

**Hawaii Association of Professional Nurses
Caring Science Consortium
September 18, 2021
9am HST, 12pm PST, 1pm MST, 2pm CST, 3pm EST**

***"Moving At A Pace That Is Real:
A Dialogue, Reflection and Exploration of Caring Consciousness"***



Dr. Sara Horton-Deutsch



Watson Caring
Science Institute
Regional Caritas Consortia



Dr. Erica D. Kooper-Arana

**Dr. Joseph Giovannoni and Dr. Marlienne Goldin
Invite you to this special event. Join the Zoom link below:
[https://us02web.zoom.us/j/87418306946?](https://us02web.zoom.us/j/87418306946?pwd=SnVnU0x4dU5HaURGcmplNUhjVFZNZz09)
[pwd=SnVnU0x4dU5HaURGcmplNUhjVFZNZz09](https://us02web.zoom.us/j/87418306946?pwd=SnVnU0x4dU5HaURGcmplNUhjVFZNZz09)
Meeting ID: 874 1830 6946**

[CLICK HERE FOR LINK TO ZOOM](#)

Sara Horton-Deutsch, PhD, RN, PMHCNS, FAAN, ANEF, Caritas Coach is a professor at faculty at the University of San Francisco School of Nursing and Health Professions and the Director of the Kaiser Permanente/USF Partnership where she mentors the next generation of nursing leaders through the lens of Caring Science and values-based leadership. She is also a faculty associate with the Watson Caring Science Institute. In 2021, she co-created and initiated the Caritas Leadership Program, a uniquely customized 6-month program guiding participants through executive caring science leader dialogues, interactive circles, and participant transformation projects. Sara is also currently on the Board of Directors of Sigma Theta Tau International and Leadership Council for Healing Circles Healthcare, part of Healing Circles Global.

Sara is deeply passionate about nursing and holds a strong vision for what the discipline and profession have to offer... bringing the best medical and healing sciences together to heal the world. She have worked in academic and practice settings for 35 years as an advanced practice psychiatric mental health nurse, teacher/practitioner, consultant, program director, caring science endowed chair, and academic/practice partnership director. She has co-authored a number of books on Reflective Practice, Caring Science and Caritas Coaching. In the holistic realm, she is a Caritas Coach, HeartMath Trainer, Reiki Practitioner, and Healing Circle Facilitator. Through her healing journey, she has learned the necessity of connecting to ones own inner sources of

wisdom, power and healing as well as the arts and humanities that once defined nursing. “We all have unique gifts and talents to share waiting to be discovered so that we can live out our lives potential.”

Erica D. Hooper-Arana, DNP, RN, CNS, CNL, PHN

Regional Program Manager, Academic Relations and Community Health

NCAL Regional Patient Care Services *Caritas Coach & HeartMath Certified Trainer*

Erica Hooper-Arana has a personal mission in life to use her gifts to help others advance their health and transformative processes to reach their greatest potential and healthiest selves. She is a registered nurse, referring to herself as a holistic practitioner, with 18 years of nursing experience working in various specialties within the nursing profession. Erica began working for the Kaiser Permanente as a Regional Program Manager for the Scholars Academy in February of 2020. She has been teaching nursing at the University of San Francisco (USF) since 2005 and currently co-facilitates a health and wellness course to help prepare future health professionals to remain resilient while providing quality care to others. Erica has a passion for alternative healing practices as well as promoting the health and wellness of vulnerable populations. She is a certified HeartMath trainer, life & spiritual coach, Caritas Coach, health coach, meditation/yoga teacher, and massage/reiki practitioner. She enjoys writing and is a published author. In 2020 she was introduced to Healing Circles Global and was trained to facilitate circles. Prior to Healing Circles Global, she has facilitated numerous healing circles with women and youth. Her greatest joy is her three children who consistently teach her that the most marvelous gift you can give anyone is your presence. Her life motto is to follow the heart and allow what is to simply be.