



WATSON CARING SCIENCE INSTITUTE

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

Visual notes by
Aaron Blecha
monstersquid.com



Bow to you all



Human Spirit

ART HEALTH HUMANITY



BREATHING

Deeper meaning of LIFE ITSELF

HOLY SILENCE

STILL POINT

INNER STILLNESS



Redefining Healthcare

Grassroots



COMPASSION HUMANITY



FALL INTO YOUR HEART

RADIATE FEELINGS OF COMPASSION INTO THE UNIVERSE



CONSCIOUS DYING

More open more present

Return to Mystery

TAKE IN THE LIGHT



SKIN POEM



HEALING OUR RELATIONSHIP WITH OURSELVES

JEAN WATSON

PROJECTION



CHANGE WITHIN YOURSELF

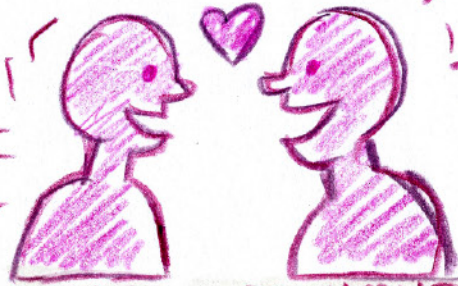
SELF

LEFT IN THE

BASEMENT?

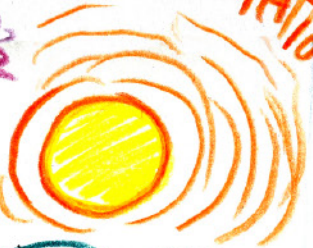


CONNECTION WITH FRIENDS + FAMILY

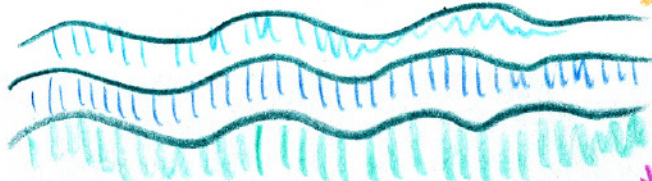


TURN TO YOUR NEIGHBOUR

APPRECIATION



IF WE ARE PRESENT WE CAN DETERMINE THE REACTION



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

LISTENING with Compassion



what did you take?

shared wisdom

ANDY BRADLEY

STARTING POINT

QUANTUM SHIFT

BRIGHTON

EPI CENTRE



LOVE
KINDNESS
BEING PRESENT
HOPE
TRANSEND EGO
TRUSTING
POSITIVE RELATIONSHIPS
HONOUR OWN STORY

Beauty
inspires
you!

HONOUR
YOURSELF
+
YOUR
PRESENCE

Feel the
community
around you

Open your
heart

We all
SHARE
of our own
community

Express
yourself

Scatter
gold dust

What's your
passion?

glance of love

MARY ROCKWOOD LANE



HOW DO YOU FEEL
WHEN YOU ENTER?



