WATSON CARING SCIENCE INSTITUTE

Arts Health & Humanity Conference
October 12th & 13th, 2018

Visual notes by
Aaron Blecha
monstersquid.com
ART HEALTH HUMANITY

Human Spirit
Breathing
Deeper meaning of life itself
Holy silence
Still point
Inner stillness

Redefining healthcare grassroots
Radiate feelings of compassion into the universe

Compassion humanity
Falling into your heart

Conscious dying
More open, more present
Healing our relationship with ourselves

Return to mystery
Skin poem

Take in the light

Jean Watson
PROJECTION

CHANGE WITHIN YOURSELF

SELF
LEFT IN THE BASEMENT?

CONNECTION WITH FRIENDS + FAMILY

EVENT
REACTING TO THE EVENT

IF WE ARE PRESENT WE CAN DETERMINE THE REACTION

TURN TO YOUR NEIGHBOUR

LISTENING WITH COMPASSION

WHAT DID YOU TAKE?

LISTENING WITH COMPASSION

SHARED WISDOM

1. listening with a quiet mind (move 20% slower)
2. asking questions that matter
3. appreciating from the heart

ANDY BRADLEY
Starting Point

Quantum Shift

Love
Kindness
Being present
Hope
Transend Ego
Trusting
Positive relationships
Honour own story

Brighton
Epicentre

Beauty inspires you!

Honour yourself + your presence

Express yourself

Open your heart

Feel the community around you

We all share our own community

Scatter gold dust

What's your passion?

A Glance of Love

Mary Rockwood Lane
Building New Brighton Hospital

How do you feel when you enter?

Connect with Nature

Design & Construction

Wayfinding

Ceramics

Colours

Hand Drawn Art

Healing Environment

Nurses involved with Planning

Anna Barnes
DENMARK

Everyone depends everyone else.

I'm gardening, walking the dog.

Independent

Helpers = Arms

Not possible to be independent.

FEAR

For being dependent

Older people need help.

We've always been dependent.

Bente Martinsen
Global Partnership

Graduate Students
Nursing in South Africa

Caring Curriculum

China → USA

One of many Global Partnerships

Understand myself
Share experiences with students
Travel around the world beyond your village

Local region country world

I am because we are

Sara Horton-Deutsch
Gisela Van Rensburg
Teaching Caring Online

- 4 week course
- 800 people
- Caritas Science
- Global Caring
- 4000 people

Outside of Nursing

- Learn about caring in our work and family
- Caritas in science, math, all areas

Emergence of Global Caring

Global Caritas

How do we make it happen?

Kathy Sitzman
EVIDENCE

1. Treat yourself with love and kindness.

Leadership

Caring environment

IF YOU ARE NEGATIVE, YOU SHARE IT

ZAP!

HALT

- Hungry
- Angry
- Lost or Lonely
- Tired

We bring what we bring.

I create my state!

START WITH YOURSELF

MEASURER

Measure in the moment.
Music Making

Live Music

Make connections via sound

Build trust

You can't hurry past a cello!

Music makes life-long connections for parents

No words but can communicate through music

Lights up their faces!

Transcends words

Work with adult patients with dementia

Bonding: Mothers + Babies

Critical care with children

Don't rush

Get sass from a sax

Jo White

Janet Lee
Palliative Care
Care for Julieta — with family, at home, friends

Grieving & Transformation
Spiritual Search
Laugh
Cry
Scream

Drive 2000 miles
Paraguay

Transformation Language

Héctor Rosso
CARITAS = TRANSFORMATIVE LGBT25+

You become the space that heals

Who you are

largest group but largely invisible

TRUSTING ENVIRONMENT

CARITAS

TREAT BOX

Reinforce Gender Stereotypes

Being politicized doesn't mean you don't CARE

LISA GOLDBERG
HUMAN ENVIRONMENT
UNITARY HUMAN
CARING SCIENCE

LOVE
KINDNESS
FEAR

WAVE
FUNCTION
INTERACTION
- CANCEL
- PASS THROUGH
- BUILD UPON
- POTENTIATE

CHAKRAS

Electromagnetic
Field Patterns

TRIM
(actions/behaviors)

CORE
(nourishes/flourishes)

Caritas
Veritas
truth &
green of
growth

DR. JOYCE PERKINS
UNITARY CARING SCIENCE

RESEARCH
- Qualitative
- Quantitative

RITUAL
- Open the circle
- Speak from the heart
- Energy through intention

CIRCLE OF REFLECTION
- Stillness
- Looking for meaning

SHARING SO OPENLY
- Voice and meaning to the CARITAS process

MARIAN TURKEL
Other HATS: Foster Parent, Mom, Student, Nurse

Am I Enough?

Foster Care: All have a narrative

Coping Mech: fall asleep immediately

Slow Down

DIDN'T LIKE TOUCH

How do we find connection that's meaningful?

AVA: How do you pause?

To think? Reflect?

"What if this one moment... with this one person. Is the reason we are here at this time?"

-Jean Watson

Create space & be OK with what you need if that moment.

Caring Science

Christine Griffin
evolution to an elder

TOTAL HEALTH (not sickness, but wellness)

Leadership

 drawn to the LIGHT

 Setting FIRES

 21 hospitals must be...

WATSONIZED!

equity
Social justice
Evidence

40th anniversary of Jean's theories

All nursing programs anchored in caring science

GO!

NAPA

Jim D'Alfonso
3 Bs
be Brilliant
be brief
be gone!

Start all meetings.
greatest paradox is
TIME
all in the world
but not enough

meditation
also
- read a book
- focus on one singular thing
Making
TIME
for
everyone

REMEMBER NAMES
* should have preferred names on their name tags!

Roundings
- focus on staff and physicians

SPORTS
A WAY TO CONNECT

People
Respect
innovation
Dedication
Excellence

Brooks Turkel
Our intention
raise awareness

Listening skills

elephant in the room

unsure how to talk about bad news

PALL MEd
* end of life care

BRISTOL

DIVERSE GROUP

STUDENT GROUP

Ella McDermott
& Haley Hall
I AM A POET (in me) meets the NURSE (in me)

Story
- bring us back to humanity
- healing

just one word can make a story

Poetry Connects

SELF go into the intimate

cancer entered my life

Researcher
"come to circle and tell your story"

Where is the Caring?

This is the first time someone listened to me.

Deeper and Deeper into the Story

A. LYNNE WAGNER
Science faith love hope life dreams dealing with the \textsc{invisible}

\textit{Melinda Best}
Caring Science: Contribution to Human Dignity

Honour
Wound
Dignity of the Body

Two Poems
Vulnerability
Dignity of Identity

Depth of Dignity

Threatening the Dignity of a Person's Identity

Dignity of Mood

MAYA ANGELOU

STILL I RISE

PROFESSOR KATHLEEN GALVIN