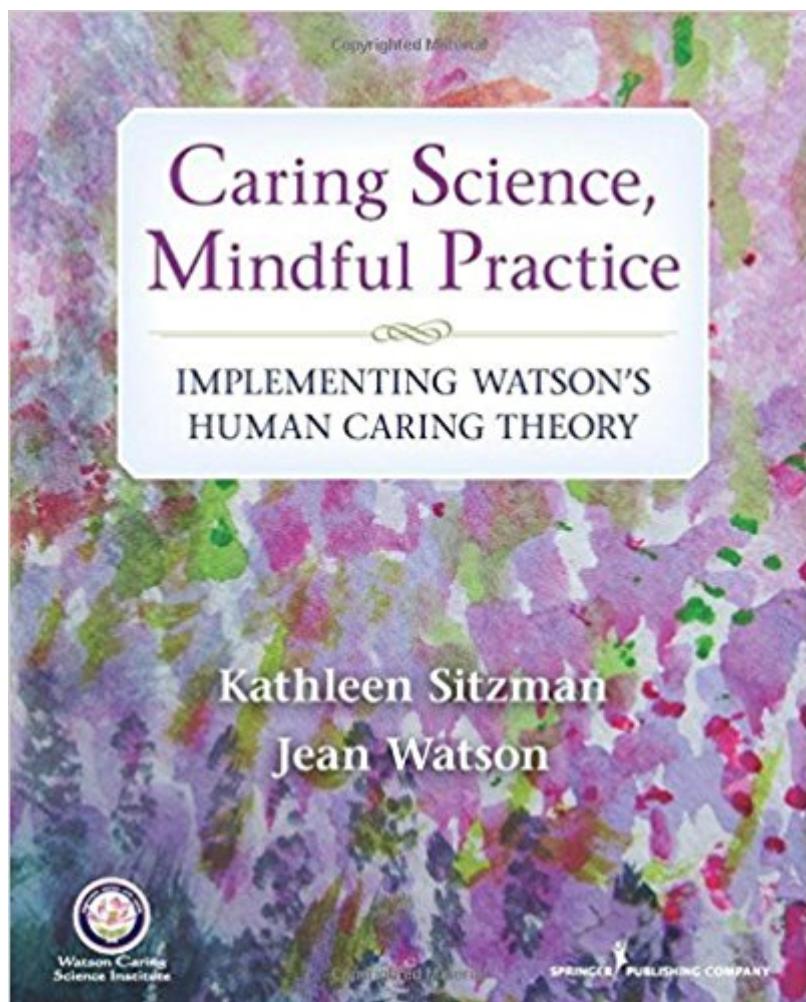**The book was found**

Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory

Synopsis

Caring Science, Mindful Practice offers unique and practical project examples that nurses will consider for their practice or educational settings. With its integration of Watson's caring science and mindfulness principles, Sitzman and Watson have extended knowledge of Watson's caring science and caritas processes through integrating Thich Nhat Hahn's mindfulness perspective and practices. The book offers rich examples of nursing projects that may broaden nursing care for greater patient and student satisfaction and assist nurses with holistic self-care." -- Gale Robinson-Smith, PhD, RN is Associate Professor, College of Nursing, Villanova University, International Journal for Human Caring This book provides wonderful tools for nurses to use in practice, education, or even for self-care. Designed for any nurse, new or experienced, who wishes to learn more about applying Jean Watson's Human Caring Theory to practice, it supplies the meaning behind the importance of having a practice based on mindfulness....[It] is a practical, easy-to-read book for all nursing audiences and could be used at any educational level."--Doody's Medical Reviews "Sitzman and Watsons' book is an invaluable resourceâ˘ Ã The strength of this book is its simplicity on one level yet its complexity as the reader works throughout the layers incorporated within the book."--Nursing Times 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, and peace activist. Each of the ten Caritas Processes are clearly presented by the author and accompanied by guided mindfulness and artistic practices to support learning and absorption of the method. These artistic practices include the use of images, art, metaphors, and expressive symbols that are designed to promote meaningful introspection and self-awarenessâ˘ â‰¥the underpinnings of genuine Caritas practice. The book reflects several years of teaching by the author, who has been invited by several large health care institutions (including Kaiser-Permanente) to provide training based on her materials. Key Features: Helps students and practitioners to integrate the philosophy and abstracts of Caring theory into clinical practice Offers case studies and guided activities to reinforce content Draws upon the contemplative and mindfulness teachings of Thich Nhat Hahn Includes concrete guided mindfulness and artistic practices for each of the ten Caritas Processes Designed for a wide audience including undergraduate, graduate and international nursing students