CONNECT WITH NATURE

GERAMICS
COLOURS

HAND DRAWN ART

PATH

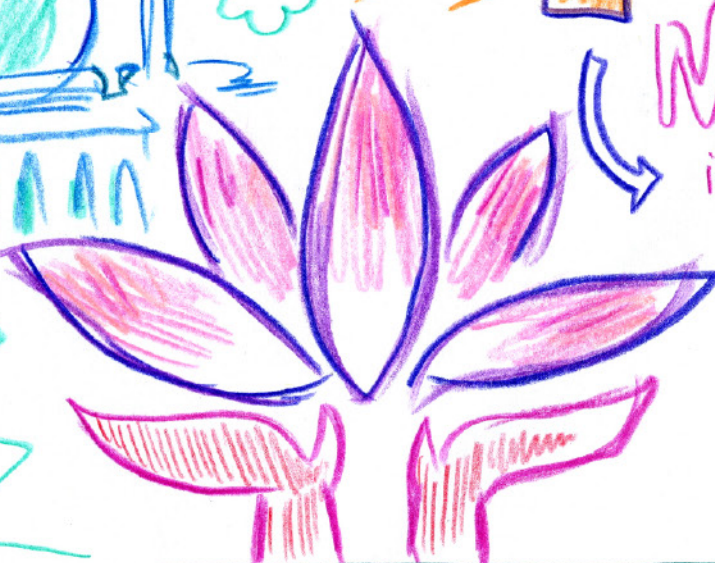
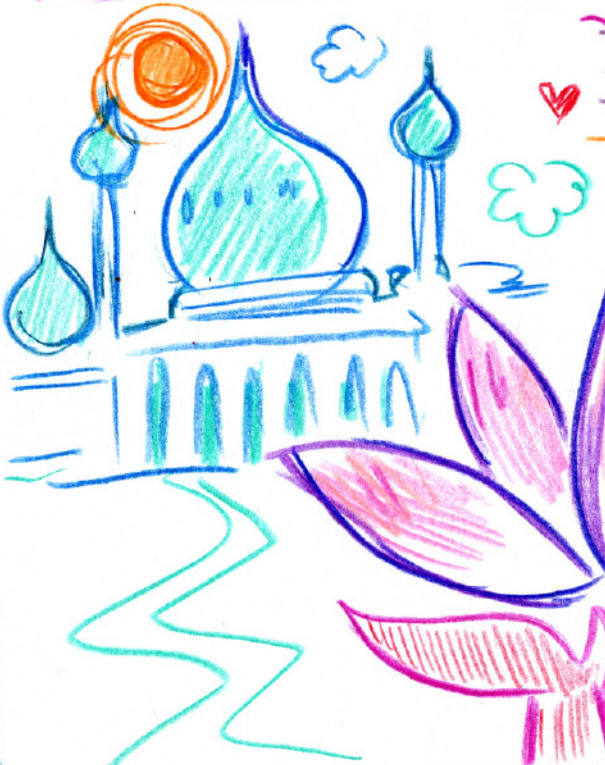
DESIGN + CONSTRUCTION

WAYFINDING

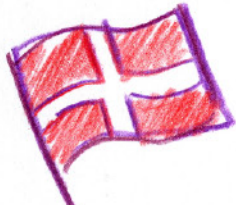
HEALING ENVIRONMENT



NURSES involved with Planning



ANNA BARNES



DENMARK



everyone depends everyone else

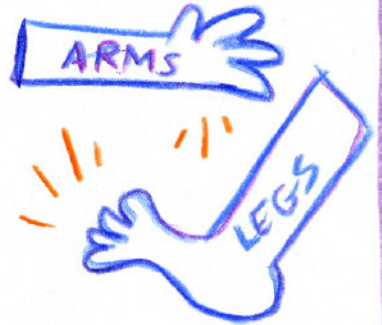


Spinal cord injuries = help for the rest of their lives

I'M

gardeniny walking the dog

Helpers =



INDEPENDENT

Not possible to be independant



OLDER PEOPLE need help

FEAR for being DEPENDENT



We've always been dependant

BENTE MARTINSEN

GLOBAL PARTNERSHIP



GRADUATE STUDENTS



NURSING

IN SOUTH AFRICA



CHINA → USA



One of many GLOBAL PARTNERSHIPS

Understand myself

share experiences with students

travel around world beyond your village

local

region

country

world

"I AM

because we are"



SARA HORTON-DEUTSCH + GISELA VAN RENSBURG

Teaching CARING ONLINE



800 people

CARING SCIENCE

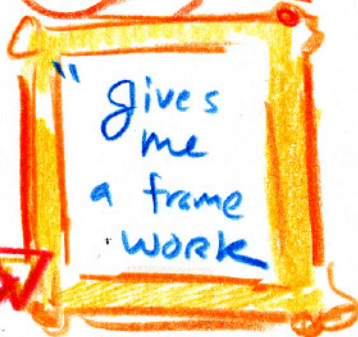


GLOBAL CARING

people OUTSIDE of NURSING

4000 people

learn about caring in our work + family



emergence of global caring

IN SCIENCE MATH... ALL AREAS

GLOBAL GARITAS

How do we make it happen?



KATHY SITZMAN

MEASURER

measure in the moment

evidence

START WITH YOURSELF

1 treat yourself with LOVE + KINDNESS



Leadership!

SHARE THE LIGHT

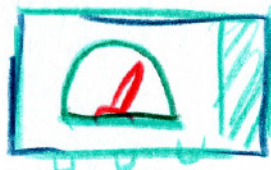
CARING environment

IF YOU ARE NEGATIVE you share it

ZAP!

HALT

We bring what we bring



- o Hungry
- o Angry
- o Lost or Lonely
- o Tired

I create my state!

BARBARA BREWER

Live Music Making



CRITICAL CARE with CHILDREN

FRIGHTENING SOUNDS AT THE HOSPITAL



You can't hurry past a cello!

