



CARING SCIENCE, MINDFUL PRACTICE

This course provides tools for caring professionals to enhance professional caring practices in everyday work environments. Learners will be introduced to Watson's Caring Science. Exploration and learning related to key concepts will be supported through the introduction of mindfulness practice, reflective narrative, and contemplative art. Asynchronous discussion, moderated by a team of educators knowledgeable in Caring Science, will provide a forum for ongoing interaction and discovery among participants during each 4-week class session. Certificates of completion will be earned by participants who complete all of the course learning modules.

COURSE DATES: This course is offered twice a year during the months of September and January. Please go to canvas.net to register. Registration opens 2 months before the course begins.

