



St. Catherine University

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2022 Perkins Dols Finn AHNA 42nd Annual Conf. Consciousness, Caring, Compassion, and Complexity: The holistic nursing student's transformational experience. .pdf

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Available at: <https://works.bepress.com/joyce-perkins/30/>

Consciousness, Caring, Compassion, and Complexity: The holistic nursing student's transformational experience.

AHNA 42nd Annual Conference

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Dr. Perkins helped facilitate curriculum design for the BSN program in the College for Adults at St. Catherine University, St Paul, Minnesota. Her expertise includes complementary/alternative or integrative therapies, psychiatric/mental health nursing, group fitness, and transformational nursing leadership. Her research focus is transcendental meditation. Her passion is developing a cosmology of compassion via Unitary Human Caring Science. She is a postdoctoral senior scholar of the Watson Caring Science Institute and a distinguished scholar of the Global Academy of Holistic Nursing (SGAHN)

Dr. Perkins worked as a psychiatric nurse from 1999-2012 at St. Mary's Hospital, Mayo Clinic, Rochester, MN. She is certified in many healing modalities including: Healing Touch (CHTP), Reiki (RMP-T), and Qigong. Dr. Perkins is an Advanced Practice Holistic Nurse (AHN-BC) and has studied the healing practices of shamans and healers among Native American Indian tribes, and the Q'ero Indians of Peru. Dr. Perkins has a 38-year teaching career in the health, exercise and fitness arena.

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Dr. Dols Finn teaches in pre-licensure BSN program in the College for Adults and the DNP program at St. Catherine University, St. Paul, Minnesota.

Dr. Dols Finn assisted in the development of the Unitary Human Caring Science BSN curriculum, which includes integrative and cultural healthcare curricular components. She is a certified nurse educator (CNE), holds Public Health Nurse registration, and is a certified Advanced Holistic Nurse (AHN-BC). She is and has been involved in academic and clinical research. She presents locally, regionally, and nationally on holistic nursing, holistic nursing curriculum, and promoting healthy work environments.

Dr. Dols Finn is committed to the advancement of holistic nursing and promoting holistic, caring, and compassionate nursing to support health and healing for all.

Breathing Exercise



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Butterfly Effect



- An overview of the program is shared through the lived experience of students embracing Unitary Human Caring Science (UHCS) bringing together the art, science, and humanity of nursing.
- Transformation occurs throughout an AHNCC endorsed holistic nursing program.



Meditation/Contemplative Practices and Self-care

A silhouette of a person sitting in a meditative pose on a dark, rocky outcrop. The background is a vibrant sunset or sunrise over a body of water, with the sun low on the horizon, casting a bright glow and reflecting on the water. The sky is filled with dramatic, orange and red clouds.

- Start week one of the program
- All students are required to engage
- One class every semester has a meditative component
- Students journal on the experience

Meditation and Contemplative Practices

What did we do, and how did we benefit



Benefits Experienced:

- Decreased stress
- Better sleep
- Felt more organized with life and thoughts
 - Higher level of energy
- Ability to multitask more efficiently

Impressive for full time students, full time workers, and raising children

1. Source: <https://medium.com/swlh/the-pleasure-of-yoga-for-entrepreneurs-79f566457bfa>
2. Source: <https://www.npr.org/sections/health-shots/2014/01/07/260470831/mindfulness-meditation-can-help-relieve-anxiety-and-depression>
3. Source: <https://www.lyncburgparksandrec.com/history-of-tree-huggers/>

Journal Examples



- First Semester: The first three weeks of the semester, I honestly couldn't name any contemplative practice I practice religiously.
- Final semester: I have identified that, although I do a lot of reflection and work on myself, my contemplative practices allow me to hold space for my emotions and have helped me increase my emotional intelligence. I think this is solidified for me when I realize I am more reactive when I am not fully engaging in my practices. This has been vital in shaping myself and allowing increased awareness and intelligence of my own emotions.



- First semester: The theme throughout the first few weeks has been letting go. Every time I enter into a place of stillness, I feel an invitation to let go of the busyness that my mind is so akin to.
- Final Semester: I'm deeply grateful that we have been pushed to develop a self-care/ spiritual practice, because I don't know what I would be doing in my life right now without the social supports [related to COVID isolation requirements] I have more readily relied on. This has caused me to delve deeper within myself, enter truer ways of existing, and uncover a stronger form of resilience.



