

Mother-Daughter's Dance to Unspoken Caring Needs: A Lesson in Caritas

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Overview

- ▶ Brief overview of Caring Science core concepts
- ▶ A love story of Caring Moments between mother & daughter
- ▶ Exemplars of Watson's 10 Caritas Processes® guiding daughter-nurse in caring for self and mother experiencing dementia.
- ▶ Sharing & Discussion

Learning Objectives:

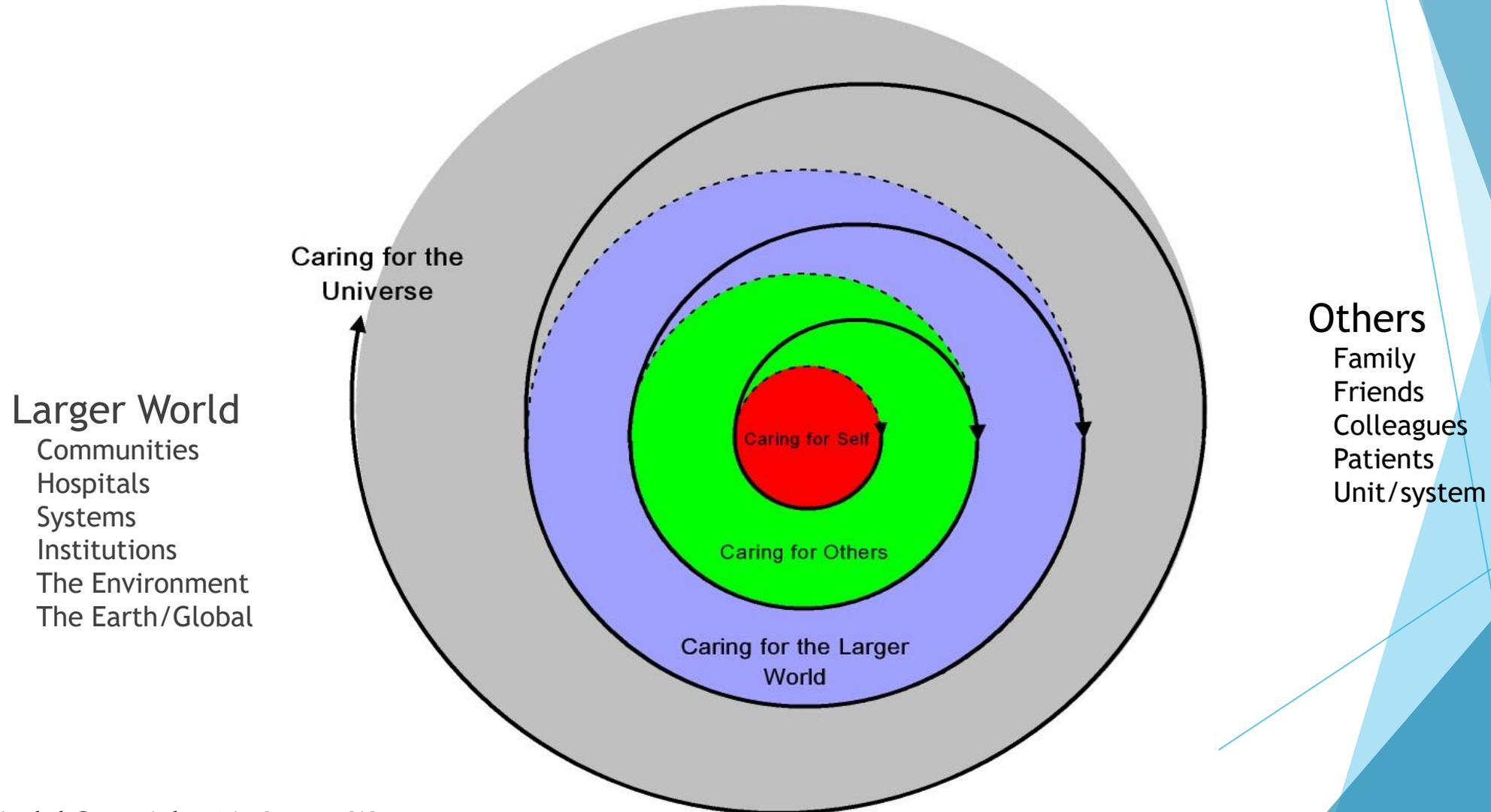
1. Describe how Watson's ten Caritas Processes® guide transpersonal caring for elderly patient experiencing dementia.
2. Describe a Caring Moment with a person.
3. Describe why caring for self is important in healing-caring for others.

Through Your Heart's Lens: The Questions...

- ❖ Why did you come to caring work?
- ❖ Why and how have you stayed?
- ❖ Who am I because of you?
- ❖ Who are you because of me?
- ❖ What can we learn/discover together?

A Caring-Healing Model of Transpersonal Relationship & Connectedness

Based on Watson's Transpersonal Caring Science®: Caring for Self, Other, and Larger World



Caring is All About Relationship & Loving Compassion with Self and Others

Caritas = Love + Caring → **Transformative Healing**

“**Caritas**—“to cherish and give loving attention to”—is about our response to humanity and ability to be present to another’s suffering—to be the “healing environment” for each person.

