



FOR IMMEDIATE RELEASE

Watson Caring Science Institute Endorses Your Listening Partner for Advancing Caring Science Through the Practice of Deep Listening

Endorsement honors Dr. Clare Biedenharn's SALT[®] framework, an evidence-informed approach that helps nurses and caregivers heal from burnout by rediscovering meaning through compassionate presence

Deerfield Beach, FL - The **Watson Caring Science Institute (WCSI)** is honored to announce its formal endorsement of **Your Listening Partner**, a program founded by **Dr. Clare Biedenharn** that helps people experience the healing power of being deeply heard. This endorsement affirms **Your Listening Partner** as a vital extension of **Watson's Caring Science**, one that translates its philosophy into everyday practice and equips nurses, healthcare leaders, clergy, and caregivers to cultivate the presence at the heart of caring.

Your Listening Partner rests on a simple yet transformative conviction: every person deserves to be fully seen, heard, and valued. Inspired by **Dr. Jean Watson's Theory of Human Caring**, the program treats authentic presence and compassionate listening not as communication techniques but as sacred practices that nurture healing, resilience, and human flourishing. Rather than offering solutions or directing another person's journey, a Listening Partner creates a safe, reflective space where individuals can reconnect with their own inner wisdom and discover their next faithful step.

At the center of the work is the **SALT[®]** framework: Smile, Ask, Listen, Trust (Try Again). A practical method for putting Caring Science into action. Smiling conveys welcome and psychological safety. Asking open, honest questions invites genuine exploration rather than judgment. Listening with full attention honors the whole person's mind, body, and spirit. Trusting the process reflects confidence in each person's capacity for growth and healing. Together, these steps mirror the **10 Caritas Processes[®]**, cultivating relationships grounded in loving-kindness, respect, curiosity, compassion, and hope.

The relationship between **WCSI** and **Your Listening Partner** is rooted in shared origin and long mentorship. **Jean Watson's Theory of Human Caring** became a foundational framework for Dr. Biedenharn's doctoral research on intentional listening more than a decade ago. When **Dr. Biedenharn** first reached out to **Dr. Watson** in 2012 while designing her study, it began an enduring friendship. Dr. Watson went on to write the foreword to **Dr. Biedenharn's** book, *Heart to Heart: Spiritual Care through Deep Listening*, and later recommended the journal that ultimately published the research, *Holistic Nursing Practice*, opening the door for this work to reach a far broader audience.

"Nurses are the backbone of every healthcare organization, and too many are carrying burnout, moral distress, and the quiet grief that comes with a life of service," said **Dr. Clare Biedenharn**, founder of Your



Watson Caring Science Institute
1701 W. Hillsboro Blvd., Suite 401
Deerfield Beach, FL 33442 USA
954-508-1115 • info@watsoncaringscience.org
watsoncaringscience.org
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Listening Partner. *"When someone is deeply heard, something shifts. They reconnect with the love and passion that first called them to nursing, and they rediscover joy in the work. To be endorsed by the Watson Caring Science Institute affirms what I have witnessed again and again, that listening with our hearts can restore both the caregiver and the one receiving care."*

The approach is supported by research **Dr. Biedenharn** published in *Holistic Nursing Practice*. Nurses who integrated these deep listening practices reported stronger connections with patients, renewed professional meaning, greater inner peace, and increased spiritual awareness, while patients experienced being known as individuals rather than diagnoses. The findings resonate with what **WCSI** calls the transpersonal caring moment, a meeting between two human beings in which authentic presence itself becomes the medium of healing.

"Clare has spent her life listening, and she understands that caring is not merely something we do—it is a way of being that transforms both the giver and the receiver," said **Dr. Jean Watson**, Founder and Director of the Watson Caring Science Institute. *"From her earliest research, she has honored deep listening as a healing practice, and it has been a joy to walk alongside this work over the years. The SALT® framework offers nurses, clergy, and caregivers a simple, faithful way to carry Caring Science into every conversation. This endorsement affirms Your Listening Partner as a treasured extension of our community."*

Dr. Biedenharn's books, *Heart to Heart: Spiritual Care through Deep Listening* and *Reflect, Reconnect, Restore: Healing from Secondary Grief*, are available through the WCSI Caring Store.

Through this endorsement, **WCSI** and **Your Listening Partner** affirm a shared commitment to restoring meaningful human connection to the experience of care. As healthcare continues to face burnout and rising complexity, they extend the vision of Caring Science beyond the bedside and into healthcare organizations, faith communities, leadership development, and everyday relationships thus cultivating healing through presence one conversation at a time.

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About Your Listening Partner

Your Listening Partner, founded by Dr. Clare Biedenharn, helps people experience the healing power of being deeply heard. Grounded in Dr. Jean Watson's Theory of Human Caring and the Quaker listening tradition, the program translates Caring Science into everyday practice through the SALT[®] framework—Smile, Ask, Listen, Trust (Try Again). It equips nurses, healthcare leaders, clergy, and caregivers with practical, evidence-informed tools to cultivate presence, deepen relationships, and create environments where healing can occur. For more information, please visit: yourlisteningpartner.com.

About Watson Caring Science Institute (WCSI)

The Watson Caring Science Institute (WCSI) is an international non-profit organization that advances the philosophies, theories, and practices of Human Caring/Caring Science, founded by Jean Watson, Ph.D., RN, AHN-BC, FAAN, LL (AAN), WCSI's Founder & Director. Focusing on research, education, praxis, leadership, and legacy, the institute aims to widen the development and understanding of Watson's Caring Science to inform our notion of quality care and healing environments through various educational programs, nurse scientific research, partnerships, events, and affiliations. For more information, please visit: www.watsoncaringscience.org.



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