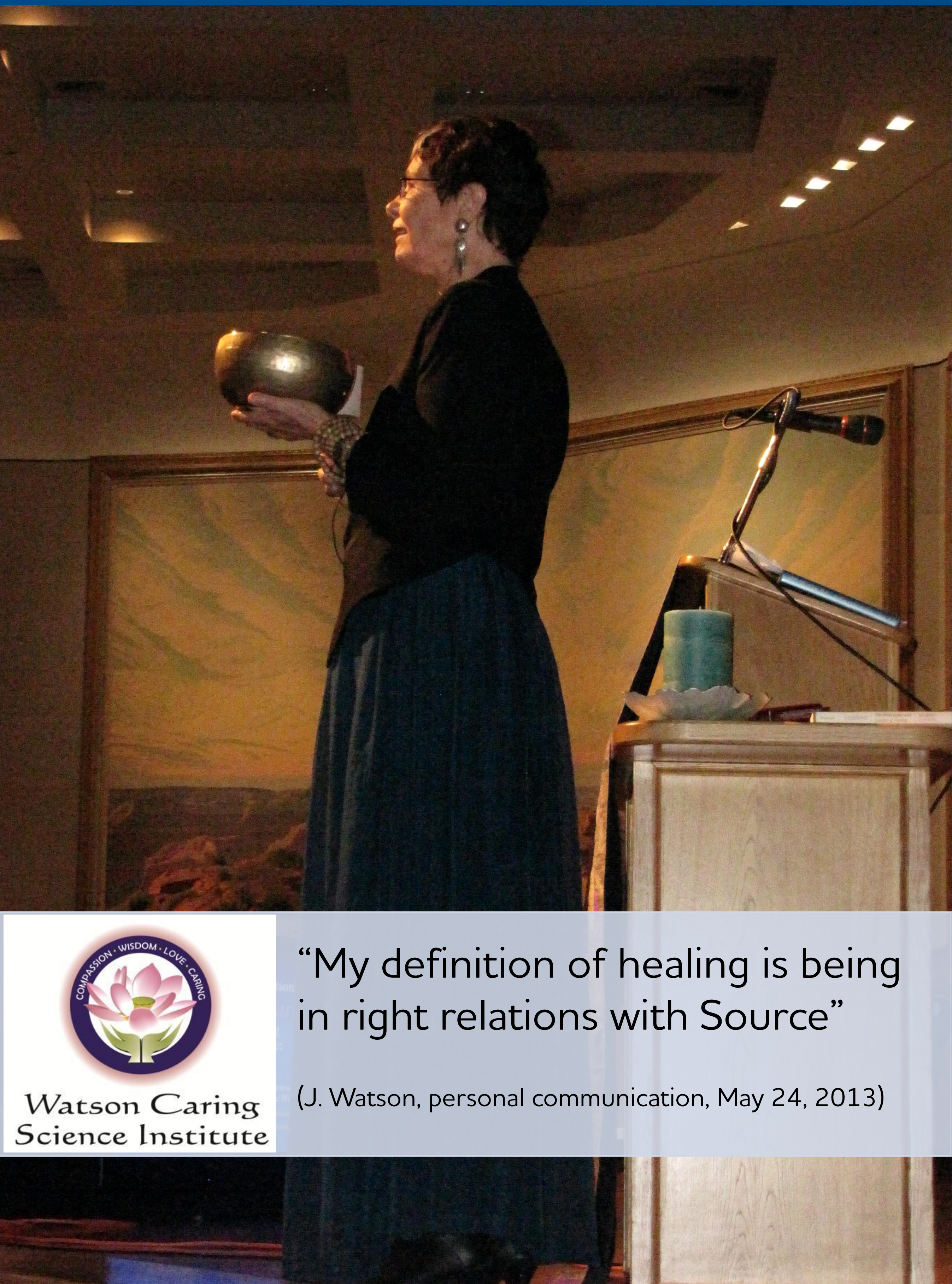


THEORY OF HUMAN CARING: WATSON

- Healing is acknowledged as being a relational process of the inner spiritual self to the environment, a “higher power,” and to humanity.
- When clients are in a balanced state of harmony, regardless of disease process, and they recognize offerings of love, caring, authentic presence, compassion, and comfort; this is when healing occurs.
- Healing is not curing; healing can occur in the absence of curing.
- Self-care is of utmost importance.
- Lens of healing is through a global view.



Watson Caring
Science Institute

“My definition of healing is being in right relations with Source”

(J. Watson, personal communication, May 24, 2013)



HEALING: COMMON THREADS

- Self-care is focused on the caregiver in order to care for another human being.
- Healing is an evolving personal and spiritual process regardless of the presence of disease or illness.
- Healing is possible even though cure may not be promising.
- Religious connotations are present in both works.
- Healing is always possible.
- Healing is a holistic approach including the trilogy of body, mind, and spirit and the relationship between both the provider and the recipient of care
- When care is not delivered in a culturally sensitive manner, we inflict harm to the body, mind, or spirit of our clients.
- The care we bring should reflect our heart and soul and a connection to the humanity of the one being cared for.
- Caregivers must understand and meet the healing rituals of the social and multicultural constructs of the world population.

Staci Swim, MSN, RN, CNE

HEALING JOURNEY

CRESCENT OF CARE: LOVERING

- “We have not actually defined the concept of 'healing' so far. I think this is a gap in our work.”
- “Healing includes religious and traditional healing practices, as well as the biomedical caring model.”
- Healing is deeply rooted in the sacred religion of Islam.
- Healing integrates elements of physical, mental, and spiritual wholeness and wellbeing, by focusing each element around unity with Allah.
- “In Islam, Ruqyah (special religious words) is a spiritual healing practice that protects and heals
- A ritual of speaking repetitious versus from the Qur’an is vital in the healing process, this benefits the spiritual healing that must evolve before physical healing can transpire.
- Caring through the family to provide holistic, spiritual, cultural, psychosocial, interpersonal, and clinical care must be a priority.
- Lovering’s lens of healing is through spiritual and cultural perspectives

