Sacred Art of Caring
Sacred Art of Caring

- Returning to the sacred core of humankind
- Connect again with the sense of divine and inviting the awe and mystery back into our lives and work  (Watson, 1999, p. xiv)
 Sacred Art of Caring

- Distortion of nursing’s original vision and tenets secondary to modern medicine’s reliance on technology and the perception of healthcare as a war
- Modern medicine leaves no place for the soul, because patients are objects or machines, which operate in a bigger machination or system
Reigniting the Sacred

• In order to fulfill the nurse vocation or call, Watson saw the next period of nursing development being established on a foundation of restored faith, reverence, and acknowledgment of the sacred and the soul. (Watson, 1999)

• Reconnecting with the feminine energy dampened by nursing’s over reliance on biomedical research model.
Reigniting the Sacred

• Watson’s paradigm of the caring-healing model extends beyond the cure model, the end-goal of the medical model

• Transpersonal caring-healing takes the nursing profession beyond the marginalized arena where the healthcare hierarchy of power attempts to displace it

• Reality of nursing concerns personify the concerns facing women in general
Ethics of Caring

• Nursing profession’s willingness to divest care-healing to non-nurses and enthusiastically accepting the unwanted responsibilities of other disciplines (Watson, 1999)

• The discipline of medicine is encroaching on the arena of care-healing because of society’s distaste of a non-caring healthcare institution (Watson, 1999)
Ethics of Caring

- Watson admonished the nursing profession not to abdicate the inherent part of nursing, the sacred, which gives the profession depth and soul.
Nightingale saw nursing as vocation or a “call to service” by God

Invoke a “call to higher service to humanity”

Recognize the spiritual nature of humans
Nursing Arts

- Olfactory
- Auditory
- Gustatory
- Visual
- Tactile
- Mental-Cognitive
- Caring Consciousness
• Olfactory
  – Nightingale’s emphasis on clean air, water, and the environment
  – Modern version
    • Clean air and water are environmental concerns facing nursing and the entire planet
    • Aromatherapy, along with meditation and deep breathing
• Auditory
  – Nightingale perceived unnecessary noise as detrimental to the health of the patient
    • Encouraged music in healing patients
    • Wind, stringed, and human voice instruments that are capable of continuous sound
  – Modern version
    • Music, chanting, and nature sounds contribute to the health of the patients
• Caring Consciousness
  – One’s consciousness affects one’s being, one’s relationship with self and others, and one’s intentionality
    • Nightingale contributed the death of a patient to fear induced by overhearing a discussion about an impending surgery
  – Modern Version
    • Demeanor, attitude, and energy can affect the patient’s well-being and health
• Tactile
  – Nightingale described the issue of a nurse with a “timid, uncertain touch” (Nightingale, 1858, p.45, section 376, paragraph 1).
  – Modern Version
    • Watson described touch as a basic human need and an “ancient form of healing” (Watson, 1999, p. 215).
      – Indirect Touch: therapeutic touch
      – Direct Touch: therapeutic massage, acupuncture, foot reflexology
Jean Watson’s Transpersonal Care-Healing Tenets

• Tenet One
  – Holistic view of person placed in the universe as a unitary entity (Watson, 2005)

  • Look beyond the physical of a patient by embracing the wholeness of the person, a three dimensional entity with potential to become a fourth dimensional being when connected with the universe
Jean Watson’s Transpersonal Care-Healing Tenets

• Tenet Two
  – A “spirit to spirit unitary connection within a caring moment” (Watson, 2005 p. 6)

• A caring moment is the intentional and conscious decision of the nurse and patient to engage in the honoring of each other spirits.

• A caring moment requires being *present* in order to bridge spirits together, thereby producing a healing energy for both parties.
Jean Watson’s Transpersonal Care-Healing Tenets

• Tenet Three
  – Like Tenet Two, because it requires honoring the nurse-patient relationship by being present (Watson, 2005 p. 6)

  • Requires transcending the “ego” and its selfish needs or desires in order to gain a substantial moment of caring
Jean Watson’s Transpersonal Care-Healing Tenets

• Tenet Four
  – Energy levels and the need for authenticity and intentionality in their interaction (Watson, 2005 p. 6)

  • Authenticity and intentionality “has a higher frequency of energy than non-caring consciousness…” (Watson, 2005, p. 6)
  • An ability to produce higher frequency energy levels serve as a healing balm for the nurse-patient relationship, because it allows both parties to tap into their “inner healer” (Watson, 2005, p. 6)
Jean Watson’s Transpersonal Care-Healing Tenets

• Tenet Five
  – The skill of transmitting higher frequency levels of intention and authenticity during the nurse-patient caring moment (Watson, 2005 p. 6)

• Tenet Six
  • Exploration of the physical and spiritual characteristics of care (Watson, 2005, p. 6)
Jean Watson’s Transpersonal Care-Healing Tenets

• Tenet Seven
  – “Transpersonal caring promotes self-knowledge, self-control, and self-healing patterns and possibilities” (Watson, 2005 p. 6)

• Tenet Eight
  – Encourages nurses to draw upon “multiple ways of knowing and being” (Watson, 2005, p. 6)
    • Urges the use of advance transpersonal caring modalities “…that honor wholeness, healing, comfort, balance, harmony, and well-being” (Watson, 2005, p.6)
Incorporation into Practice

• Gramling’s research study
  – Critical care unit
  – Even with technology they did not depersonalize the patient
    • “went out of her way for me”
    • “remembered to do all the little personal things”
    • “went above and beyond” (Gramling, 2004, p. 389)
Incorporation into Practice

- Hemsley and Glass’ research study
  - Nurse healer
  - Recognized it was an esoteric spirituality study even with technology they did not depersonalize the patient
  - Utilized Jean Watson’s theory due its recognition of the “sacred science” of caring and nursing (Hemsley & Glass, 2006)
  - Rejected by some in mainstream nursing
Incorporation into Practice

• Hemsley and Glass’ research study
  – Took narrative stories of the 11 nurse healers
  – Some experiences included spirit guides or spirits interacting with them in a spiritual realm
  – Some nurses admitted to physically manifesting the pain of their patient or seeing the energy of their patient
• There are multiple ways of knowing, especially with the uniqueness of humans and human science
• The return to the sacred is a revitalizing answer to the answer to the question of purpose
A moment to reflect and to commit ourselves to the "call to higher service to humanity"
