

## Personal Philosophy of Nursing

Jean Watson's theory of human caring, which was published in 1979, emphasizes the importance that the act of caring plays in the nurse-patient relationship (Rossillo et al., 2020). Watson theorized that incorporating love, compassion, and empathy into one's nursing practice would promote a healing environment that supported the patient's dignity, thereby allowing them to access their own innate ability to heal (Rossillo et al., 2020). This theory identifies 10 "Caritas Processes," or elements of caring (Watson Caring Science Institute, n.d.). These processes encourage the nurse to (a) practice kindness and compassion; (b) inspire faith and hope; (c) develop personal spiritual practices; (d) build trusting and caring relationships; (e) encourage the expression of authentic feelings; (f) utilize creative problem-solving; (g) adopt a "coaching" approach in health and wellness teaching; (h) foster healing environments; (i) assist the patient in performing their basic needs in a manner that upholds their dignity; and (j) acknowledge the possibility of miracles (Watson Caring Science Institute, n.d.).

As a future psychiatric mental health nurse practitioner, I feel particularly drawn to Jean Watson's theory of human caring. Perhaps one of the most compelling aspects of this theory is the emphasis it places on preserving human dignity (Prescott et al., 2024), which I believe should be a priority when providing care to such a highly stigmatized patient population.

Guided by Jean Watson's theory of human caring, my personal nursing philosophy is that all patients deserve to be treated with kindness, compassion, dignity, and respect, regardless of their personal history or present emotional and mental state. I firmly believe that establishing a therapeutic relationship with the patient, in which they feel genuinely cared for and safe to openly share their thoughts and feelings, will significantly promote their emotional well-being.

## References

- Prescott, S., Watson, A., Young, C., Peterson, C., Thomas, D., Anderson, M., & Watson, S. (2024). A descriptive study on holistic nursing education: Student perspectives on integrating mindfulness, spirituality, and professionalism. *Nurse Education Today*, 143, 106379. <https://doi.org/10.1016/j.nedt.2024.106379>
- Rossillo, K., Norman, V., Wickman, M., & Winokur, E. (2020). Caritas education: Theory to practice. *International Journal for Human Caring*, 24(2), 106–120. <https://doi.org/10.20467/humancaring-d-19-00030>

Watson Caring Science Institute. (n.d.). *10 Caritas Processes*.

<https://www.watsoncaringscience.org/jean-bio/caring-science-theory/10-caritas-processes>  
/