



Watson Caring  
Science Institute

# PROFILE WATSON CARING SCIENCE INSTITUTE

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## ***We are...***

*the original source and home of the professional practice model of caring originated by the visionary nurse scholar, Dr. Jean Watson and her theory of human caring science.*





Watson Caring  
Science Institute

# ABOUT

Established August 29, 2007, Watson Caring Science Institute (WCSI) is an international non-profit 501C(3) organization that advances the unitary philosophies, theories and practices of Caring Science, developed by Dr. Jean Watson, Ph.D., RN, AHN-BC, FAAN, LL (AAN). Watson's 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.

Our work has proven to engage and retain nursing staff and dramatically improve patient's perception of care. Focusing on research, education, practice, legacy and leadership, WCSI deepens the development and understanding of Caring Science and Caritas Practices. As a result, we intentionally transform the patient/family experiences of caring and healing in schools, hospitals, the wider community and our planet.

The Institute has prepared nurses, healthcare workers, and health leaders worldwide to translate theory into authentic practice. Our Caritas Coaches® & Caritas Leaders® lead more than 289,000 licensed nurses who care for over 950,000 patients per year in hospitals alone.

***“ We are the light in  
institutional darkness,  
and in this model we  
get to return to the  
light of our humanity. ”***

Jean Watson

# ABOUT



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## *What is Watson's Caring Science?*

Watson's Caring Science expands and deepens the conventional model of medical science, offering a unitary world view of connectedness of all. Watson's Caring Science theory has codified the universals of human caring, transcending language, religion and borders. Those universals are identified and manifested through the 10 Caritas Processes®.

## *We're here for nurses...*

First and foremost, Caring Science incorporates the ethic of caring which expands the medical technical model of science. This theory was developed by a nurse, for nurses and all caring professionals; and while our first responsibility is to uphold and uplift the discipline and profession of nursing, it goes beyond nursing. Nurses and human caring are critically important to the health and healing for humanity and the planet. We do this because as our Fonder Jean Watson reminds us "nursing in the paradigm exemplar of human caring, the most mature healing profession in the world."

## *Mission*

- To restore the profound nature of caring-healing within a Caring Science framework in stewardship to the current healthcare system worldwide.
- To retain and nurture its most precious resource, caring professional nurses and trans-disciplinary care team members.
- To deepen and expand Watson's Caring Science, the philosophies, theories, ethics and practices of Human Caring, originated by Founder/Director Jean Watson.

## *Goals & Objectives*

- Transform the dominant model of medical science to a model of Watson's Caring Science by reintroducing the ethic, philosophy and diverse practices of caring and Love (Caritas), necessary for healing.
- Deepen the authentic Caring-Healing relationships between caregiver and patient/family, to restore Love and compassion as the ethical, values foundation of healthcare.
- Translate the model of Caring-Healing/Caritas into fully integrated trans-disciplinary programs and services to help transform healthcare one nurse / one caregiver / one educator / one leader / one system at a time.
- Ensure caring and healing for the public, improve nurse and care provider retention in healthcare settings, enhance patient care outcomes, promote safe practices, and decrease costs to the system.

# TEN CARITAS PROCESSES®



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## 1. *Embrace (Loving-Kindness)*

Sustaining humanistic-altruistic values by practice of loving-kindness, compassion and equanimity with self and others.

## 2. *Inspire (Faith-Hope)*

Being authentically present, enabling a system of faith, hope and belief, honoring the subjective inner life-world of self and others.

## 3. *Trust (Transpersonal)*

Being sensitive to self and others by cultivating one's own spiritual practices, beyond ego-self to transpersonal presence.

## 4. *Nurture (Relationship)*

Developing and sustaining loving, trusting-caring relationships.

## 5. *Forgive (Holding Space)*

Allowing for expression of positive and negative feelings — authentically listening to another person's story.

