



LOVE

Watson Caring
Science Institute

COMPASSION • WISDOM • LOVE • CARING

Introduction

Welcome!

WCSI Arts Health Humanity – WCSI has been working with European partners, local artists and influencers to offer this dynamic (un)conference. With a combined offer of speakers and arts activities, participants will have a chance to experience the arts as a potential tool to inform their practice, self, and/or system. Speakers will speak on the theme of ‘What makes a healthy city/city of compassion or ‘Communitas Community’ based on the 10 Caritas Processes® developed by Distinguished Professor Jean Watson. Participants will be able to choose from experiential community caring-healing workshops on offer, including: visual expressive art; singing; creative writing; comedy (spoken word); holistic healing health modalities; and movement/dance. Talks will be from a variety of cultural sectors. Dr. Watson will be on hand to open and close the conference.

Intentional outcomes – To translate the ethos and ethics of Caring Science as a modality to impact a wider audience — to engage and support those working in a variety of sectors who share a common base: to consciously and intentionally bring Love to the center of our work, one person / one health practitioner / one Leader / one artist / one community, at a time.

Who is it for? – This conference is for anyone interested in health and well-being, community cohesion: educators, artists, civil servants, nurse practitioners, and health care systems. The offer is publicized through our WCSI family, Brighton Universities and Hospitals, their staff, UK Health systems, students, residents, and European affiliates such as the European Academy of Caring Science.

Vibrant, Colourful & Creative – Brighton is a fun, quirky coastal town only an hour away from central London by train. With its bohemian, creative vibe, Brighton is where England’s seaside experience goes from cold to cool.

We hope you enjoy your experience!

With gracious thanks to Watson Caring Science Institute, University of Brighton, Brighton & Sussex University NHS Hospital, The Platform, Quaker Meeting House, Fiddlers Elbow Pub, Flor Taboada, Josie Barnes- volunteer, Lucy Kenward - event manager, The Platform and Mike Levy from local studio Castor & Pollux who designed our Goody Bags.

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Watson Caring
Science Institute



University of Brighton

Speakers / Day One



DR JEAN WATSON

Dr Watson is a Distinguished Professor Emerita and Dean Emerita of the University of Colorado Denver, College of Nursing, where she held the Endowed Chair in Caring Science at the University of Colorado Denver and Health Sciences Center for 16 years. She is the founder of the original Center for Human Caring in Colorado' the recipient of numerous awards and honors, including the National Fetzer Institute Norman Cousins Award, an International Kellogg Fellowship in Australia, a Fulbright Research and Lecture Award in Sweden, and 14 honorary doctorate degrees. 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/Caritas HealthCare.

Dr. Watson was designated a Living Legend by the American Academy of Nursing, its highest honour.

Favorite Smell: The Sea of Cortez



PROFESSOR KATHLEEN GALVIN

Professor Kathleen Galvin is Professor of Nursing Practice at the University of Brighton. Her work has spanned phenomenology, philosophy, qualitative research, the arts and humanities in health, action research, multiple methods in service evaluation, public and patient involvement and perspectives, and issues in professional education.

Professor Galvin edited the Routledge Handbook of Well-being; an international text with contributions from 30 world-leading authors. She has published journal articles and book chapters that particularly focus on the values of services as experienced by people, new theoretical perspectives in caring and wellbeing, new methodology that draws on the arts - poetic inquiry and developments in qualitative research.

Kathleen is particularly interested in the application of methodologies which can help the public and professionals to engage in a more embodied way with qualitative research findings for the purposes deep insights with new understandings.

Her current research program explores peoples' experiences of a range of health issues and using phenomenological-oriented philosophy develop novel theoretical framework for caring practices. This includes contributions to new theoretical perspectives on well-being, suffering and humanising approaches to human services. An important strand concerns the use of philosophy and the arts in developing insights that can lead practice. Outcomes include interdisciplinary projects and public engagement with science events and contributions to the ethics of care.

Favorite smell: rhubarb and custard! But I love Gardenias too.

Speakers / Day One



MARY ROCKWOOD LANE

**PHD, RN, FAAN ASSOCIATE PROFESSOR
UNIVERSITY OF FLORIDA GAINESVILLE, FL**

Mary Rockwood Lane is the co-founder and director emeritus of Shands Arts in Medicine program at University of Florida, Gainesville. She founded and created the first artist in residence program of this type in the country. She led and developed that program for over fifteen years. She is now an Associate Professor of Nursing at College of Nursing, University of thin the Center of Spirituality and Healthcare at UF.

She has written many articles on art and healing in peer reviewed journals and is a recognized leader in the field. She lectures and teaches workshops on art and healing and spirituality in healthcare. She has been very involved in setting up art and healing programs in hospitals in Florida and around the country. Her research was a phenomenological hermeneutic study researching the lived experience of art and healing.

Favorite smell: red roses



DR ANNA BARNES

I am currently working as Associate Director for Program Office Governance at Brighton and Sussex University Hospitals Trust within the 3Ts Capital Development; a £485m development of an existing acute hospital site. My role is also to provide Board Assurance, whilst challenging the processes and systems being utilised as part of the program and to ensure that it meets best practice.

I have had a varied career over the last 28 years working in capital development, regeneration, commissioning, financial turnaround, service redesign and evaluation. Within the health service I have worked in mental health, primary care, acute care and as a commissioner for both health and social services. I have a PhD in Mental Health as I started my career in the voluntary sector working with people who had been resettled from the psychiatric long stay institutions. I am still Chair of Seaview which is a Center for people with complex needs including drug, alcohol problems and homelessness.

