



# Watson Caring Science Lotus Recognition™



Lotus Recognition™ provided by Watson Science Caring  
Institute [www.watsoncaringscience.org](http://www.watsoncaringscience.org)



# Watson Caring Science Lotus Recognition™

The Watson Caring Science Lotus Recognition™ highlights an organization for their authentic commitment and demonstration of values, philosophy, and human caring theory-guided practices of Watson Caring Science. This recognition reflects the organization's caring and healing culture for staff, patients and communities.

This recognition is for hospitals, care homes, or other caring mission led organizations. It is open to unit, department, identified practice area, or program level within an organization. It is not for individuals, but for groups of people.

## Background of Lotus:

The symbol of Watson Caring Science Institute's logo embraces the beauty and simplicity of the universal lotus, a symbol of enlightenment and elevated consciousness throughout history and all cultures.



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## An Invitation from Jean

Hello and welcome!

I am honored to invite you and your colleagues to join us in transforming healthcare from the inside out! The Watson Caring Science Lotus Recognition™ has been designed to showcase the authentic caring and healing already taking place – you are already doing this – now let's share it with your colleagues and communities!

This unique Recognition offers organizations a simple, yet profound framework with which to inspire, educate, and honor their most important and valuable resource – people! The 10 Caritas Processes® framework potentiates self-healing, compassion, renewal, purpose and meaning. Watson's Caring Science practice contributes to improved patient, staff and quality care outcomes. Your Professional Practice (Praxis) will benefit using Watson's Caring Science theory, values, morals and philosophy as its foundation. Your organization's mission of Environmental, Social & Governance (ESG) is aligned with our values.

Thank you for your commitment to caring-healing and health for humanity and the planet.

In loving kindness,



**Jean Watson, PhD, RN, AHN-BC; FAAN, LL (AAN)**  
**Founder/Director, Watson Caring Science Institute**  
**Distinguished Professor/Dean Emerita University of Colorado**  
**Denver CO**



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## About our Founder Jean Watson

Jean Watson is a 'Living Legend', the Highest Honor designated by the American Academy of Nursing. She is a Distinguished Professor/Dean Emerita of the University of Colorado Denver, College of Nursing, where she held the very first Endowed Chair in Caring Science for 16 years at the University of Colorado Denver and Health Sciences Center. She is the founder of the original Center for Human Caring in Colorado. Watson also is the recipient of numerous awards and honors including the National Fetzner Institute Norman Cousins Award, an International Kellogg Fellowship in Australia, a Fulbright Research and Lecture Award in Sweden, and seventeen Honorary Doctorates, fourteen being international. Watson is the author of more than 100 publications in Caring Science and of more than 30 books on the Science of Human Caring™, including the classic: *Nursing. The Philosophy and Science of Caring* which identifies the 10 core Caritas Processes®, universals of human caring, necessary for studying and implementing a model of Caring Science in practice. This work restores the deep-spiritual dimensions of Love with caring-healing as the foundation for preparing a new level of practitioners in Caring Science health care.



# About Watson Caring Science Institute

Watson Caring Science Institute is an international non-profit 501C(3) organization that advances the unitary philosophies, theories and practices of Watson's Caring Science, developed by Dr. Jean Watson, RN, Ph.D, AHN-BC; FAAN, LL (AAN). Caring Science is a transdisciplinary approach that incorporates the art and science of nursing and includes concepts from the fields of philosophy, ethics, and ecology and mind-body-spirit medicine. There are an estimated 400 hospitals throughout the USA in which their professional practice model is based upon Watson's Caring Science (also called Unitary Caring Science). The institute has trained hundreds of Caritas Coaches® and Caritas Leaders® worldwide to translate theory into concrete practice. There are just under 900 trained Caritas Coach® graduates, Faculty & Scholars, who in turn provide Caring Science leadership for more than 289,000 licensed nurses and other staff who care for 950 thousand patients per year in hospitals alone.

Our mission is to translate the theory into concrete human-to-human practices that help to repattern the culture of healthcare, and other organizations whereby the practitioners 'live out' the theory in their professional and personal lives, improving patient care, and reducing staff burn out.

Focusing on research, education, praxis, legacy and leadership, the Institute aims to deepen the development and understanding of Watson's Caring Science and the 10 Caritas Processes®, to dramatically transform patient/family experiences of caring and healing in schools, hospitals, the wider community and our planet.



## How to Apply

Applicants will demonstrate their commitment to Watson's Caring Science Theory via their Practice or what we call 'Praxis'. WCSI's definition of Praxis means: to demonstrate exemplary *informed loving kindness within your work*.

## Pre Application requirements

- To start, please designate an internal coordinator or 'Lotus Lead' to assist interested units, (departments, practice or programs) within your organization.
- The Lotus Lead will collaborate with WCSI's 'Program Enrichment Coordinator' on the recognition process and how to submit applications.
- Per applicant, please submit a minimum of three criteria from the Praxis criteria listed below.

## Application Process

We have made this application process in alignment with our values. We want to capture your work in an easy, accessible, and plain language manner. We'll ask you for qualitative and quantitative information. This will provide rich data for future research into the value of Watson's Caring Science and contribute to the field of healthcare and how we care for ourselves and each other. Thank you for applying!