Unitary Human Caring Science (UHCS)

A convergence of nursing theories
by:

- Martha Rogers
- Margaret Newman & Colleagues
- Marlaine Smith
- Jean Watson

- Unitary Human

Rogers helped create the foundation of UHCS by developing theory regarding the unitary human experience (American Nurses Association, 2019).

- The Three Paradigms & Health as Expanding Consciousness

Newman and her colleagues helped create the concepts of the three paradigms (Perkins, 2021). Newman also asserted “Health is a transforming process to higher levels of consciousness” (Newman et al., 2011, p. 18).

- Theory of Unitary Caring

Smith developed the 5 constituents of caring within the unitary paradigm (Newman et al., 2011).

- Unitary Caring Science

Watson developed the Caritas/Veritas process (Perkins, 2021).

Unitary Human Caring Science (UHCS)

- A way of unfolding/embracing the whole (Perkins, 2020)
- An “Ethic of Belonging” (Watson, 2017)
 - Unitary: Embracing the whole
 - Human: Pan dimensional
 - Caring: Authentic presence
 - Science: Knowledge development

Paradigms of Nursing

How do we see the three Paradigms of Nursing?

Paradigm 1

Particulate/Determinate



Paradigm 2

Interactive/Integrative



Paradigm 3

Unitary/Transformative



1. Source: <https://www.mentalfloss.com/article/565146/youve-been-putting-band-aids-all-wrong>
2. Source: <https://www.medcominc.com/medical-errors/prevent-documentation-errors-nursing/>
3. Source: <https://www.patrizianazzarocounselor.com/en/reiki-2/>

(Perkins, 2021)

The 9 Ways of Knowing

- Empirical
- Ethical
- Personal
- Aesthetic
- Emancipatory
- Appreciative
- Spiritual
- Innate
- Unknowing



Attributes of Caring

Compassion · Competence · Conscience · Confidence · Commitment · Comportment
Communication · Creativity · Consciousness

Communication



Consciousness



Conscience



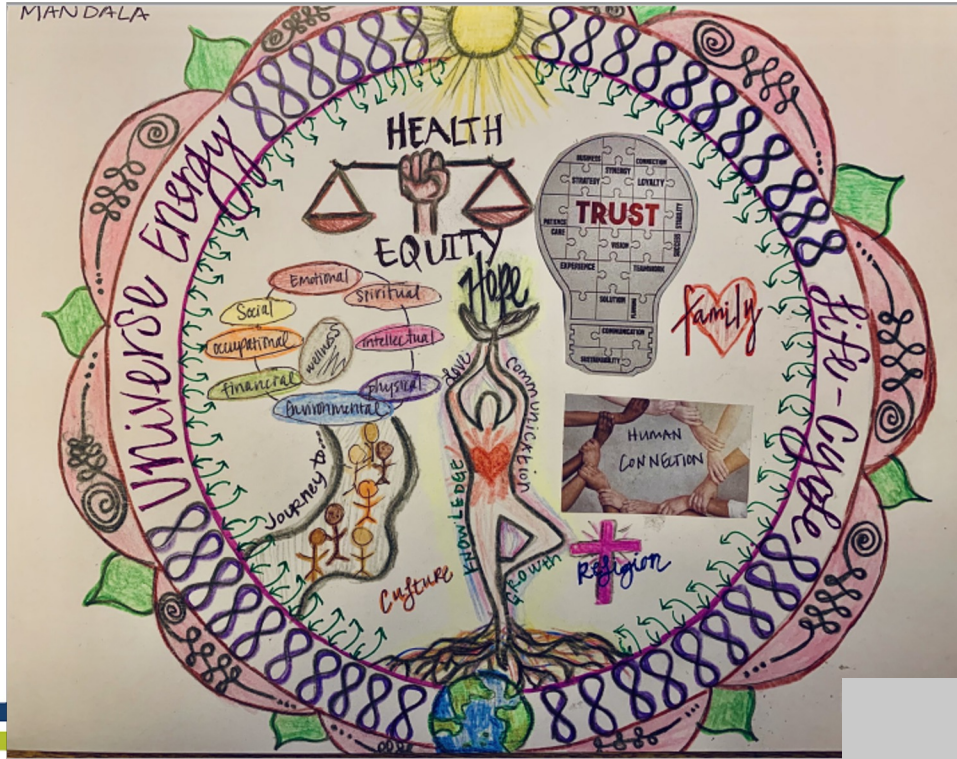
Understanding the Caritas Processes

1. Embrace - Love
2. Be - In-spire
3. Trust
4. Nurture
5. Forgive
6. Deepen
7. Balance
8. Co-Create
9. Minister
10. Open



Caritas: a combination of both love and caring. It's a process of healing all aspects of oneself and _____ others (Watson, 2018).