My particular interest currently concerns how the health care environment can contribute to the patient experience, both through making the provision of a better place to receive excellent clinical care but also through the message of competence, caring and compassion which is communicated through the design. I am therefore passionate about the importance of incorporating art and local culture in the designs of buildings.

Favorite smell: My new grandson Felix.

Speakers / Day One



BENTE MARTINSEN

**ASSOCIATE PROFESSOR, RN, MNSC, PHD,
SECTION FOR NURSING, DEPARTMENT OF PUBLIC HEALTH
AARHUS UNIVERSITY, CAMPUS EMDRUP, DENMARK**
bm@ph.au.dk

PhD is Associate Professor in nursing at Aarhus University, Denmark. Her research is concerned with, peoples' experiences of physical impairment, the meaning of dependency, and ageing. Martinsen's work is primarily informed by phenomenological research approaches and the resulting methodological implications.

Currently Bente Martinsen is working on a study of older peoples' experiences of being dependent on help from homecare staff in their homes.

Favorite Smell: the smell of home baked buns (since my cat doesn't smell: of anything)



SARA HORTON DEUTSCH

Sara Horton Deutsch, PhD, RN, FAAN, ANEF, is a Professor at the University of San Francisco who teaches health policy, ethics and scholarly writing in the DNP program and engages with Kaiser Permanente's Nursing Scholars Academic Partnership to enhance professional development. She is also an adjunct Professor at the University of Colorado where she mentors doctoral students in the Caring Science PhD program track. Prior to coming the University of San Francisco, she was the Watson Caring Science Endowed Chair at the University of Colorado. She is an established nurse leader known for her work in leadership development and advancing the art and science of caring, reflective pedagogies and mindfulness in nursing education.

Favorite smell: Eucalyptus and the seaside.

Speakers / Day One



GISELA VAN RENSBURG

Gisela van Rensburg obtained her DLit et Phil at the University of South Africa (Unisa). She is a Professor in the Department of Health Studies at Unisa. She is actively involved in supervision of postgraduate students. Gisela is engaged a variety of projects on research capacity development, teaching of research methodology and caring in an open distance learning environment. Her educational interests lie in health sciences education, individual differences in the learning process and student support. Her clinical interests are in Orthopaedic nursing.

Favorite smell: a soft floral smell and I always love the African bush, especially after rain.



KATHLEEN SITZMAN

PHD, RN, CNE, ANEF, FAAN

Kathleen Sitzman is Professor, Undergraduate Nursing Science, at East Carolina University (NC). Dr. Sitzman has been a nurse since 1983 and has used her extensive experience to produce scholarly work that contributes to the nursing profession and body of knowledge on international, national, state, community, and local levels. She has been Co-PI or PI on ten research projects related to caring in digital settings. Dr. Sitzman has published more than 100 peer-reviewed articles, has co-authored two textbooks for Springer Publishing; Sitzman, K. & Watson, J. (2017), *Watson's Caring in the Digital World*; Sitzman, K. & Watson, J. (2014), *Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory*, and has also co-authored two textbooks for Jones and Bartlett: Sitzman, K. & Eichelberger, L. (2011) *Understanding the Work of Nurse Theorists: A Creative Beginning* (3rd Edition) and Judd, D., Sitzman, K. (2014). *Nursing history: trends and eras* (2nd Edition). She is a member of ANA, NLN, AAN, STTI, and IAHC. She has served as the secretary of the IAHC Board for nearly three years. Starting in 2009 and continuing to the present, she serves as Assistant Editor for the *International Journal of Human Caring*. She is the creator and ongoing Instructor/Administrator for the internationally recognized "Caring Science, Mindful Practice" Massive Open Online Course that has been offered twice a year from 2017 to the present. To date, this course has served 3801 learners from all over the world and has established an enduring international caring community.

Favorite smell: Eucalyptus

Speakers / Day One



BARBARA B. BREWER

PHD, RN, MALS, MBA, FAAN
ASSOCIATE PROFESSOR,
THE UNIVERSITY OF ARIZONA COLLEGE OF NURSING
E-Mail: bbrewer@email.arizona.edu

Barbara is a researcher who has been principal investigator on numerous projects evaluating caring practices of caregiver staff as perceived by patients. In addition, she has adapted measures to evaluate self-caring as well as caring behaviors of leaders and peers. She is currently performing a program evaluation of the Caritas Coach Education Program. Besides her Caritas research, she has been principal investigator of National Institutes of Health funded research projects evaluating communication structures on patient care units and relationships between structures and patient safety and quality outcomes. Before returning to academia, Barbara held many executive leadership roles in hospitals and has led efforts to incorporate Watson's Caring Science as the nursing professional practice model at one of the early Watson Caring Science Institute Affiliate hospitals.

Barbara completed her PhD in clinical nursing research with a focus on health care systems and informatics at The University of Arizona. She was inducted as a Fellow in the American Academy of Nursing in 2013. She was a member of Cohort 1 of the Caritas Coach Education program and is a Board member of Watson Caring Science Institute.

She has authored many articles and book chapters related to her practice and research. Since 2009 she has served as Research Advisor to the Watson Caring Science Institute Board and a full board member since 2015.

Barbara resides in Tucson, Arizona with Dudley, the best dog ever!

Favorite smell: Tucson after a rain storm.



CURTIS JAMES

Curtis runs an ethnographic research and storytelling company called Fieldwork. He specializes in research and telling stories about the lived experiences in communities and companies.