## The Process

1. Please fill out the application form on our registration page [watsoncaringscience.org/lotus](http://watsoncaringscience.org/lotus).
2. Pay the non-refundable application fee of \$250 (by card).
3. Using the secure WCSI online application platform, submit your evidence examples as attachments or links (photographs, artwork, poetry etc. accepted).
4. WCSI will send an automated confirmation of application receipt.
5. WCSI Program Enrichment Director will work with your 'Lotus Lead' to notify you whether the application is successful or ask for further information.
6. Once successful we'll invoice you for \$1,250 and send you a celebratory 'welcome basket' including a beautiful glass Lotus Recognition™ award, poster, certificates, and information on how to use the WCSI Lotus Recognition™ logo, and other information on press and public relations.
7. We'll help you organize a celebratory event if appropriate.
8. We'll showcase your success via our newsletters, press releases and social media platforms (currently 17,000 globally).





# Watson Caring Science Lotus Recognition™ Criteria

Per applicant a minimum of three Praxis criteria is required. Please provide 3 narratives of intentional use of Watson Caring Science practices within the past 24 months.

**A**

Demonstrate how leadership creates a caring healing environment (e.g., environment, pace, noise, music, contemplative area etc).

**B**

Demonstrate evidence of theory of Watson's Caring Science using one or more of the 10 Caritas Processes® as a guide.

**C**

Provide evidence that illustrate the experience of a Caring Moment for patient or family.

**D**

Provide evidence of two self-care practices of staff/coworkers/faculty/and or students (e.g., centering, pausing, or mindfulness).

**E**

Provide evidence that the unit leadership advocates for the dedicated resources to support integration of Watson Caring Science (e.g., Leadership/Board meeting minutes, fiscal budget planning).

**F**

Provide evidence of care for patients/families involved use of caring-healing modalities (e.g., aromatherapy, sound therapy, guided imagery/relaxation, or other Integrated Health modality).



G

Provide evidence of care for staff/coworkers/faculty/and or students care experiences involving use of caring-healing modalities (e.g., aromatherapy, relaxation, or other Integrated Health modality).

H

Demonstrate how the use of caring arts and humanistic caring is visible (e.g., posters, wall art or other aesthetic visuals).



# Frequently Asked Questions

Please use this page as a reference when presenting to key stakeholders on the Watson Caring Science Lotus Recognition™ process.

**Who:** Watson Caring Science Institute (WCSI) is an international non-profit 501c(3) organization that advances the philosophies, theories and practices of Watson Caring Science. Developed by Dr. Jean Watson, Watson Caring Science is a transdisciplinary approach that incorporates the art and science of nursing and includes concepts from the fields of philosophy, ethics, ecology, and mind-body-spirit medicine. Watson's theory is manifest or 'lived out' through the 10 Caritas Processes® which are 10 universal truths or canons in which to live and work. Our core values of inclusive, diverse, human/eco caring service to humanity and our planet is what underpins the work we do.

**What:** Watson Caring Science Lotus Recognition™ highlights an organization for its authentic commitment and demonstration of values, philosophy, and human caring theory guided practices of Watson's Caring Science.

**Why:** This recognition showcases and celebrates Watson's Caring Science as a professional practice model, which is often used as evidence in Magnet applications or Patient Score improvement methods. It also shines a light on the hidden caring moments which are often not 'seen'.

**Value:** This recognition reflects the organization's caring and healing culture for staff, patients and communities.

**When:** This is an ongoing application process. Applicants will be notified of the outcome 45 days after application is received.

**Cost:** Non-refundable fee \$250. Successful applicants pay an additional non-refundable \$1,250.



# Terms and Conditions

## **Equality and Diversity:**

All nominees (once assessed criteria is met) are recognized on an objective and non-discriminatory basis using a procedure that has been approved in advance by the Board of Directors of Watson Caring Science Institute and that has been designed to ensure that all such recognition meet the requirements of paragraphs (1), (2), or (3) of section 4945(g) of the Tax Code.

## **Confidentiality:**

WCSI shall retain the following records in connection with all Watson Caring Science Lotus Recognition™ applicants: all information obtained by the Institute to evaluate the qualifications of potential awardees; the identification of applicants and their organizations the purpose and name of recognition and any additional information WCSI obtains in complying with its' recognition administration procedures.

Information pertaining to all nominees will be kept in confidence. Records pertaining to any recognition made pursuant to this policy shall be kept for no less than three years after the filing of WCSI annual tax return for the period in which the Recognition fee was settled.

## **Governance:**

Watson Caring Science Institute is an international non-profit 501c(3) organization that advances the unitary philosophies, theories and practices of Caring Science developed by Founder Dr. Jean Watson. Caring Science is a trans-disciplinary approach that incorporates the art and science of nursing and includes concepts from the fields of philosophy, ethics, ecology and mind-body-spirit medicine.

All decisions are final. Questions regarding decision should be sent to [Dianne@watsoncaringscience.org](mailto:Dianne@watsoncaringscience.org)

This document will be reviewed annually.

Benefits and fees subject to change without notice.





***“This evolving view for humankind returns us to the heart of our humanity; it invites and requires practices for sustaining human caring for humanity and the planet for the collective well-being of all.”***

*Jean Watson* 

**For Information please contact**

Dianne G. Reid, MS, BSN, RN, NE-BC  
WCSI Program Enrichment Director  
[dianne@watsoncaringscience.org](mailto:dianne@watsoncaringscience.org)

**To apply:**

[watsoncaringscience.org/lotus](https://watsoncaringscience.org/lotus)



Watson Caring Science Institute /  
Dr. Jean Watson



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