Mandala



Holistic healing practices and implications for integration with Western medicine



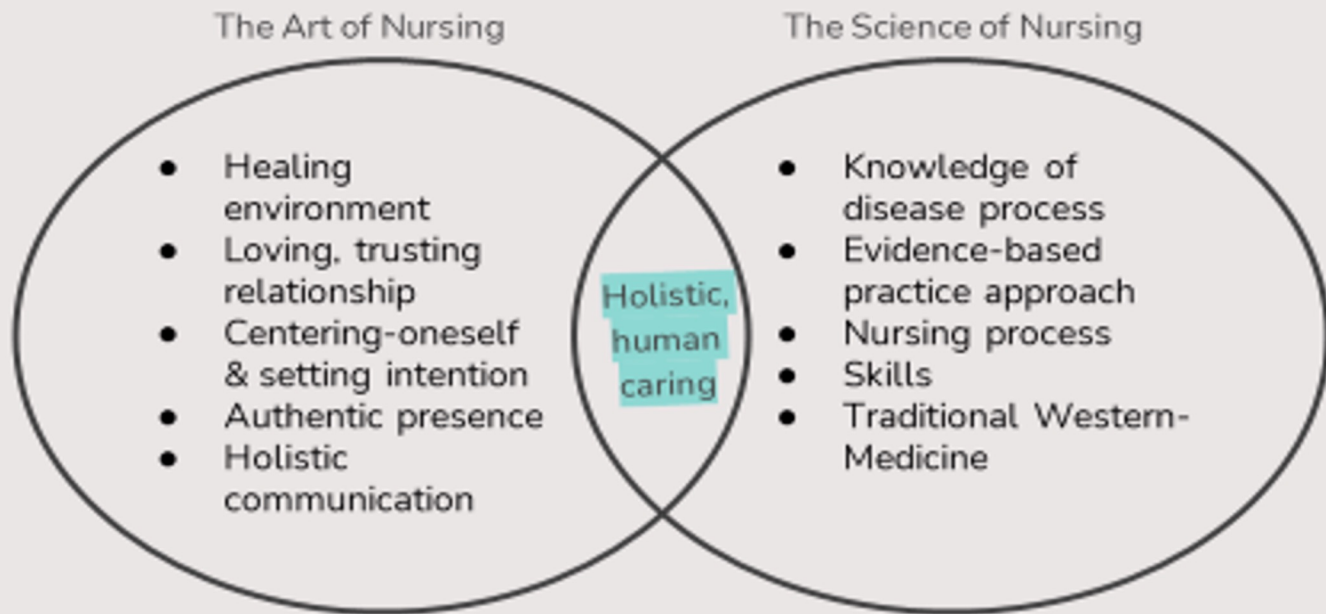
Qigong Warm-up





<https://www.springforestqigong.com/what-is-qigong>

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The Art & Science of Nursing