Curtis is in the middle of a research project that is taking him back to the Council Estate he grew up in East Brighton. He is training up residents to do their own ethnography and storytelling to see what impact this might have on their lives, the gap between needs and the services that exist to support those needs, and broader policy.

He's also helping community businesses tell their stories by immersing himself in their lives and turning this research into a series of podcasts.

He goes hiking and wild camping a lot.
[@oswald808](https://twitter.com/oswald808) on twitter
www.wearefieldwork.com for work
www.eastbrighton.org for community ethnography

Favorite Smell: forests

Speakers / Day One



JO WHITE

PROGRAM DIRECTOR FOR WISHING WELL MUSIC IN HEALTHCARE

Jo has worked as a musician and project manager in health and community settings since 2003. A lifelong Musician herself, Jo has been involved in creating music programs that help people find their voice.

As part of her work for Brighton based music charity, Rhythmix, Jo created the Wishing Well Music in Healthcare program in 2013. Wishing Well now works in partnership with 6 NHS Trusts, bringing live music right to the bedsides of children, young people and older people with dementia. The team of 12 Musicians in Healthcare use music making to shine a light on what people can do – to find their strengths, help them express themselves and to promote a sense of community in hospital wards.

Jo is co-founder of the National Alliance of Musicians in Healthcare – an umbrella organization supporting organizations using participatory music to support wellbeing in health and community settings.

www.wishingwellmusic.org.uk

Favorite smell: horses!



JANET LEE

CHILDREN'S CRITICAL CARE PRACTITIONER, ROYAL ALEXANDRA CHILDREN'S HOSPITAL, BRIGHTON & SUSSEX UNIVERSITY HOSPITALS TRUST.

Janet Lee is a paediatric critical care practitioner with more than 35 years' experience in paediatric nursing. Janet currently works at the Royal Alexandra Children's Hospital in Brighton. The Alex is a 100 bedded children's hospital, recently rated Outstanding by the CQC.

In addition to her nursing career in children's critical care, Janet has been involved in the development of services for children with disabilities and complex needs. She works freelance for Triangle, an independent organization providing training, consultancy and expert opinion on the needs of children and young people.

In her current role, Janet supports the development of child focussed, family Centered care that has a strong evidence base. Her working week includes in situ multi-professional simulation, bedside and classroom teaching, developing pathways for care, promoting resilience, enabling learning, listening, playing, finding out new things, and rolling her sleeves up and nursing.

Janet is part of a team that is resilient, resourceful and happy.

Favorite smell: My favourite smell.... Hmm..... toasted bagel..... small baby.....fresh coffee.....fireworks.....the smell of Brighton when I get off the train from London

Speakers / Day One



HÉCTOR ROSSO

RN, BSN, CDN, MA

WCSI SUR (SPANISH) FACULTY ASSOCIATE WATSON CARING SCIENCE INSTITUTE

A native of Uruguay, Héctor has worked as a nurse for over 27 years. Most recently he was Adjunct Director of a large Psychiatric Hospital (CEREMOS – ASSE). This experience informed his desire to develop the well-being and care of his Nursing staff and formed his dissertation research for his double Masters.

Héctor was previously Professor & Director of the Department of Education & Community Health at The School of Nursing and Health Technologies, Catholic University of Uruguay – a prestigious academic institution with more than 10,000 graduates in the fields of Law, Engineering, Social, Business and Health Sciences.

Héctor worked for 24 years as a nurse in various positions (Emergency, Intensive Care, Polyclinic Supervisor) for the only public Paediatric Hospital in Uruguay where he became Chief Nurse with a specialization in Diabetic Education.

A strong believer in education, Héctor has a Double Master's in Strategic Management – specializing in Healthcare Organizations; a master's degree in Strategic Management with a specialty in Management with a focus in Healthcare Organizations.

Héctor is also a Certified Reiki Practitioner.

A profound family tragedy changed Héctor's life trajectory and led him to Caring Science. After meeting Dr Watson and hearing her speak about her work, Héctor has now made it his life's mission to share Watson's Theory of Caring Science, for self and other – providing access particularly to Spanish speakers and nurses throughout the world.

Contributing to caritas, for self, others and the planet.

Favorite smell: wet earth when it rains



LISA GOLDBERG

As a Nursing Professor and Certified Caritas Coach who also holds membership in LGBTQ2S+ communities, Lisa embodies her role as educator and researcher largely committed to the politicization of future nurses. With a focus on scholarly excellence and compassionate practice, with a strong focus on issues related to equity, social justice, and advocacy, her academic career has been largely focused on the pursuit of these ideals and how to foster their relevance in meaningful ways with students, colleagues, and the broader community. Understanding that caring science is a living breathing extension of the self, Lisa fosters this philosophy of caring science as a way of advancing knowledge of diversity and inclusivity in our personal and professional practices in self, others, and systems—particularly systems that are often hierarchical and unforgiving. Her efforts have been supported through various Canadian funding bodies and most recently with the 2017 Dalhousie University Award for Excellence in Education in Diversity through the Center for Learning and Teaching.

Favorite smell: So many glorious smell:s, but one of my favorites is the combination of bergamot oil and vanilla either on the skin or combined in a cup with black tea for the perfect cream of earl grey.

Speakers / Day Two



DR. JOYCE B. PERKINS

Dr. Joyce B. Perkins teaches in the Bachelor of Science in Nursing, College for Adults, at St. Catherine University, St. Paul, Minnesota, USA, and is curriculum designer for this new holistic, multicultural baccalaureate. This program focuses on the development of expanding consciousness in the nurse via a “Unitary Human Caring Science” based on the grand nursing theories of Watson, Newman, Rogers, and multi-cultural influences via the interface of western medicine with ancient healing practices of original peoples.

