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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
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 Watson's Theory (10 Caritas); Introduction to Jean Watson;
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 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 OthersBe 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
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 Program Project Abstracts
 Mindfulness PerspectiveContemplative 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
 Promote and Accept Positive and Negative Feelings as You Authentically
 Listen to Another's Story

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