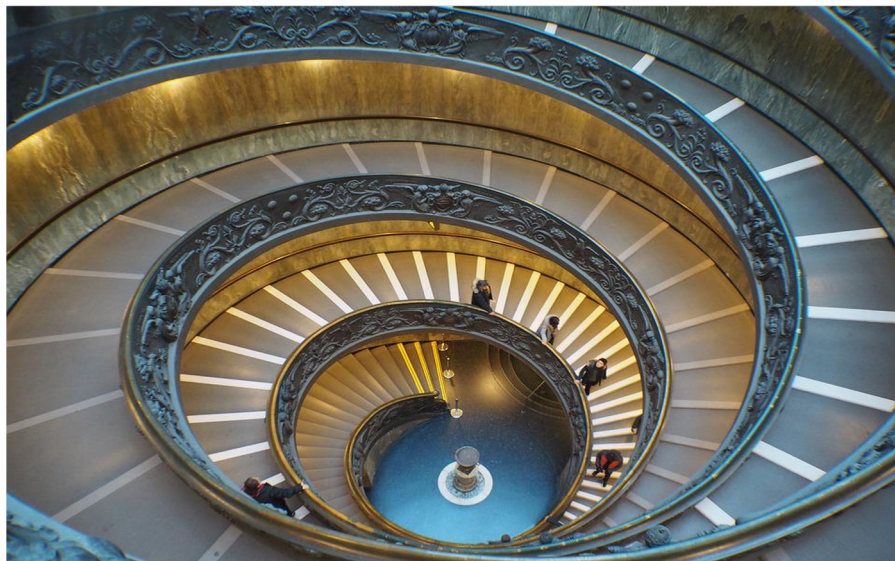
Clinical Evaluation Tool Examples

Core Values	Student Examples	Identification of UHCS Components
<p>Core Value 3: Holistic Caring Process</p>	<p>I exemplified the holistic caring process when I used energy work to calm distressed babies during cares. I held my hands on either side of the baby and made the intention to provide reiki to the baby which did very quickly calm them down on almost every occasion. I also used botting as an opportunity to provide love and physical touch to infants who are separated from their families and not held as much as they ideally would be.</p>	<p>Holistic Standard: Quality of practice Caritas Process: Co-Create Attribute of Caring: Compassionate Way of Knowing: unknowing Paradigm:: Unitary/ transformative</p> 
<p>Core Value 4. Holistic Communication, Therapeutic Relationship, Healing Environments, and Cultural Care</p> 	<p>Created a healing environment through therapeutic touch, holistic communication, and providing culturally competent care.</p>	<p>Holistic Standard: Quality of Practice Caritas Process: Co-create & Deepen Attribute of Caring: Compassionate Way of Knowing: Unknowing Paradigm: Unitary/transformative</p>

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End of Program Assignments

- Final Synthesis Presentation
- E-Portfolio





Healing Environment & Healing Presence



"An integral nurse recognizes oneself as a healing environment interacting with a person, family, or colleague in a *being with* rather than an always *doing to* or *doing for* another person, and enters into a shared experience that promotes healing potentials and an experience of well-being (Dossey, 2008)."

- Using intention and integral communication
 - Being present and engaging in deep listening and authentic presence
- Incorporating nature - fresh air, sunlight, flowers
 - Going outside with Rose, caring for her indoor plants, opening the blinds
- Sounds of music
 - Assisting her to play music CDs she had in her room
- Soothing colors
 - Recognizing her seasonal and holiday room decoration and bedding
- Massage and healing-touch therapy
 - Used M-technique on Rose's hands
- Calming pictures
 - Maintaining Rose's room with pictures and cards from loved ones

(Dossey and Keegan, 2012))

Expanding Consciousness

- Silence
- Breath work
- Meditation
- Giving gratitude
- Yoga
- Visualization



Love

- Deep listening
- Centering
- Qigong
- Journaling
- T'ai chi
- Walking meditation

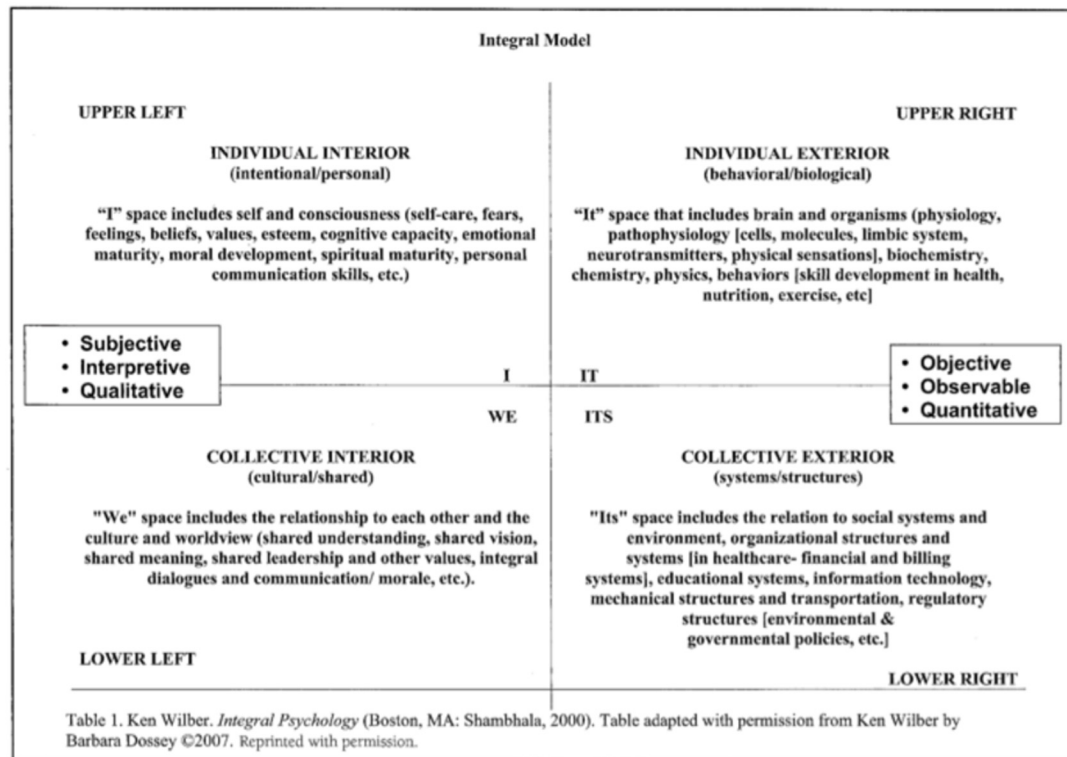
(Watson, 2016)