Dr. Perkins’ areas of expertise include theory development in nursing, complementary/ alternative or integrative therapies, psychiatric/mental health nursing, group fitness, genetics, and transformational nursing leadership. Dr. Perkins worked as a psychiatric nurse from 1999-2012 at St. Mary’s Hospital, Mayo Clinic Foundation, Rochester, MN. Her hospital nursing experience included addictions, depression/mood disorder, fibromyalgia and chronic pain. She is trained and certified in many healing modalities including: Healing Touch (CHTP), Reiki (RMP-T), Spring Forest Qigong, Medical Qigong, and is an Advanced Holistic Nurse (AHN-BC). She has studied the healing practices of shamans and healers among Native American Indian tribes, and the Q’ero Indians of Peru.

Dr. Perkins has a 34-year teaching career in the health, exercise and fitness arena. She has created programs, taught exercise classes, given workshops, and been lead instructor at various fitness facilities teaching many classes in qigong, meditation, yoga, aerobics, strength and toning, and water aerobics. She unpacks the body’s wisdom and healing potential through movement and energy practices, bringing “direct” experience into the realm of nursing self-care, as well as developing “healing presence” for patient care transformative moments. Dr. Perkins completed post-doctoral training with Dr. Jean Watson in July of 2018.

Favorite smell: Lavender



MARIAN C. TURKEL PHD RN NEA-BC FAAN

In 2007, I joined the faculty of the Watson Caring Science Institute (WCSI) teaching in the Caritas Coach Education Program, mentoring nurse scholars doing caring science doctorates, publishing with Dr. Watson. When I was Director of Professional Practice/ Magnet and Research at Einstein Hospital in Philadelphia we were designated as a WCSI Affiliate Hospital. I was inducted as Fellow in the American Academy of Nursing in 2012, joined the Nursing Theory Guided Practice Expert Panel and served in a leadership role on the expert panel for three years.

I am currently doing a post doctorate with Dr. Watson with the focus being on advancing the epistemology and ontology of nursing science and unitary caring science. I am one of the Associate Editors for Unitary Caring Science: Expanding the Paradigm (September 2018). The second initiative of my post doctorate work is a research study The relationship between the practice environment (patient experience/patient quality outcomes and nurse satisfaction) in healthcare organizations and a professional practice framework informed by nursing theory /nursing science. The research involves looking at the process and experience of integrating nursing theory into the practice setting. The third initiative of my post doctorate work includes the submission of two book proposals. Alphabetic Guide to Unitary Caring Science and collaborating with my husband Brooks a Fellow in the American College of Health Care Executives 2018 on a book Leading from the heart: For leaders who care, framed within caring science. I remain honored and humbled to be a part of the WCSI and look forward to being on the “caritas Journey” with all of you.

Favorite smell: Lavender

Speakers / Day Two



CHRISTINE GRIFFIN

MS, RN-BC, CPN, CARITAS COACH, HEARTMATH TRAINER

Christine Griffin is a nurse at Children's Hospital Colorado where for the past fifteen years providing care not just for the patients and families but for the care providers as each search for health and wellness. Chris is a board-certified nurse in professional development matching expertise in adult learning with a passion to heal the healers in healthcare. She serves as chair and co-chair for many resiliency programs at Children's Hospital Colorado including the Resiliency collaborative, Caring Science and HeartMath and also serves as a resiliency coach and mentor in both team debriefings and resiliency courses offered throughout the organization. Chris is currently enrolled in a PhD program at University of Colorado, became a Caritas coach in 2010 and a HeartMath trainer in 2011.

For the past ten years Chris has develop resiliency curriculum, presented at national and international conferences on resiliency and offered resiliency workshops with healthcare organizations and hospitals around the country. In her PhD program Chris is studying effective compassion fatigue interventions to decrease burnout, mediate secondary trauma and increase compassion satisfaction for healthcare providers. Chris has a passion to help other healthcare providers build a practice of self-care and compassion through a shared narrative and experiential learning opportunities to decrease the suffering of those who are called to care for others.

As a Foster Care Family for over 18 years, Chris has used Caring Science to nurture each child who enters their home. The trauma endured by the children in foster care can only be healed through authentic love and willingness to hold the space for both negative and positive emotions. Caring Science offers a beautiful path for the foster families and foster children to create homes filled with shared humanity and love to answer really hard questions heart to heart.

Favorite smell: Apple Pie



JIM D'ALFONSO

**DNP, RN, PHD(H), NEA-BC, FNP EXECUTIVE DIRECTOR
PROFESSIONAL PRACTICE, LEADERSHIP DEVELOPMENT & RESEARCH**

Founding Executive Director of The KP Nurse Scholars Academy
Kaiser Foundation Hospital and Health Plan Kaiser Permanente
Northern California, Oakland, CA USA

Jim leads workforce development and community programs that support Kaiser Permanente's (KP) clinical operations and quality care for nearly 5 million members in Northern California. Kaiser and the University of San Francisco were recently recognized with the 2018 American Association of Colleges of Nursing (AACN) Exemplary Academic Clinical Partnership Award.