DON'T RUSH



GET SASS FROM A SAX

MAKE connections via SOUND

MUSIC makes LIFE long connections for parents

NO WORDS but can COMMUNICATE through

MUSIC

Lights up their faces! transcends WORDS



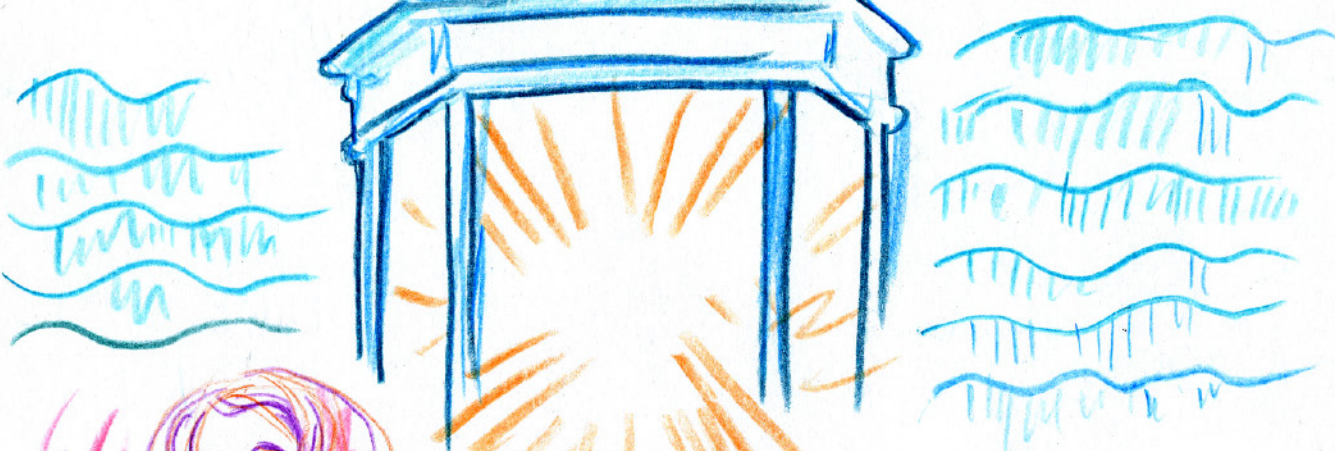
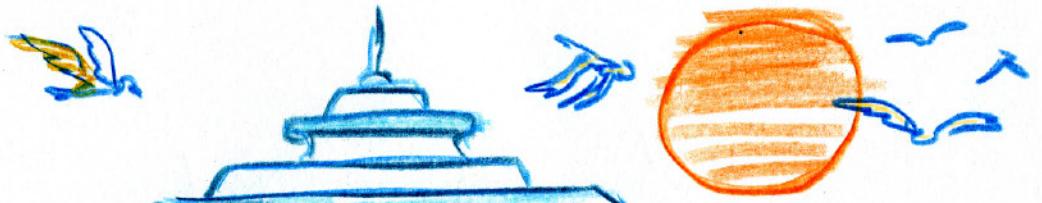
Work with adult patients with dementia