“With a deeper, more meaningful awareness of life/death, healing and wholeness...nurses are challenged from within and without to respond to a higher/deeper dimension of caring and healing that draws upon the richest sources of their own humanity...love being the greatest...”

(Watson, 2008, p. 229)

Caring Science as Humanistic-Moral/Ethical-Connectedness

Watson's Caring Science Philosophical Foundation

Caritas Consciousness

- ❖ **Ethic of 'Belonging'**—Infinite Field of LOVE - Human to human Connectedness; sustaining wholeness & dignity (Levinas)
- ❖ **Ethic of 'Face'**—Facing our own and other's humanity (Levinas)
- ❖ **Ethic of 'Hands'**-“We literally hold another person's Life in our hands and sustain our own and other's humanity.” (Logstrup)
- ❖ **Connectedness / Unity of All**—Relational Cosmology / Unitary Worldview
- ❖ **Multiple Ways of Knowing** (objective & subjective)
- ❖ **Reflective Practice**—Levels of Reflection = Cognitive, Affective, & Collective

Watson's 10 Caritas Processes®

Guidelines for Caring Science praxis/practice for self and others

Five major categories:

- ❖ **Transpersonal Relationships** (CP 1-4, 7)—**intentional** compassionate loving-kindness, presence; cultivating/honoring spiritual practices; presence beyond ego; sustaining trusting relationships; transpersonal teaching-learning
- ❖ **Caritas Communication** (CP 5)—allowing **positive/negative feelings**; authentic presence/listening to a person's **story**; silence; **human connection**
- ❖ **Creative Problem-solving /“Solution-seeking”** (CP6)—adaptive/creative artistry; caring-healing practices; **using all ways of knowing**
- ❖ **Creating Healing Environment** (CP 8-9)—**Nurse as the environment**; assisting with basics needs as sacred acts; sustaining human dignity/wholeness
- ❖ **Open to unknowns** (CP10)—**mystery** of life-death; allowing for **miracles**

Multiple Ways of Knowing

(Carper, 1978, Jackson, 2009; Watson, 2008; White, 1995; Zander, 2003)

Empirical (Science)

Personal (experiences)

Aesthetic

Intuitive

Ethical/Moral

Spiritual

Political

Cultural

Unknowing

All ways of knowing count as evidence & help us repattern our knowledge, beliefs, values, and caring actions. (Watson, 2008, 2021)

Caring Moment

“Maybe this one moment with this one person, is the very reason we’re here on EARTH at this time.” (Watson, 2008)

- ❖ A relational, **transpersonal** turning point that results from conscious intention to be fully **compassionately present** with another person without ego, in search for understanding, **connection and meaning**.
- ❖ Holding/opening sacred space for another...**feel seen, heard and valued without judgement**.
- ❖ A **spirit to spirit connection** occurs in **sharing one’s humanity** that **changes both forever**, potentiating self-healing and wholeness. We recognize ourself in others.



Transpersonal Dance

Searching soul and wavering steps
reflect the struggle of the dance.
Unrehearsed movements need no words
when music score is “caritas”.

Hand in hand,
face to face,
we're led to trust the beating heart.

~ Lynne Wagner, 2008

Watson's Caritas Process® 1

Practicing loving-kindness, compassion, and equanimity with self and others

- ▶ Learning to care for wholeness of mother and self
- ▶ Deciding with love to admit mother to nursing—surrendering to the truth
- ▶ Letting go of ego—being present in love, not duty
- ▶ Accepting changed expectations of roles
- ▶ Realizing quality of life can be preserved in unexpected ways
- ▶ Honoring the separateness of our needs
- ▶ Redefining care for each other—sustaining human dignity & wholeness
- ▶ Learning to trust the staff
- ▶ Learning to care for and trust myself

Being authentically present; enabling/sustaining faith-hope-belief system; honoring subjective inner world of self and other

- ▶ Balancing caring for mother & caring for myself and my family
- ▶ Supporting activities meaningful to her:
 - ▶ Building snowman
 - ▶ Viewing Fall leaves/visiting the ocean
 - ▶ Being in the garden; Birdfeeder outside her window
 - ▶ Horse rides
- ▶ Finding ways she can feel respected, useful
- ▶ Talking and listening with presence
- ▶ Human touch (hugs, hand/foot massage, backrub)
- ▶ Developing connecting relationships with the staff

Watson's Caritas Process® 3

Being Sensitive to self and others by cultivating own spiritual practices; beyond ego-self to transpersonal presence

- ▶ Reading Bible and other spiritual texts together, especially her favorite passages
- ▶ Praying/prayer chain
- ▶ Surrounding her with her meaningful religious symbols
- ▶ Requesting Chaplain/priest visits; communion
- ▶ Participating in religious services at church and nursing home
- ▶ Being in nature's beauty (trips to ocean, fall leaves, garden)
- ▶ Visiting 2nd husband's grave
- ▶ Doing "Life Review"
- ▶ Making prearranged funeral plans with her
- ▶ Attending to my own spirituality and spiritual needs—gratitude & forgiveness

