

1. Record Nr.	UNINA9910822545303321
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Titolo	Caring science, mindful practice : implementing Watson's human caring theory // Kathleen Sitzman, Jean Watson
Pubbl/distr/stampa	New York : , : Springer, , [2014] ©2014
ISBN	0-8261-7154-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (169 p.)
Altri autori (Persone)	WatsonJean <1940->
Disciplina	610.7301
Soggetti	Nursing - Philosophy Nursing models Caring
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title Page; Copyright Page; Contents; Contributors; Author's Note; Preface; Note From Contributing Nurse Artist; Section I: Introduction to the Caritas and Enhancing Use Through Mindfulness; Chapter 1: Use of Mindfulness to Cultivate Understanding of Watson's Theory of Caring; Prelude to Watson's Theory of Human Caring and Thich Nhat Hanh's Mindfulness Practice; Why Use Mindfulness to Cultivate Understanding of Watson's Theory of Caring?; Art as an Alternative Pathway for Learning; How This Book is Arranged; Creating Pointillism Images; Creating Mandala Images Creating Photographic ImagesReferences; Chapter 2: Overview of Watson's Theory (10 Caritas); Introduction to Jean Watson; Transpersonal Caring-Caring Science; Caring Moments, Caring Occasions; Caring (Healing) Consciousness; Caring Science Defined; The Implications of Caring Theory; The Future of Nursing; 10 Caritas Processes; References; Chapter 3: Thich Nhat Hanh's Five Mindfulness Trainings; Introduction to Thich Nhat Hanh; Brief Overview of Mindfulness Practice; References; Chapter 4: Entering the Stream: Understanding and Living Out Jean Watson's Work Layers of Caring and Mindful Influence: Pebbles in a Pond ModelCore and Trim; Orange Meditation; Becoming a Caritas Nurse: Value Assumptions of Caritas; References; Section II: The 10 Caritas; Chapter

5: The First Caritas Process: Embrace Altruistic Values and Practice Loving Kindness With Self and Others; Embrace Altruistic Values and Practice Loving Kindness With Self and Others; One More Consideration; The First Caritas in Action: Caritas Coach Education Program Project Abstracts; Mindfulness Perspective; Contemplative Art Activity to Deepen Learning; References  
Chapter 6: The Second Caritas Process: Instill Faith and Hope, and Honor Others; Be Authentically Present, Instill Faith and Hope, and Honor Others; The Second Caritas in Action: Caritas Coach Education Program Project Abstracts; Mindfulness Perspective; Contemplative Art Activity to Deepen Learning; References; Chapter 7: The Third Caritas Process: Be Sensitive to Self and Others by Nurturing Individual Beliefs and Practices; Be Sensitive to Self and Others by Nurturing Individual Beliefs and Practices; The Third Caritas in Action: Caritas Coach Education Program Project Abstracts  
Mindfulness Perspective; Contemplative Art Activity to Deepen Learning; References; Chapter 8: The Fourth Caritas Process: Develop Helping-Trusting-Caring Relationships; Develop Helping-Trusting-Caring Relationships; The Fourth Caritas in Action: Caritas Coach Education Program Project Abstracts; Mindfulness Perspective; Contemplative Art Activity to Deepen Learning; References; Chapter 9: The Fifth Caritas Process: Promote and Accept Positive and Negative Feelings as You Authentically Listen to Another's Story  
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Sommario/riassunto

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

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