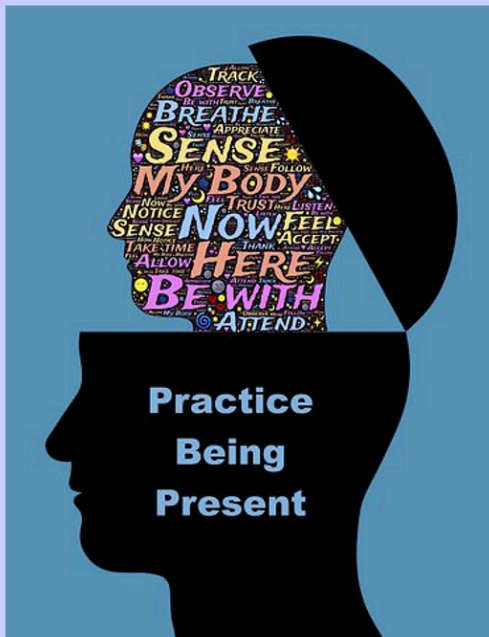


Hawaii Association of Professional Nurses
Dr. Giovannoni - Chair of WCSI Regional Caritas Consortium
June 15, 2024

9:30am HT, 12:30pm PS, 1:30pm MT, 2:30pm CT, 3:30pm ET, Europe 21:30



The Practice of Being Present
Jan M. Anderson, EdD, MSN, RN, AHN-BC



Join Zoom Meeting FREE

<https://us02web.zoom.us/j/83117919168?pwd=dFJhbUJyVXJYWUxQcDI6Z0JLWjZrUT09>

Meeting ID: 831 1791 9168

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Jan Anderson, EdD, MSN, RN, AHN-BC, Caritas Coach is a Watson Caring Science (WCSI) Faculty Associate. Dr. Anderson is a long-time nurse educator, leader, and a Caring Science scholar who has studied with Dr. Watson completing the International Certificate Program in Caring and Healing from the University of Colorado, and the Caritas Coach Education Program (CCEP). She subsequently went on to teach and direct CCEP for many years.

Abstract

Caritas presence “is related to the full human radiant presence of being. It goes beyond just physically being present; it goes beyond doing and conveys a deep human-to-human awakened heart, a spirit-to-spirit, heart-to-heart connected - an awakened, quivering, emotional, heart-centered, authentic openness to the now” (Watson, 2018, p. 94).

Caring Science offers us a caring lens from which to examine ourselves, our lives, our emotions, and our relationships so we can become more caring, more compassionate, more kind, and more life-giving and life-receiving as people and as nursing leaders, and healthcare providers. As a healthcare provider it is our relationship with ourselves and those we work with and care for that can offer care and healing. A growing awareness of our own energetic state, our own emotions, and our sacred purpose offers us meaning in our lives and work. It is our rituals, life practices and micro-practices that will open our hearts, allow us to listen deeply without judgement, help us to turn toward tragedy and chaos while remaining calm, so we can become a healing caritas presence for ourselves and those around us.

This presentation will offer insight into what caritas presence is, and how to be and remain present in the most challenging experiences. We will discuss and share micropractices that promote caritas presence so we can offer love, care and healing as we connect with ourselves in others wherever we are. We will discuss the moral and ethical foundations for caritas presence and how intention and our consciousness affect us and those around us. We will discuss and share our stories and practices in this hour-long gathering.