Jim completed his Doctor of Nursing Practice with a focus in Executive Leadership (ELDNP) at the University of San Francisco, where he serves as Affiliate Faculty. He is a board-certified nurse executive (NEA-BC), a certified Caritas Coach, and a HeartMath trainer. Jim was the founding Chief Nurse Executive and

Chief Operating Officer of the Watson Caring Science Institute and in 2015 was awarded an Honorary Doctorate in Caring Science to honor his devotion to transformative leadership, scholarly teaching, and practices in human caring. In 2013 he was inducted into the Nursing Academies of Practice (NAP) in Washington, DC.

He has authored a variety of nursing texts and articles including a recent publication which outlines the historical role Kaiser nurses played in influencing quality care outcomes and in pioneering integrated nursing care in the United States.

Jim and his spouse Anthony maintain their dream home in Tucson, Arizona, while 19-year-old daughter Hailey attends college and pursues her dream of service through law and advocacy for the vulnerable and underserved

Favorite smell: I would have to say the ocean ... reminds me of Maine (my home) and heart callings of my tribe!

Speakers / Day Two



BROOKS TURKEL, FACHE

**SVP & PRESIDENT
UPMC PINNACLE
LANCASTER DIVISION**

Brooks assumed the division leadership position for UPMC Pinnacle Lancaster and UPMC Pinnacle Lititz in September 2016. He is a seasoned administrator who brings more than 20 years of experience as a hospital executive to the role. He served for the previous five years as CEO of 198-bed Regional Hospital of Scranton and before that served as CEO of 135-bed Chestnut Hill Hospital in Philadelphia.

Brooks earned his bachelor's degree in accounting from Florida Atlantic University in Boca Raton and his Master of Business Administration in healthcare administration from the University of Miami in Coral Gables, FL. He is also a regional policy board member for the American Hospital Association; board President for Watson Caring Science Institute; and Treasurer for the International Association for Human Caring.

Favorite smell: Lavender



ELLA MCDERMOTT

Ella McDermott is a student doctor, originally from Brighton, currently training at Bristol Medical School. Her interests surround... arts in medicine including communication and reflexivity, compassionate care, clinician's role in addressing social inequities (locally and globally), preventative approaches to mental health issues, medical ethics, medical sociology/ anthropology, research and education, yoga and music of a wide variety! She is on twitter @ellaglasses

She worked as secretary to the Brighton Palliative Care team during one of her summer breaks from med school, and through this was delighted to see such holistic care being delivered in a hospital setting. She learned lots about the importance of communication in healthcare through this inspiring team. This sparked her interest in Palliative Care which she was keen to build on and explore further when she returned to university.

Frustrated at a lack of student organizations or opportunities in palliative care, compared to other medical specialties, she sought out like-minded students and together they set up Bristol med schools' first student Palliative Medicine Society.

Ella also undertook an intercalated BSc in Global and Public Health last year. During this she conducted a systematic review of research into Cultural factors in Advance Care Planning. She recently had the opportunity to present her research at the European Association of Palliative Care 2018 conference, which was a fantastic experience.

Favorite smell: has to be the Atlantic air! Which I'll get plenty of next week when I run my first half marathon around the coast of west Kerry with mum and dad

Speakers / Day Two



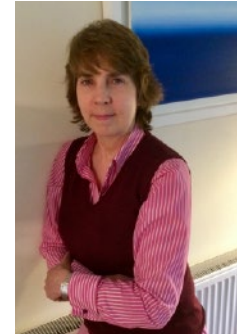
A. LYNNE WAGNER

EDD, MSN, RN, FACCE, CHMT

Dr. A. Lynne Wagner works as Nurse Educator Consultant, developing/facilitating caring mentor programs, presenting workshops/presentations on developing and sustaining holistic caring practices. A Caring Science scholar and past first Director of Watson Caring Science Institute's (WCSI) Caritas Coach Education Program (CCEP), she currently serves as Faculty Associate at WCSI, as a CCEP faculty, and a guest speaker for WCSI. She is a certified HeartMath Trainer and Caritas Coach. Her research/writing, focus on holistic mentoring, reflective storytelling, how nurses develop caring-self, caring science in practice, and aesthetic inquiry, using poetry, photography and other aesthetic ways of knowing. She developed The Caring Mentoring Model© and received the 2018 ANA Massachusetts Mary A. Manning Mentoring Award. Lynne has authored many published journal articles and book chapters. Her book, *Four Seasons of Grieving: A Nurse's Healing Journey with Nature*, was awarded the 2015 AJN Book of the Year-1st place in Palliative Care and Hospice category.

Lynne is a member of American Nurses Association, Sigma Theta Tau International Nursing Honor Society, American Holistic Nursing Association, WCSI, and the International Association for Human Caring (IAHC). She serves on the Editorial Board of International Journal for Human Caring, and reviews for the *Advances in Nursing Science*. In 2013 she founded the grassroots Massachusetts Regional Caring Science Consortium, inviting nurses to gather and dialogue about caring practice, which evolved to half-day conferences twice yearly in partnership with hospitals and schools of nursing across the state. For 20 years, Lynne worked as Professor of Nursing at Fitchburg State University, receiving distinguished award of Professor Emerita of Nursing.

Favorite smell: Fresh roasted coffee



MELINDA BEST

BA, MA, LLM

Melinda Best came to London in 1998 from Canada to study media at Goldsmiths College. After graduating she worked at several media companies such as Reuters, British Airways Business Life, and CBC. After which she took the leap to train as a Gestalt psychotherapist and Integrative supervisor.

For many years she worked as a therapist and facilitator at an addiction agency and in organizations where she ran groups. She currently supervises students in training, in addition she works at The Brit School of Performing Arts and offers outdoor therapy and workshops.