Watson's Caritas Process® 4

Developing/sustaining loving, trusting, caring relationships

- ▶ Balancing my own life and needs
- ▶ Being honest, open, and genuinely present
- ▶ Being consistent in visits and calls; keeping promises
- ▶ Eating meals with her; honoring meals as a social event
- ▶ Listening to/acting on her needs and feelings; communicating with staff
- ▶ Taking care of financial obligations
- ▶ Being medical advocate and interpreter for her & family
- ▶ Including her in family life
- ▶ Building partnership with staff/Teaching staff about my mother & me

Watson's Caritas Process® 5

Allowing expression of positive and negative feelings— authentically listening to another's story

- ▶ Listening to mother and other family members
- ▶ Checking at each visit how she feels and how staff feels
- ▶ Intentional listening, learning, sharing emotions
- ▶ Addressing current expressed feelings
- ▶ Seeking the cause of sadness; talking to the staff
- ▶ Checking at each visit to see if she feels safe
- ▶ Creating/using large photo poster to talk about people in her life
- ▶ Walking the hallways and introducing her to the staff and other residents over and over again
- ▶ Listening to the staff's perspective & requests for change
- ▶ Processing my own feelings—frustrations and joys—via daily journaling and with siblings

Watson's Caritas Process® 6

Creatively problem-solving / solution-seeking—use of self and artistry of caring-healing practices, using all ways of knowing

- ▶ Teaching staff about my mother and her history
- ▶ Creating the photo poster with family
- ▶ Decorating her room seasonally; using large print calendar to orient
- ▶ Reading and writing with her
- ▶ Encouraging her to play piano, paint, draw; working with staff
- ▶ Interactive singing/music; encouraging brother's visit with his guitar
- ▶ Playing cards, watching movies & TV together
- ▶ Walking and helping in garden at our home
- ▶ Being her advocate; learning from staff
- ▶ Developing my writing, paintings for creative healing

Watson's Caritas Process® 7

Engaging in transpersonal teaching-learning within context of other's frame of reference

- ▶ Providing art supplies for her painting
- ▶ Encouraging active participation in creative activities
- ▶ Singing, listening to favorite music and watching her favorite movies
- ▶ Outings (Christmas lights, fall leaves, eating out, family festivities)
- ▶ “Life Review”; Learning from her
- ▶ Reading with her (her poetry, my poetry, books)
- ▶ Sharing photos of family, new babies, my paintings
- ▶ Talking about the news; putting dates and events on calendar
- ▶ Honoring each day as a discovery of past & new accomplishments
- ▶ Processing my experiences in daily reflective practice of journaling
- ▶ Sharing experiences with other families at the nursing home

Watson's Caritas Process® 8

Creating healing environment at all levels, potentiating wholeness, beauty, comfort, human dignity, and peace

- ▶ Helping her shape her day with meaning
- ▶ Advocating for a bed by the window
- ▶ Setting up window birdfeeder
- ▶ Advocating roommate changes
- ▶ Surrounding her with photos, her paintings, and important symbols to her
- ▶ Creating a photo of me and a close friend, that my friend carried with her when she visited without me.
- ▶ Flowers, music, stuff animals to hug
- ▶ Walks outside, car rides, time in home garden
- ▶ Inclusion in family events; encouraging family to visit
- ▶ Participating in religious services and practices
- ▶ Hiring hospice in last months; Chaplain visits
- ▶ Holding her hand; holding her in my arms, lying next to her
- ▶ Singing to her

Reverently assisting with basic needs as sacred acts; touching mind-body-spirit; sustaining human dignity

▶ Body

- ❖ Ambulation, exercise
- ❖ Cleanliness: hair, fingernails; more frequent showers
- ❖ Elimination: independence with Depends
- ❖ Nutrition: teeth problems, favorite food, eating in dining room
- ❖ Appropriate clothing/shoes; change of season needs
- ❖ DNR-DNI-no artificial or forced feeding; monitoring medication effects
- ❖ Providing human touch (hugs, backrub, hand/foot rub, holding hand)

▶ Mind

- ❖ Involving her in mindful activities that do not frustrate
- ❖ Creative helping with memory

▶ Spirit

- ❖ Social and family gatherings, activities, hospice; visit with Chaplain
- ❖ Feeling useful; meaningful involvement; being present

Watson's Caritas Process® 10

Opening to spiritual, mystery, unknowns; Attending to soul care in life and death; Allowing for miracles

- ▶ Life review—emphasis on meaningful life events
- ▶ Permission to journey onward / Honoring the Sacred Passing and Grief
- ▶ Respect for her belief in life after death; Last Rites
- ▶ Talking about loved ones who have passed on
- ▶ Being together in final days / hours; lying in bed with her, singing
- ▶ Human touch—embracing, saying goodbye
- ▶ Funeral planning—reflection on full circle of life
- ▶ Gathering of family/friends in celebration of life & grief
- ▶ Experiencing grace through gifts of food, cards, presence, prayers, flowers, helping hands
- ▶ Writing thank you notes and taking time for reflection

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Thank You



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