Book Information

Paperback: 168 pages

Publisher: Springer Publishing Company; 1 edition (July 30, 2013)

Language: English

ISBN-10: 0826171532

ISBN-13: 978-0826171535

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars   11 customer reviews

Best Sellers Rank: #199,547 in Books (See Top 100 in Books)   #67 inÂ Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nurse & Patient   #84 inÂ Books > Medical Books > Nursing > Nurse-Patient Relations   #98 inÂ Books > Medical Books > Nursing > Patient Education

Customer Reviews

Kathleen Sitzman, PhD, RN, CNE, ANEF, FAAN, is a professor of undergraduate nursing science, East Carolina University, Greenville, North Carolina. Previously, she was director of the Bachelor of Integrated Studies Program, Weber State University, Ogden, Utah, and a member of the faculty of the School of Nursing. Dr. Sitzman has been a nurse since 1983 and has produced scholarly work contributing to the body of knowledge of the nursing profession on the international, national, state, and community levels. She has been principal investigator or co-principal investigator on 10 research projects, several of which focused on nursing students' perceptions of caring online. She has received numerous awards for her scholarship, mentorship, and teaching, including the Jean Watson Award for outstanding scholarship in Caring Science from the International Association for Human Caring (2007-2008). Dr. Sitzman has published more than 100 peer-reviewed articles and has coauthored three textbooks: Understanding the Work of Nurse Theorists: A Creative Beginning, Second Edition (2011), A History of American Nursing: Trends and Eras (2010), and Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory (2014, Springer Publishing Company).

Caring is emphasized in nursing as it is a nurturing and caring profession. This book illustrates how to apply Jean Watson's Caring Theory to every day life and work. The addition of Thich Nhat Hahn's wisdom of mindfulness beautifully complements and emphasizes how we can practice as mindful

spiritual people. The research and application examples for each Caritas are inspiring and act as references as to how this method of nursing practice can be integrated into nursing care.

Gave real time examples of theory in practice at various types of facilities and organizations.

Wonderful read. I understand this is being added to Nursing curriculum. Highly suggested for all care givers.

perfect condition

Wonderful resource for nursing education

Excellent book

Simple book that is inspiring and gives practical examples that can be used by anyone.

Good info with examples

Caring Science, Mindful Practice: Implementing Watson's Human Caring Theory Human Caring Science: A Theory of Nursing (Watson, Nursing: Human Science and Human Care) Nursing: Human Science And Human Care (Watson, Nursing: Human Science and Human Care) The Human Side of Science: Edison and Tesla, Watson and Crick, and Other Personal Stories behind Science's Big Ideas Savor: Mindful Eating, Mindful Life The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Implementing Organizational Change: Theory Into Practice, 3rd Edition Model of Human Occupation: Theory and Application (Model of Human Occupation: Theory & Application) Models and Frameworks for Implementing Evidence-Based Practice: Linking Evidence to Action Implementing Culture Change in Long-Term Care: Benchmarks and Strategies for Management and Practice Environmental Justice: Legal Theory and Practice, 3d: Legal Theory and Practice (Environmental Law Institute) ICD-10-CM/PCS Coding: Theory and Practice, 2017 Edition - E-Book (Icd-10-Cm-Pcs Coding Theory and Practice) Photon Emission from Biological Systems-Theory and Practice: Theory and

Practice : Proceedings of the 1st International Symposium, Wrocaw, Poland, January 24-26 1986 Caring For The Vulnerable: Perspectives in Nursing Theory, Practice and Research Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others Enjoy Growing Your Own Great Rose Garden: A Definitive Rose Gardening Guide That Will Give You Superior Ideas On How To Grow Roses, Tips On Caring For Roses, Caring For Roses And A Lot More! The Selfish Pig's Guide To Caring: How to Cope With the Emotional and Practical Aspects of Caring for Someone Quality Caring in Nursing and Health Systems: Implications for Clinicians, Educators, and Leaders, 2nd Edition (Duffy, Quality Caring in Nursing) The Dance of We: The Mindful Use of Love and Power in Human Systems