BONDING Mothers & Babies



JO WHITE + JANET LEE

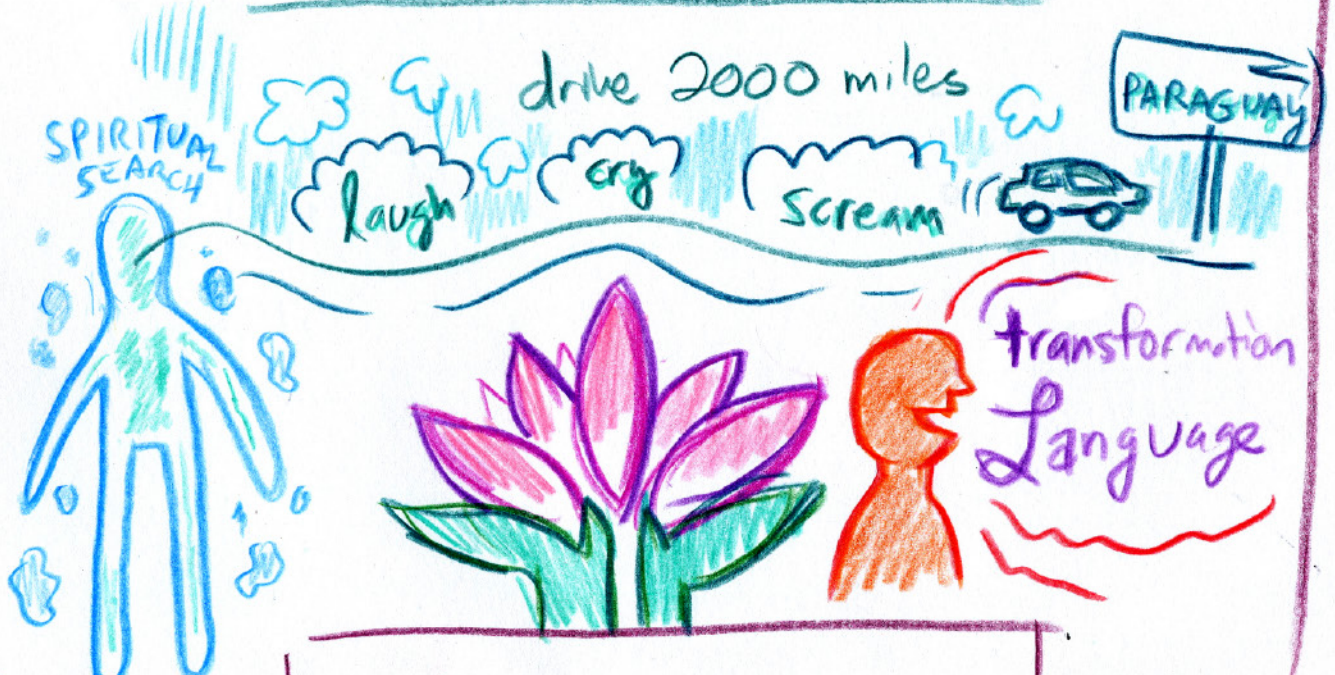


Julieta

PALLIATIVE CARE

Care for Julieta - with family & friends at home

GRIEVING & TRANSFORMATION



HÉCTOR ROSSO

CARITAS =
TRANSFORMATIVE

LGBT25+

You become the space that heals



largest group
but largely
invisible

TRUSTING
ENVIRONMENT

who
you
are

CARITAS



Reinforcing
Gender
Stereotypes?

TREAT
BOX

Very politicized
doesn't mean you don't

CARE



LISA GOLDBERG

HUMAN ENVIRONMENT



UNITARY HUMAN CARING SCIENCE



CHAKRAS

Love
KINDNESS
FEAR

Electromagnetic
Field Patterns

WAVE

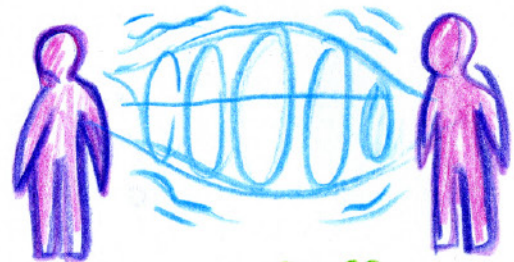
FUNCTION
INTERACTION

- ▷ CANCEL
- ▷ PASS THROUGH
- ▷ BUILD UPON
- ▷ POTENTIATE

TROW
(actions / behaviors)

CORB
(nourishes / flourishes)

Caritas
Veritas
truth &
green
of
growth

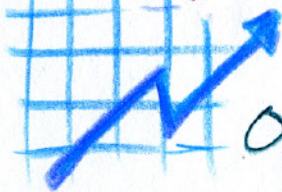


DR.
JOYCE PERKINS

UNITARY CARING SCIENCE

RESEARCH

- ▷ QUALITATIVE
- ▷ QUANTITATIVE



Open the circle
+
Speak from the

HEART

CIRCLE OF REFLECTION

STILLNESS

RITUAL

energy
through
intention

Looking for meaning

SHARING
SO
OPENLY

Voice + meaning
to the **CARITAS** process

MARIAN TURKEL

Other HATS



MOM



STUDENT



NURSE



FOSTER PARENT

Am I enough?

FOSTER CARE

• all have a narrative



AVA

How do you PAUSE?

PAUSE?

TO THINK?

REFLECT?