From a young age Melinda was interested in many different therapeutic methods - Meditation, Yoga, Taoism and Tai chi among other things. As a teenager she practiced stillness in the fields at the family farm in order to get closer to the wild rabbits, sometimes she was successful. She regularly uses mindfulness with clients and students who find it's a great tool for slowing down and breathing.

Melinda gives talks about her grandfather, offering some insight into his unusual life.

Her grandfather, Dr. Charles Best was only 22 years old when he assisted Dr. Fred Banting in the spring and summer of 1921 to research diabetes. Their research and experiments led to the discovery of Insulin.

Favorite smell: Coffee, strawberry rhubarb pie, baked cookies.

Workshop Artists / Day One



KIRSTY MARTIN

Kirsty is a highly experienced workshop facilitator, composer and all round 'Choral Activist'! She is the Musical Director for several Brighton and London based choirs, including Brighton's Hullabaloo Quire, and much of her work is composition and arrangement for choirs internationally.

Recent projects include writing the choral anthem for Barking and Dagenham women's festival and working with RISE UK as MD for their choir RiSing. She has recently been the MD for Street Choirs Festival, conducting 900 singers from all over the UK on Brighton seafront, and her workshop The Revolution will be Harmonised went down a storm at WOMAD festival! (pictured)

Kirsty regularly works with musicians and poets, and recent poet collaborations include Michael Rosen, John Agard and Grace Nichols. She sings and plays accordion with Robb Johnson and The Irregulars.

Kirsty especially likes to work with:

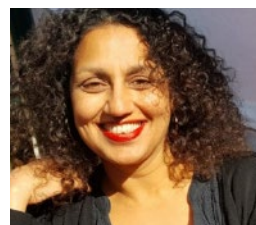
- people who have been disenfranchised from their own voices...told to 'stand at the back and mime' in school or told by your loved ones 'oh no please don't sing!"
- a wide differentiation of abilities be they musical, physical or emotional
- songs of passion and celebration in different languages from international cultures.

Favorite smell: Bonfires / wood smoke, cut grass (I bet everyone says that) Sage / clary sage / Tar (I know it's weird) Solid hash ('80s Moroccan black style!)



PROFESSOR KATHLEEN GALVIN

See bio in speakers section.



SHARON DUGGAL

Sharon Duggal is a writer, campaigner and radio presenter/producer amongst other things. She is one of six siblings and was born to parents who immigrated to the UK from the Punjab, India. She grew up in and around inner-city Birmingham.

Her acclaimed debut novel, *The Handsworth Times* (pub. Bluemoose Books) centers on the struggles of a British-Asian family against a backdrop of unemployment, social unrest, neglected communities, incredible music and the healing power of direct action in 1980's working-class Birmingham. The novel was chosen as *The Morning Star's* fiction 'Book of the Year 2016' and as the title for Brighton City Reads 2017.

Sharon is the recipient of a grant from Arts Council England for the creative development of her second novel, which is currently in progress.

She has a Master of Philosophy degree in Creative Writing from University of Sussex and regularly delivers workshops and talks on creative writing and on reading. She is also one half of RadioReverb's *The Ruben and Sharon Show*; the UK's only regular inter-generational radio show with a mum and son presenter team. Sharon is the 2018 Writer in Residence for Creative Future

Favorite smell: Ginger or coconut or lavender or my children's heads or my mum's cooking or the sea.

Workshop Artists / Day One



KATIE SOLLOHUB

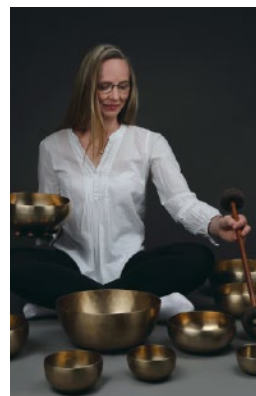
Katie is a passionate teacher of art, generous with her ideas, and encouraging in her approach; believing that the process of looking, feeling, touching, and making marks, whether abstract or figurative, has the power to change the way we experience the world. A regular practitioner of mindful meditation and yoga, she brings these experiences to her teaching, and combines the physicality of drawing with the breath and body work.

Katie strives to make art integral to everyday life, and other disciplines, in her own daily practice and through her teaching. This Arts, Health and Humanity Conference gives her another opportunity to do just that, bringing the Art of Touch from the hands of caring to the touch of charcoal on paper.

In 2018 she was invited to participate in a symposium about Reverie, as part of “Knowing From the Inside”, a research project at the University of Aberdeen. This brought together a variety of disciplinary approaches (psychological, psychoanalytic, artistic, religious, anthropological) to study reverie as a phenomenon or state whereby strong concentration and focus appear to meet unself-conscious effortlessness and potential.

In her own work, Katie’s love of interior spaces, and the objects, histories and lives within them has led her to a series of residencies in heritage properties in the South East, including JMW Turner’s House and Strawberry Hill House, both in Twickenham. With each project comes a body of work, both drawings and paintings, which have been widely exhibited and sold to collections in the UK and abroad. Her drawings are usually charcoal, A1 or larger, an exploratory line leaving a sensitive mark of the hand on the page as she looks about her. Her oil paintings, are like drawings in colour. Both are equally important in her work.