## 6. *Deepen (Creative Self)*

Creatively problem-solving-solution-seeking through the caring process, with full use of self and artistry of caring-healing practices via all ways of knowing / being / doing / becoming.

## 7. *Balance (Learning)*

Engaging in transpersonal teaching and learning within the context of a caring relationship. Staying within another's frame of reference and shifting toward a coaching model for expanded health and wellness.

## 8. *Co-create (Caritas Field)*

Creating a subtle healing environment at all levels for an energetic, authentic caring presence.

## 9. *Minister (Humanity)*

Reverentially assisting with basic needs as sacred acts, touching mind / body / spirit of another, sustaining human dignity.

## 10. *Open (Infinity)*

Opening to spiritual, mystery and unknowns — allowing for miracles.

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# PROGRAMS & SERVICES



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## Why Watson's Caring Science?

Watson's Caring Science provides a framework to articulate caring in an accessible, elevated and distinctive way to individuals and institutions that want to move through the world in a caring and compassionate way, yet don't know how to intelligently and reliably transform their systems and/or themselves.

## Our Programs & Services

WCSI's programs and services support visionary leadership by mobilizing, educating and engaging nurses, institutions and other care givers within a professional practice model for human caring centered around Caring Science and the 10 Caritas Processes®. WCSI programs draw upon shared human spirit for creative new solutions, allowing for expanded views of humanity, of healing, of health.



## WCSI Programs & Services

### Overview



#### EDUCATION

##### Courses/Professional Development

Caritas Coach Education Program®  
Caritas Coach Latin America  
Caritas Leadership Program™  
Postdoctoral/Senior Scholarship  
Annual Conference  
Webinars Sponsored  
Programs Free  
Online Courses  
Caritas Healing Connections  
Endorsed Programs  
Scholarship



#### RESEARCH & SCHOLARSHIP

Theoretical Framework  
Caring Science Library  
Articles & Publication  
Consultation  
Watson Caritas Measures™ & Outcomes  
Consultation



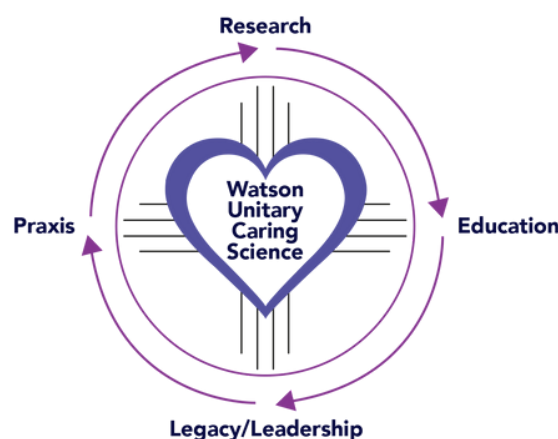
#### PRAXIS/PRACTICE

Affiliates  
Professional Practice Model  
CCEP Projects Database  
Research Results  
Lotus Recognition™ Awards  
Watson & Faculty Videos



#### LEGACY & LEADERSHIP

WCSI Regional Caritas Consortia™  
Global Associates  
Board & Ambassador Advisors  
WCSI-Latino-Iberoamérica 13 Countries  
The Caring Store  
• Membership  
• Scholarships  
• Dissertations  
Stay Connected  
• Newsletters  
• Caritas Quotes  
• YouTube / Vimeo  
• Facebook / Instagram / LinkedIn



WCSI Operational Structure

# APPENDIX

## Education

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### Courses

#### **Caritas Coach Education Program® (CCEP)**

A 6-month personal and professional development program, offering a dynamic, collaborative, and compassionate deep dive into self-reflection on how ones' personal gifts and talents inform their caring practice. Caritas Coaches® are champions of Watson's Caring Science and are instrumental in influencing system change.

