



WCSI Caritas Community Conference 2025: Teachings w Jean

Workshop Descriptions

These four workshops will run for 1 hour concurrently on:

Tuesday November 11th - 11:15am & 2:15pm.

Wednesday November 12th - 11:15am & 1:30pm.

Workshop A- The Terrace

Name: Jannette Moreno

Position: Senior Nursing Consultant, Caritas Coach®, Stanford Health Care. California



Workshop Title: *The Art of Writing a Healing Haiku, an Ancient Japanese Poetry as a Mindful Micro practice*

Brief Description: In this 1-hour experiential workshop, participants will explore the art of writing healing haiku as a mindful practice to declutter the mind of negative self-talk and cultivate inner peace. Grounded in the principles of Watson's Caring Science Theory, particularly Caritas Process 1: Embracing Loving-Kindness for Self and Others, this session invites attendees to reconnect with their inner voice through self-acceptance, compassion, and love.

The session begins with a brief heart-brain coherence practice to center the mind and body, followed by visual imagery to spark creativity and emotional resonance. Participants will then be guided through the process of writing their own healing haiku—short, powerful poems that capture moments of joy, calm, surrender, and stillness.

By the end of this workshop, participants will be able to: Understand the foundational concepts of Watson's Caritas Process 1 and its relevance to self-care and healing.

Practice loving-kindness meditation to foster self-compassion and reduce negative self-talk.

Engage in a mindful creative process using visual imagery and poetic expression.

Write a healing haiku in minutes that reflects their inner emotional landscape.

Apply the practice of healing haiku as a tool for ongoing emotional regulation and self-reflection.

Caritas Processes: The practice is well aligned with all 10 Caritas Processes with emphasis on Caritas Process 1 on practice of loving kindness for self, others, and the community.

Workshop B- Café Med

Name: Demitri Ervedosa

Position: Caritas Coach®, Practitioner, Peter Hess® Singing Bowls. Colorado, Mexico



Workshop Title: *Unitary Caring Science: Natural Law Vibration/Resonance Sound Light Qi (Aether)*

Brief Description: This proposal is for a one-hour presentation/discussion/dialogue on the intersection between Unitary Caring Science and the Natural Laws of Vibration and Resonance. Key references, i.e. Russell, Schauburger, and Whittaker, serve as core foundational philosophies. These natural laws of Vibration and Resonance will provide an expanded view of scientific principles underlying Unitary Caring Science, such as the Ethic of Belonging, and energetic caring-healing modalities. Each of the Caritas Processes® will be fortified in the natural laws that guide our universe. Natural Law is already embedded in Unitary Caring Science as well as all the Caritas Processes®. By uncovering the interconnectedness of these basic principles of natural law, Unitary Caring Science can both ground its foundation using new evidence and contribute to the maturation of the discipline. Personal and professional development will be enhanced through the understanding of these basic principles; participants will expand their view of Unitary Caring Science.

Caritas Processes: All ten Caritas processes are incorporated into this activity.



Workshop C - Ballroom

Name: Rhonda London

Position: DNP, APRN/ PMHNP/ VA Coordinator for Employee Wellbeing, Caritas Coach®. Houston, Texas.



Workshop Title: Practicing Inner Stillness in a Busy World

Brief Description: This is a Chakra Meditation: I will briefly introduce the concept of chakras for those unfamiliar. Participants will be guided to visualize and sense each energy center being cleared, balanced, and energized. In addition, healing energy self-care techniques will be explored. I will also lovingly provide a take-home guide with chakra affirmations or visualization tips. The participant will be able to identify a technique that help ground and center them and help them move to a place of inner stillness.

Caritas Processes: Embrace (Loving-Kindness) Sustaining humanistic-altruistic values by practice of loving-kindness, compassion and equanimity with self/others.

'Walk' shop D - The Beach

Name: Julie Watson and Mary Rockwood Lane

Position: **Julie Watson**, Executive Director WCSI, Caritas Coach®. Boca Raton, Florida; **Mary Rockwood Lane**, PhD, RN, FAAN, Associate Professor of Nursing at Uni of Florida, College of Nursing, Faculty Associate, Caritas Coach® Gainesville Florida



Workshop Title: Self-Guided Reflective 'Walk' shop

Brief Description: This is an opportunity for participants to explore and reflect as they experience a self-guided walk along the beach or wherever their steps take them. We will walk in silence and consider Jean's Seven Sacred Sutras: Stillness; Silence; Solitude; Spirit; Simplicity; Service; and Surrender. Participants will be given time and space to consider: what are your 'Sutras'; what brings you here?

Caritas Processes: **1. Embrace** (*Loving-Kindness*)

Sustaining humanistic-altruistic values by practice of loving-kindness, compassion and equanimity with self/others. **3. Trust** (*Transpersonal*) Being sensitive to self and others by cultivating own spiritual practices; beyond ego-self to transpersonal presence. **5. Forgive** (*Holding Space*) Allowing for expression of positive and negative feelings — authentically listening to another person's story. **6. Deepen** (*Creative Self*) Creatively problem-solving-'solution-seeking' through caring process; full use of self and artistry of caring-healing practices via use of all ways of knowing/being/doing/becoming. **10. Open** (*Infinity*) Opening to spiritual, mystery, unknowns — allowing for miracles.

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. **Approved to award 9.5, 10.5, & 11.5 contact hours.**

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.