Edition September 2008, Springer; AJN book of year. Jean Watson
- First Edition November 2001, Springer

Caring Science, Mindful Practice — Kathleen Sitzman, Jean Watson



Implementing Watson's Human Caring Theory

Self evident book for understanding caring within a mindful practice context for self learning. This book also integrates art as a way of understanding Watson's Theory and Caritas Processes® as core versus trim.

The second edition includes new and updated content throughout. It presents new examples from authors' research for cultivating daily Caritas and mindfulness practices.

Each Caritas Process chapter includes micro-practice examples from scholarly work demonstrating the use of Watson's Theory. Abundant case studies demonstrate how others have implemented Watson's Caring Science and mindfulness in everyday life and work.

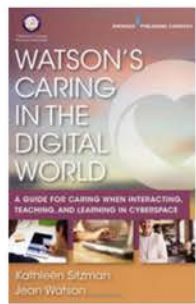


Level:
Introductory

Audience:
All readers, including outside of Nursing

- Second Edition May 2018, Springer
- First Edition 2013, Springer
- Also available in Spanish

Watson's Caring in the Digital World — Kathleen Sitzman, Jean Watson



A guide for caring when interacting, teaching, and learning in cyberspace.

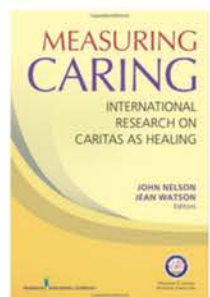
This innovative text, built on the foundations of Watson's Caring Science, demonstrates how nursing professionals can develop virtual relationships that encompass caring and understanding in professional, teaching/learning, and everyday cyber communications. It describes how caring and love can transcend 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.

Level:
Introductory

Audience:
Educators, online, nursing

- October 2016, Springer

Measuring Caring — John Nelson, Jean Watson



International Research on Caritas as Healing

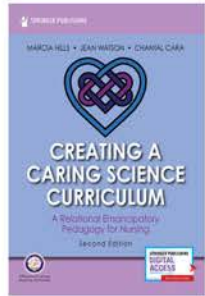
The book discusses at length eight different Caring Factor surveys, primary research tools for those using the Caritas Processes®, which identify constructs that either support or impede caring in multiple settings. The first section focuses on the theoretical underpinnings of Caritas and presents seven adaptations of the Caring Factor Survey. Section 2 addresses measurements and methods for facilitating a caring relationship between nurse and patient. Measurements and interventions to facilitate Caritas in a variety of settings are the focus of Section 3, and the final sections address the international measurement and international comparisons of Caritas. The volume will be an important resource for nurse leaders, educators, administrators in academia including unit managers, and for hospitals with or seeking Magnet status. The book serves as a complement to *Watson's Assessing and Measuring Caring in Nursing and Health Sciences* and *Creating a Caring Science Curriculum: A Relational Emancipatory Pedagogy for Nursing*.

Level:
Advanced

Audience:
For nurse leaders, educators, administrators in academia, unit managers, and hospitals

- August 2011, Springer

Creating a Caring Curriculum: A Relational Emancipatory Pedagogy for Nursing — Marcia Hills, Chantal Cara, Jean Watson



The hallmark text for nursing faculty seeking to promote the transformative teaching of Caring Science, this book reflects the paramount scholarship of Caring Science educators. The volume intertwines visionary thinking with blueprints, living exemplars, and dynamic directions for the application of fundamental principles. It features emancipatory teaching/learning scholarship, and student/teacher, relation/evaluation models for adoption into education and practice regimens.



Level:
Educators

Audience:
For educators and students interested in education

- Second Edition December 2020, Springer, Hills, Watson, Cara
- First Edition March 2011, Springer, Hills, Watson

Handbook for Caring Science: Expanding the Paradigm — William Rosa, Sara Horton-Deutsch, Jean Watson



A comprehensive, collected work of multiple authors who share diverse scholarship in Caring Science as an expanding paradigm. This is a scholars resource book and considered a collectors work for future references. There are multiple chapters by Watson and co-authored chapters by Watson that highlight her most current thinking around various areas such as Global, Unitary, Metaphysics, United Nations and evolution of caring for humanity.

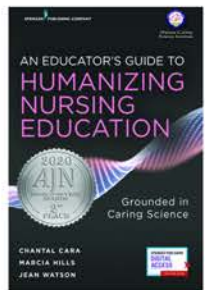
A compendium with many authors (755 pages).

Level:
Accessible to all readers

Audience:
Particularly for nursing students, academics and scholars

- 2018, Springer

An Educator's Guide to Humanizing Nursing Education — Chantal Cara, Kathleen Sitzman, Jean Watson



Delivers specific guidelines for implementing human caring within teaching practices along with a wealth of examples.

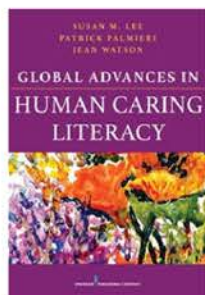
An AJN Book Award Winner.

Level:
Introductory

Audience:
Academics and educators

- June 2020, Springer

Global Advances in Human Caring Literacy — Susan Lee, Patrick Palmieri, Jean Watson



This narrative-based work is the first to describe Human Caring Literacy from the perspective of caring scientists who “live the life” by incorporating the precepts of human caring into every aspect of their personal and professional lives. It demonstrates, for nursing students and experienced nurses in a variety of roles, the abundant ways in which Caring Science Theory powerfully informs the lives of frontline clinicians, nursing deans and faculty, APRNs, and administrators in the United States and globally.

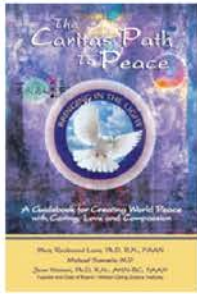
Level:
Academics

Audience:
Nurses and students

- November 2016, Springer

The Caritas Path to Peace

— Mary Rockwood Lane, Michael Samuels, Jean Watson



A Guidebook for creating world peace with Caring, Love, and Compassion.

Level:
Introductory

Audience:
All readers

- February 2012,
CreateSpace Independent
Publishing Platform

CO-AUTHORED BY JEAN WATSON



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