#### **Caritas Coach Education Program® — LIA (CCEP-LIA)**

Spanish-translation of CCEP. As part of our global mission to provide access to Watson's Caring Science, we work with 13 Latino-Iberoamerican countries to provide affordable resources in Spanish and Portuguese thereby removing barriers to the work. 6-months.

#### **Caritas Leadership Program™**

A 6-month, transformational model designed to engage in deep study and personal mastery of leadership guided by Watson's Caring Science, the 10 Caritas Processes® and Caritas Literacy. Receive Caritas Leader® distinction upon completion.

#### **Watson Caring Science Postdoctoral & Senior Scholar Program**

Exclusive 3-day onsite seminar for those who wish to further their study and knowledge of Caring Science in an intimate setting with Dr. Watson. To advance the discipline through education, practice, research and leadership.

### Annual Conference

The Caritas Community Conference is a 2-3 day gathering for Caring Science colleagues and interested participants to share their scholarship and expressions of Watson's Caring Science. This is an opportunity to connect face to face and renew, refresh and share with colleagues from all over the world! The conference also offers experiential artistic workshops and healing modalities. Annual in-person event.

### Webinars

Faculty Associates and colleagues periodically offer webinars throughout the year on various topics. Please refer to the Events Calendar on the website for current offerings.

### Sponsored Programs

#### **Middle Eastern Nurses & Partners United in Human Caring**

This project and series of annual conferences is specifically for Nurses and midwives working in the Middle East. Since June 2013, WCSI creates space for dialogue annually with the mission to promote the practice and application of Watson's Caring Science. This event is proudly sponsored and endorsed by Watson Caring Science Institute in collaboration with the United Nations, The Israeli Cultural Commission and The American University of Palestine. Annual in-person event.

## Free Online Courses

WCSI endorses these online programs that introduce and incorporate Watson's Caring Science concepts and caring practices into everyday work environments.

- **Caring Science, Mindful Practice** — A great introduction to Watson's Caring Science. Offered by WCSI Faculty Associate Dr. Kathy Sitzman. 4-week online program. [caringsciencemindfulpractice.com](http://caringsciencemindfulpractice.com).
- **Watson's Caring in the Digital World** — Informing one's practice on how to use Watson's Caring Science via technology. Free course offered by WCSI Faculty Associate Dr. Kathy Sitzman. 4-week online program. [caringsciencemindfulpractice.com](http://caringsciencemindfulpractice.com).
- **Healing with the Arts** — Online program using teachings, guided imagery exercises and art projects to promote healing. Offered by WCSI Faculty Associate Dr. Mary Rockwood Lane. 6 weeks. [healingwiththearts.com](http://healingwiththearts.com).

## Research & Scholarship



### Affiliate Program

WCSI has developed a distinctive, organizational model based on Dr. Jean Watson's Caring Science (also known as Unitary Caring Science). Dr. Watson and WCSI Faculty experts, researchers and scholars have worked with nurses and other healthcare leaders all over the world to develop these indicators for our Affiliation program that embraces humanistic values. These indicators serve as a foundation for leaders and organizations to 'live-out' and showcase the act of caring in an authentic and meaningful way.

WCSI offers ongoing support and resources, including customized training programs and consulting, with priority access to Dr. Watson, WCSI Faculty, experts and scholars.

### Consultancy

Our WCSI Caritas Consultants are experts at implementing Watson's Caring Science theory into practice for both individuals and organizations and are available for 1:1 consulting, keynotes, speaking and workshops. Work with us to:

- help create a caring and healing culture
- implement practical tools to renew/support and retain staff
- create caring exemplars for your Magnet journey
- measure care — improving patient's experience of care
- recreate/evolve/transform professional practice models using Caring Science

Our consultants live throughout the world, without borders.

# Scientific Inquiry

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## *Watson Caritas Measures™*

WCSI has created 7 measurement tools to assess perspectives of caring practices regarding care for: Patient, Leader, Preceptor, Co-worker, Self, Leader-Self and Organization. These tools are reliable and valid instruments used in hospitals and systems throughout the United States and other parts of the world.