My favourite smell - I have so many! A really good rose, jasmine, fig trees, rain on a hot day, but lets go for a rose



MAJA DETHLOFF

SOUND THERAPIST SCHOOL OF PETER HESS

I’m Maja Dethloff and I come from Germany. I’m a Peter Hess® Sound Therapist and trainer for Peter Hess® sound massage. My first meeting with the singing bowls changed my life completely. I was a criminal officer in Berlin in my first life. But with the singing bowls on my clothed body I felt like I was arriving home. It is possible that you can deeply relax in a really short time during a sound massage. That is so important to so many people and to health. That was what I realized and started the training to become a Peter Hess® sound massage practitioner. I completed various internships during the training, for example in a hospital in Berlin. There I was able to gain experience in the department for geronto psychosomatic, psychiatric and early rehabilitation after operations. I’m happy about an internship I had in Eastbourne in the spring 2017. It was unbelievable to see what this therapy can do. The sound and the vibration of the singing bowls for the disabled residence in “The Chaseley Trust” was beautiful. Back in Germany Peter Hess said “Yes, do it. Do the training to become a trainer for Peter Hess® sound massage practitioner. And now? My vision is that a lot of people can feel what I feel with the sound and the vibration of the singing bowls and what they can do.

Enjoy the sound and the vibration of the Peter Hess® therapeutic singing bowls. :-)

Favorite smell: the sweetness of the lilac in spring

Workshop Artists / Day Two



ABI MORTIMER

CO-ARTISTIC DIRECTOR AT LILA DANCE

I am a choreographer and a director. For me, dance is about 'moving' in the simplest translation of the word. We move. We get up, we turn around, we sigh, we shrug, we clap our hands. We pull people towards us and we push them away. We pull our hair out, we jump for joy, we stand strong. Movement not only enters our language but is a language of its own.

Abi Mortimer is Lila Dance's main Choreographer and Director. She choreographed the 2009/10 set dance for the GCSE Dance syllabus which she delivered all over the U.K to teachers and students. Her commissioned work has shown at many high-profile venues and events including Sadler's Wells, The Roundhouse, The Place, U.Dance Finals, Laban, Northern School of Contemporary Dance. She is a senior lecturer at The University of Chichester and has a passion for extending her practice to creatively engage the community, regularly producing commissions for participants of all ages and abilities.

Favorite smell: rain



GERRY THOMPSON

Gerry Thompson has run Positive Comedy for 25 years - drawing on ideas and approaches from the world of comedy to help people get their lives to work better.

Gerry started out in professional life as an architect. Next, he worked in health-and-wellbeing counselling. He then trained in facilitation and went into comedy-based training and coaching. Gerry is stand-up comedy tutor at Brighton Institute for Contemporary Theatre Training. He is a facilitator for the Alwayspossible agency, Company Paradiso and Yurt Academy.

As a young adult, Gerry was painfully shy - introverted and withdrawn, hating attention, and terrified of looking stupid. Learning how to wield humour and then training as a stand-up comic, he overcame these challenges. Gerry is now a confident speaker who can stand up in front of audiences of thousands - and enjoy it.

Gerry dropped out of his career as an architect to take a life-changing overland journey from Turkey through Iran, Afghanistan, Kashmir, and the Himalayan kingdoms. He was subsequently initiated into Buddhism by the Dalai Llama of Tibet. Gerry's teachers also include Robert Holden, Daisaku Ikeda and Herman Aihara. See www.positivecomedy.com

Favorite Smell: Honeysuckle

Workshop Artists / Day Two



ANTONIA ROLLS

I am an artist, a soul midwife (holistic end of life companion and support), a writer and a healer. I am also a jolly grandmother. I love life, and deeply respect death.

For ten years I have worked with the dying as a soul midwife and an artist. There is a link between living and dying so powerful and affirming, that we can't truly handle one without the other. My work deals with both life and death, living and dying, the way we live and the way we die. I do this through painting, through various workshops, through healing work and through writing.

Over the last ten years I have created the A Graceful Death exhibition, portraits and words from the end of life. I have asked my sitters Who are you? And What do you want to say? They reassure you, through the portraits that I paint and the words that they say about themselves, that though they are dying, they are still here and still living. They are just like you and me, even though they will die soon. The exhibition is about the gift of life, and the preparation for the end of it.

I have always been an artist. As a child, it was all I ever wanted to do. I gained an MA Hons in Art History in 1983, came to London, forgot all about art, got married and had children. The breakdown of my marriage made me paint again, and raising my three children alone taught me about life. In my mid-forties I lost my partner of only eighteen months to cancer, and learned about death. Without this experience of loss, I would not be doing this wonderful work now.

Favorite smell: garlic being cooked in butter. And roses!



CARMEN DOLZ

Carmen Dolz is a holistic therapist who has explored the world of body energy and complementary therapies for many years. She is a qualified Yuan Gong/Qigong teacher as well as a Jin Shin Jyutsu practitioner, reflexologist and natural nutritionist.

For more information on JSJ:

www.jsjinc.net // www.jsj.org.uk // www.carmendolz.co.uk

Favorite smell: I don't have a fave smell: but love bergamot, musk, spearmint, thyme, rose and lemon balm...;-)



MARY ROCKWOOD LANE

**PHD, RN,
FAAN ASSOCIATE PROFESSOR UNIVERSITY OF FLORIDA
GAINESVILLE, FL**

See bio in speakers' section.