Core and Trim of Nursing Embedded within Integral Nursing's 4 Quadrants of Knowledge Development:

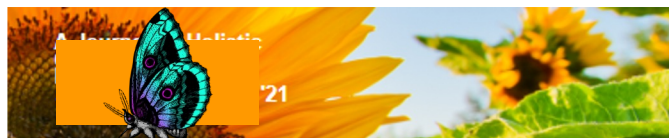
A Spiral Path: reiterating the cycles/circles/spheres of creation in the natural world.

CORE of Nursing (Nourishes Essential Self) ~ TRIM of Nursing (Behaviors and actions)**



*Adapted from Tatsumi (2017); ** Adapted from Watson's (2008) Caring Science, and Sitzman, K. (2017). *Integrating Caring Science Fundamentals in Technology-Rich Teaching and Learning Environments*.

E-portfolio Example



#1 Definition of Unitary Human Caring Science

Definition of Unitary Human Caring Science

The Unitary Human Caring Science (UHCS) perspective has been developed by a collection of nursing theorists. This perspective involves a unitary world view and discusses that everything in the universe is connected and all reside in an evolved unitary infinite field of human-planet oneness (Watson, 2020). The phenomena of UHCS is unitary, metaphysical, and soulful, while the methodology may be taken in and transferred through soul-filled energetic vibration that transforms the heart and soul (Watson, 2020). Watson identifies that knowledge of caring cannot be assumed and is instead an epistemic-ethical-theoretical endeavor that requires ongoing explication and development (Watson, 2018). The application of UHCS can expand consciousness and be paradigm transcending. UHCS framework brings together universal principles of human caring and human healing to identify nursing as a distinct health discipline that provides service to all of humanity (Watson, 2018).

To me, Unitary Human Caring Science goes about and beyond physical caring. It expands to involve the heart, mind, spirit, and soulful energy that can transcend between people and connect with the earth. To sustain this, I as the caretaker need to engage in contact self-reflection and self-development. This includes incorporating perspectives such as the Caritas Processes and many ways of knowing across all paradigms into my practice. It also includes heart centering and intention, contemplative practices, and other self-care modalities. These theories and contemplative practices (meditation, health-centering and intention, journaling, deep and guided breathing) have transformed my health and well-being. I will practice them for the rest of my life and continue to share them with others.

Integral Model of Nursing

CORE of Nursing (Nourishes Essential Self) ~ TRIM of Nursing (Behaviors and actions)**

#1 Definition of Unitary Human Caring Science

#2 Individual Interior (U/L) "I" Intentional/Personal

#3 Individual Exterior (U/R) "IT" Behavioral/Biological

#4 Collective Interior (L/L) "WE" Cultural/Shared

#5 Collective Exterior (L/R) "ITS" Systems/Structures

#6 Final Synthesis Assignment NLRS 4704 Voiceover PowerPoint

#7 Creating Synthesis of e-Portfolio

#8 Reference Page

#1 Definition of
Unitary Human
Caring Science

#2 Individual
Interior (UL): "I"
Intentional/Personal

#3 Individual Exterior
(UR): "IT"
Behavioral/Biological

#4 Collective Interior
(LL): "WE"
Cultural/Shared

#5 Collective Exterior
(LR): "ITS"
Systems/Structures

#6 Final Synthesis
Assignment NURS
4704 Voiceover
PowerPoint

#7 Creating
Synthesis of e-
Portfolio

#8 Reference Page

#2 Individual Interior (UL): "I" Intentional/Personal

Individual Interior

The upper left quadrant is known as "Individual Interior and includes the "I" space. It places an emphasis on unfolding awareness from body to mind to spirit (Doxsey and Kuegan, 2015). This space includes intentional and personal knowledge and involves self and consciousness (Watson, 2008).

