Health Care Leaders are called to the pursuit of health... beyond the traditional pursuit of excellence

Healthcare executives and administrators join physicians in having the privilege of honoring the public trust for healthcare that goes beyond cure. -Berwick, 2013, Watson, 2008

You have an opportunity to:
-co-create healing environments within yourself and for those for whom you are responsible.
-commit to moving beyond excellence in physical and medical care to being transformational in the pursuit of health at all levels of the organization.

-“Work is love made visible”
  -Kahlil Gibran

-“When one has once fully entered the realm of love, the world—no matter how imperfect becomes rich and beautiful, it consists solely of opportunities of love”
  -Soren Kierkegaard

-“A miracle is a shift in perception from fear to love”
  -Marianne Williamson

Four Steps to Generate Evidence of Caring, Healing, and Health

STEP 1 - Continue traditional medical research and quality improvement documenting cure and excellence in medical practice.

STEP 2 - Expand your evidence by gathering subjective stories on what does health and caring-healing mean to patients, families, and staff at all levels.

STEP 3 - Become a research partner with Watson Caring Science Institute (WCSI) and the University of Arizona in building an international comparative caring database to measure the effectiveness of professional practice environments.

STEP 4 - Support scholarly inquiry and research development of staff through authentic caring programs.

Special points of interest:
- Move Beyond Pursuit of Excellence to Pursuit of Health
- Four Beginning Steps to Generate Health Evidence
- Watson’s Ten Caritas Processes to guide Healing and Right Relations
- Deeper Health calls for evidence and leading from the heart
- Embodied Caritas Healing Spirit is key

Inside this issue:
- Watson’s Ten Caritas Processes 2
- Deeper Health calls for heart-centered Leadership 2
- Embodied Caritas-Healing Spirit 2
- The Caring-Healing modality of Healing Touch 3
- Magnet Status does not guarantee authentic care 3
- Reflections on Caring-Healing Health Qualia 4
- Contact Information 4
Caritas Processes are Heart Expressions of Caring Qualia

-Dr. Lois S. Kelley

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**Watson’s Ten Caritas Processes™ as passages to the Heart**

1. Sustaining Humanistic-altruistic Values by Practice of loving-kindness, compassion & equanimity with self/other.

2. Being Authentically present, enabling faith/hope/belief system; honoring subjective inner, life-world of self/other.

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

4. Developing and sustaining loving, trusting-caring relationships.

5. Allowing for expression of positive and negative feelings—authentically listening to another person’s story.

6. Creatively problem-solving ‘solution-seeking’ through caring process; full use of self and artistry of caring-healing practices via use of all ways of Knowing/Being/Doing/Becoming.

7. Engaging in Transpersonal teaching and learning within the context of caring relationship; saying within other’s frame of reference-shift toward coaching model for expanded health/wellness.

(Continued on Page 3)

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**Deeper Health...requires heart-centered leadership for Qualia evidence**

The Healthy People 2020 edition includes a section on Health-Related Quality of Life and Well Being and Social Determinants of Health. The evidence desired is focused on functional health, on the ability of the person to participate in society. The attributes are related to health, work, family and economics, and ability to participate in society.

Qualia evidence related to human consciousness and praxis is not yet called for or made visible. What is missing is attention to subjective experience, thoughts, feelings, sensations, love and compassion... Yet, we all know these contribute to deeper Health and Healing.

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**Embodied Caritas Healing Spirit ... calls for making Caring Qualia visible**

Living embodied Caritas Healing Spirit in community is deep and almost invisible.

Deepak Chopra speaks of Qualia as a shift forward from Quantra as he works with quantum physicists and neuroscientists to make Qualia visible.

One promising clinical tool is the Watson Caritas Patient Score™. The Watson Caritas Patient Score (WCPS) is a reliable and valid instrument used in hospitals and systems throughout the United States to assess perspectives of caring practices in hospitals and other healthcare systems.

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Dr. Jean Watson founded the Watson Caring Science Institute to advance the philosophies, theories, practices and research outcomes of Caring Science
Magnet Status does not guarantee Authentic Caring

Magnet status is an award given by the American Nurses’ Credentialing Center (ANCC), an affiliate of the American Nurses Association, to hospitals that satisfy a set of criteria designed to measure the strength and quality of their nursing.

Magnet status is the most prestigious distinction a healthcare organization can receive for nursing excellence and quality patient outcomes. However, Magnet Status does not guarantee authentic caring.

Magnet status processes have assisted in raising consciousness about traditional excellence. Yet, it does not focus on health as raising caring consciousness and praxis rooted in caring science that addresses deeper health or qualia ways of being, doing, and knowing.

The Watson Caring Science Institute (WCSI) is dedicated to help the current health care system retain its most precious resource, competent, caring professional nurses and other health care professionals, while preparing a new generation of health professionals in a broader model of Caring Science.

“We are the light in institutional darkness, and in this Caring-Healing model, we get to return to the light of our humanity”

-Dr. Jean Watson, PhD, RN, AHN-BC, FAAN

The Healing Touch Program is the first energy modality to receive National Commission for Certifying Agencies accreditation.

http://Watson Caring Science.org

Coming soon…
Authentic Caring Status Award
Caring Qualia Health arises from depths that are difficult to measure, and is made visible by persons living their “embodied Caritas-Healing Spirit in community”. It is being a healing environment, being in right relations, being committed to caring science, caritas processes, and the shifting of subtle energy of the body by having the vibration of love, and leading from the Heart.

Caring Qualia Health is being in heart-aligned motion; not just being free of stress or pain. It involves taking risks in honoring one’s own truth, to being vulnerable in guiding an unpopular or unfamiliar view, to step out of one’s comfort zone to engage as a health care leader in compassionate service to others, creating healing environments within and without.

Inspiring Leadership for

Rebuilding the Caring-Healing Image of hospital or healthcare organization

Deepening the Caring-Healing Experience of patients, staff and community