Facilitators



ANNA BILEY

**DIP. N, MSC (NURSING) – ENGLAND
DOCTORATE CARING SCIENCE
WCSI CARITAS COACH®
WATSON CARING SCIENCE INSTITUTE GLOBAL ASSOCIATE**

At the age of 20 I had my first encounter with death. Not much more than a child myself I worked in a children's home and was overwhelmingly out of my depth in dealing with the complex lives of the youngsters in care. I became particularly close to one young man who had learning difficulties. One Christmas, he became ill and was admitted to hospital with peritonitis. He died a month later. During his days in intensive care I took my turn sitting with him, sometimes throughout the night. As I sat, I watched the nurses as they went about their business, administering loving care and kindness to the dying child. It was about 4am one Sunday morning when a nurse came to the bedside. Witnessing her speak as she wiped his face and hands, adjusted his catheter and administered mouth care was one of the most profound experiences of loving kindness I have ever seen, and I knew something extraordinary was happening. Without knowing it, I had witnessed a caring moment and decided to become a nurse. In my nursing practice and in my life, that encounter has remained a benchmark, illustrating Nightingale's stance that the very elements of nursing are all but unknown.

Hearing Jean Watson at a conference, I came home to nursing. She was speaking what was in my heart. My journey with human caring science had begun. Now a graduate of the WCSI Doctoral Program, I have studied, lived and practiced the principles and values of caritas for over 20 years, through the twists and turns of the imagined and the unexpected. The adventure goes on, caritas to communitas, seeing caring science in the everyday and asking, where may we be of service? My doctoral autoethnographic research study of the experience of remembering purpose is a reminder that, compassion and service, in walking alongside is what I am here to do.

Favorite smell: My dog Dottie



ANDY BRADLEY

Andy Bradley established Frameworks 4 Change in 2005 to close the compassion gap in our health and care services. Growing up, he spent time living with older people in the care home set up and run by his parents. A warm, family oriented environment meant there was a sense of adventure, curiosity, optimism and compassion.

After leaving home, Andy went on to care for people with a range of needs and observed a common culture and practice very different to his childhood experiences. Seeing the gap, Andy established Frameworks 4 Change with a vision to recreate the love and compassion shown in the world he grew up in.

Andy is the designer of compassion circles and the founder of a movement to see festivals of compassion and well being hosted by local people who want to join together to make the world a kinder place. In 2012 Andy gave a TED talk on Closing the Compassion Gap was recognized as one of Britain's Most Radical thinkers - seen by The Observer Newspaper and NESTA as one of 50 leading lights with 'ideas that could fix broken Britain'.

After meeting Jean Watson at a Point of Light retreat in Oxford, England Andy was invited to give his keynote presentation at the Caritas Consortium in Boston on the shift from Fear to Love - the impact of this presentation led to an invitation to contribute to the work of Colorado Children's Hospital on the cultivation of compassion and resilience.

In addition to his work through Frameworks 4 Change Andy is part of the core team for Compassionate Mental Health.

Andy continues to travel to work with people in person and can also offer compassionate activist training and support on line - he can be reached via email at andybradley@frameworks4change.co.uk

Favorite Smell: Lavender

Facilitators



JULIE WATSON

BFA MA CARITAS COACH

Woman in Charge of Global Caritas Community

Julie is a Brighton based consultant to arts, education, healthcare and non-profit organizations. She also founded a fantastic educational arts charity called Little Green Pig which enables kids to write their stories.

As a Caritas Coach, Julie supports The Watson Caring Science Institute with their global activities such as event managing this conference. She is particularly interested in the translation of Caring Science theory into other sectors of society.

A practicing artist, Julie paints memories and narratives based on people, places experiences, and dreams. Some of her work is inspired by folklore. Some is cultural commentary.

She is her mother's daughter.

Favorite smell: Pinon Pine trees in the Sangre de Cristo Mountains of New Mexico.

Contributing Artists



AARON BLECHA

Aaron is an artist and author who designs funny characters and illustrates humorous books.

Aaron was born and raised (by giant squid) in Green Bay, Wisconsin and graduated from the University of Wisconsin with a Bachelor of Fine Arts in 1997. After leaving school and bouncing around to Chicago, then Copenhagen- he landed in California. In San Francisco, Blecha worked as an animator and character designer in the animation and toy industries. He moved to London in 2007 and has been freelancing ever since. Today he lives with his family in Brighton & Hove, on the south coast of England.

Favorite smell: The sea, summer, and coffee

Contributing Artists



LYNN RUTH MILLER

Currently the oldest performing stand up female comedian on both sides of the Atlantic

Dubbed the new Joan Rivers of Fringe Comedy at The Edinburgh International Fringe.

She is a regular at the San Francisco Punchline, The Stand in Scotland and The International in Dublin and is now chomping at the bit ready now to do her storytelling, cabaret and standup comedy throughout the world to prove that her aging has been amazing.

At 85, Lynn Ruth Miller is still going strong. She celebrates her 85th Birthday (Oct 11th) with US!

She started her comedy career at 71. She made it to Las Vegas in America's Got Talent, 2008, won People's Choice in 2009 Branson Comedy Festival, the finals in Bill Word's Funniest Female Contest 2009 and semi-finals in the SF International Comedy Competition, the top 100 in Britain's Got Talent and won both nights of the Texas Burlesque Festival without taking off anything that matters.

She was the 2013 TO&ST winner for GRANNY'S GONE WILD: best cabaret Edinburgh Fringe. That show was performed at the Soho Theatre in London in March 2014. In August, she performed her fourth solo show NOT DEAD YET a compilation of stories and songs about her life, directed by Sarah Louise Young with songs written by Young and Michael Roulston to 4 and 5 star reviews.

Favorite smell: Vanilla

Film/Photographers



JOSEPH WILLIS

Jean's Grandson



RONALD LESINSKI

WCSI photojournalist

Music


ALICE STEWART SYKES & MJ BILEY





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Science Institute

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