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

COPING MECH

↳ fall asleep immediately

ZZZZ

SLOW DOWN

DIDN'T LIKE TOUCH



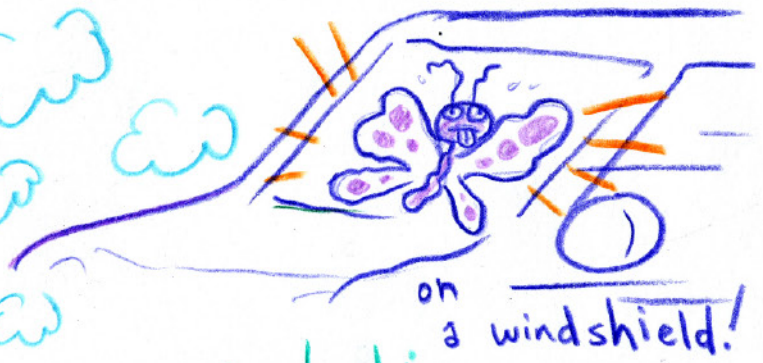
How do we find connection that's meaningful

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)



All nursing
programs
ANCHORED
IN CARING
SCIENCE

WATSONIZED!

equity
social
justice

↳ evidence

40th ANNIVERSARY
OF JEAN'S THEORIES



JIM D'ALFONSO

3Bs

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

ROUNDING

- focus on staff
and physicians



SPORTS

A WAY TO CONNECT

making
TIME
for
everyone



**REMEMBER
NAMES**

find a way
to
connect

everyone



* should have preferred names on their name tags!

People
Respect
Innovation
Dedication
Excellence



BROOKS TURKEL



PALL
MED

* end of life
CARE

BRISTOL



NOTES

* SPIRITUAL
NEEDS



PALLIATIVE
MEDICINE
SOCIETY

DIVERSE GROUP



STUDENT GROUP

Our intention

raise
awareness

listening
skills



elephant in
the room



unsure how
to talk about
bad
news



ELLA McDERMOTT
& HALEY HALL

Very caring science

I AM
A

POET
(in me)



meets
the



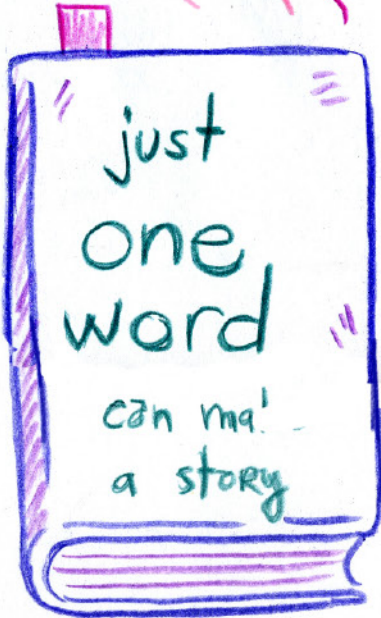
NURSE

(in me)

Story

- bring us back
to humanity
• healing

self



Poetry
connects

go into the
intimate



cancer
entered
my life

Researcher



This is
the first
time someone
listened to
me.

"come to circle and
tell your story"



Deeper
and
Deeper
into the
Story

Where
is the
CARING?

A. LYNNE WAGNER

DR. CHARLES BEST

Discovery of
Innsulin

Deep
Depression

Nobel
Prize



1930s

Treat
the
Pancreatic

1960s

Depression

EST

(electric shock
therapy)

twinkle
twinkle

Science faith love hope life dreams

dealing with the INVISIBLE

MELINDA BEST

CARING science
contribution
to HUMAN DIGNITY

Two Poems



HONOUR
WOUND

Dignity of the
Body

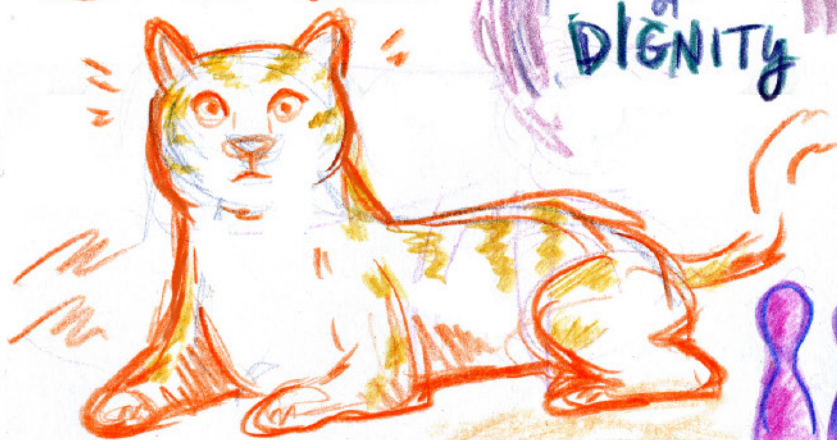


Just get on
with your
life.

Vulnerability

DIGNITY OF IDENTITY

Depth
of
DIGNITY



threatening
the dignity
of a
Person's
Identity

DIGNITY OF MOOD



STILL
I
RISE



PROFESSOR
KATHLEEN GALVIN