Mind - Body - Spirit



3303 Enhancing Human Caring Paper (C&E) - UL 11.23.19



3303 Enhancing Human Caring Paper (C&E) - UL 11.23.19

I completed this assignment in my first semester of the nursing program. It was part of the course Human Caring: Professional Roles and Culture. The assignment involved applying Watson's Caritas Processes and the Ways of Knowing to a Case Study. It was helpful for me to analyze how I would apply and use the different Caritas Processes and Ways of Knowing to the patient in the case study. At this time in the program, this was a little challenging for me to do and required some significant thought. Now near the completion of the program, many of these theories come as second nature and I do them almost naturally. I continue to improve my practice today with intention and reflection.

3303 Journals - Summative Contemplative Practices & Meditation (PPD) - UL 12.18.19



3303 Journals - Summative Contemplative Practices & Meditation (PPD) - UL 12.18.19

I completed this assignment at the end of my first semester of the nursing program. This assignment involved synthesizing my experience of contemplative practices over the semester. It was challenging. Meditation and Contemplative Practices were really difficult for me. So much has changed for me since this assignment. I have personally experienced so much value and benefit from regular contemplative practices. I will regularly practice them for the rest of my life, and encourage others to do so.

4203 Summative Meditation Reflective Journal (PPD) - UL 12.5.20



4203 Summative Meditation Reflective Journal (PPD) - UL 12.5.20

I completed this assignment in the fall of my last year of nursing school. This assignment was part of the course Holistic Approaches to Mental Health. This assignment required synthesizing my direct experience and learnings about contemplative practices and medication and reflecting on their use as holistic modalities for mental health care for myself and others. This assignment really marked a turning point in my personal knowledge and understanding of the use of contemplative practices. I had been experiencing so much stress that I was willing to try anything, and contemplative practices have had many benefits for me in the last 6 months. They are part of my way of life now. They have improved my well-being and strengthened my resiliency and are something I will encourage others to do. At the time of this assignment, I was just beginning to really "buy-in" to the significant use of contemplative practices.

4704 Unification of Holistic Concepts and Contexts Final Synthesis Presentation



4704 Unification of Holistic Concepts and Contexts Final Synthesis Presentation

I completed this assignment in my final semester of nursing school as part of the course Unification of Holistic Nursing Concepts and Contexts in Complex Care. The focus of this assignment involved constructing a summative Voice Over PowerPoint presentation for a complex patient from one of my clinical experiences. To this patient's care plan, I applied holistic, multi-paradigm perspectives including embracing the Caritas Processes and the many ways of knowing while considering my practice through the lens of Unitary Human Caring Science. This project meant so much to me. It shows how much I have grown and transformed in my practice and as an individual. These different perspectives of human caring and holistic health have transformed my life in nursing/caring and beyond. I feel happier, healthier, and stronger. I am excited to share this with others.



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Examples of Transformation in Final Semester

Student #1: Meditation facilitated comfort caring for dying patients with altered levels of consciousness, and being in silence with all patients

Student #2: Summarizes experience with meditation, qigong, through the conceptual information of the program, and the direct of experience of moving through a pandemic while studying, raising a family, that include disability, and working.



Synthesis of the Student Experience



As I started my journey in holistic nursing two years ago, I can say that I had a drastically different idea of what I would learn and experience. At the beginning, holistic theory and integral nursing concepts were hard for me to wrap my mind around. Now that I have taken the time to learn and experience these aspects of nursing, I can incorporate them into my daily life and nursing practice to expand my knowledge and perspectives. Allowing Unitary Human Caring Science to be at the forefront of my practice has opened up my experiences and relationships to much deeper, transformative parts of my being.

UNITARY HUMAN CARING SCIENCE: AN ETHIC OF BELONGING



- **Unitary**
Embracing the whole of humanity and shared experience.
- **Human**
We are more than our bodies yet that which is more is also us.
- **Caring**
Being a light of compassion and love.

Going beyond doing all the way to being and feeling
- **Science**
The process by which knowledge is gained and developed. Both our physical and metaphysical

(Watson, 2018)



Questions?



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