## *Press Ganey & Qualtrics*

Working in collaboration with Jean Watson and WCSI to offer the Watson Caritas Patient Score® (WCPS) as optional questions to Press Ganey & Qualtrics clients.

# Praxis / Practice

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## *Affiliates*

Affiliates are a living testament to the transformational change that occurs by adopting Watson's Caring Science. Over the past several years, WCSI in partnership with CNO Affiliate leaders, new caring science criteria have been established, validating authentic, whole-person/whole-system caring science practices, research and scholarship.

## *Caritas Coach Education Final Project Database*

Each Caritas Coach creates and presents an abstract as part of their final work. We have developed a database to collect and evidence the incredible diversity of caring science projects, thus, evidencing the value added to their work, communities and the discipline.

# Legacy & Leadership

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## *Lotus Recognition™*

The Lotus Recognition™ highlights and honors an organization for their authentic commitment and demonstration of values, philosophy and human caring theory-guided practices of Watson's Caring Science via programs and initiatives within their teams, units or systems.



Watson Caring Science  
Lotus Recognition™



## WCSI Regional Caritas Consortia™

WCSI Regional Caritas Consortia (WCSI-RCC) are region-based gatherings and conferences of interdisciplinary groups of nurses, health professionals – and other mission-led organizations – to explore and share the philosophy, theory, values and practices of Watson's Caring Science, also known as Unitary Caring Science.



WCSI-RCC's are committed for the betterment of sustaining human caring and healing within their regional communities that radiate out to the world by generating new forms of scholarship, education, leadership and clinical practice knowledge.

## Global Contacts

WCSI provides a forum for global nursing and health/healing professionals to expand and disseminate knowledge and practices of human caring, healing and peace in service to humanity, through informed moral action (sacred activism).

## WCSI-Latino-Iberoamérica (WCSI-LIA)

WCSI-LIA works with organized Country groups to provide access and share Watson's Caring Science. Current formally incorporated groups include: Argentina, Brazil, Chile, Costa Rica, Colombia, Bolivia, México, Panamá, Perú, Portugal, Spain and Uruguay. All are dedicated to supporting and strengthening the implementation and dissemination of Watson's Caring Science within Latin-Iberoamerican countries by our colleagues who live and work there.



## The Caring Store

The Caring Store is WCSI's online store featuring books by Jean Watson as well as WCSI Faculty and Associates via the Lotus Library and other publishers. We also offer WCSI merchandise including engraved Singing Bowls, journals, jewelry, clothing and more. Visit [thecaringstore.org](http://thecaringstore.org).

## Membership

Annual subscription providing access to various resources and discounts in The Caring Store.

## Scholarships

Financial support for applicants accepted into CCEP or participation in any of WCSI personal and professional development programs. Application required.

## Caritas Healing Connections

Caritas Healing Connections is a safe space for the Caring Science community to share healing modalities (i.e. Caritas moments, healing poems, meditation, yoga, music, etc.), and connect with one another. Offered every 3rd Saturday of the month via Zoom. Free and open to all.



## Lotus Library

An imprint of WCSI to give voice and language to the work. To give voice to nurses sharing micro-caring moments which create profound healing-moments often ignored or overlooked.



## Articles & Publications

Articles and publications written by Jean Watson and WCSI Faculty, Associates and colleagues. Available on the website.

## Dissertations

Written by Watson Caring Science Postdoc and Senior Scholars. Available on the website.

## Endorsed Programs

Programs and offerings of our faculty members and associates that align with our mission and values.

## Stay Connected

- Newsletters
- Jean Watson's Caritas Quotes
- YouTube
- Vimeo
- Facebook, Instagram, LinkedIn



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*We are a 501c3 non-profit organization. Tax ID# 26-0803334*

Offers and prices subject to change.

Revised: May 2, 2024