



Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory

By Kathleen Sitzman, Jean Watson

Springer Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory, Kathleen Sitzman, Jean Watson, This is the first text to help students and practicing nurses translate and integrate the philosophy and abstracts of Caring theory into everyday practice. It was developed for use as the primary text for an online caring theory course that will be offered through the Watson Caring Science Institute in October 2013. Through case examples and guiding activities, the book helps students and practitioners to more fully comprehend the meaning and use of each Caritas Process. It draws upon the contemplative and mindfulness teaching of Thich Nhat Hahn, a renowned Buddhist monk, poet, author, teacher, and peace activist. Each of the ten Caritas Processes are clearly presented by the author and accompanied by guided mindfulness and artistic practices to support learning and absorption of the method. These artistic practices include the use of images, art, metaphors, and expressive symbols that are designed to promote meaningful introspection and self-awareness-the underpinnings of genuine Caritas practice. The book reflects several years of teaching by the author, who has been invited by several large health care institutions (including Kaiser-Permanente) to provide...



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