

CARING SCIENCE, MINDFUL PRACTICE

Implementing Watson's Human Caring Theory



WHAT IS THIS COURSE ABOUT?

- Enacting engaged professional caring within these frameworks:
- Watson's Theory of Human Caring
- Mindfulness practice within the tradition of Thich Nhat Hanh



HOW WILL IT HELP?

- Provide simple insights and practices that will support professional satisfaction, rediscovery of purpose, and renewed fulfillment in daily work
- Cultivate awareness of what mindfulness might look like in daily professional practice
- Create new ways to envision and carry out personally meaningful caring for self, co-workers, clients, and communities



IS THIS APPROACH VALIDATED?

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THIS COURSE OFFERS TOOLS FOR ENGAGED PROFESSIONAL CARING

- Basic Caritas practice
- Cultivation of daily mindfulness in the tradition of Thich Nhat Hanh
 - Applicable within any spiritual tradition or in the absence of spiritual tradition.
 - This is not a religion—it is a personal practice meant to support a healthy inner life
- Deliberative reflection
- Self-care, peer care, client care, system care



IN THIS COURSE WE WILL TALK ABOUT:

- Mindfulness in the Thich Nhat Hanh tradition
- Watson's Caritas Practices
 - Transpersonal Caring
 - Layers of caring and mindful influence
 - Core And Trim
- The 10 Caritas with Mindfulness Perspectives
 - Brief explanation and examples
 - Examples of how others have used this process to enhance practice
- Sustaining Mindfulness and Caritas Practice
 - Watson's Touchstones
 - Conclusions and suggestions for deepening study

