

17th Massachusetts Regional Caring Science Consortium Conference (10th Virtual)

Caring Moments in Action, Part 1—Healing-Compassionate Presence with Self

Date: Tuesday, April 8, 2025 (Virtual Program) ~ 11:00 am to 12:30 pm ET

Sponsored by the Massachusetts Regional Caring Science Consortium; and supported by Cummings School of Nursing and Health Sciences, Endicott College, Beverly, MA; and the MGH Institute of Health Professions

Purpose: This program will explore the important practice of cultivating compassionate caritas presence with self in healing and renewing ways. Such practices are essential to develop and sustain one's self awareness and well-being, to renew personal meaning and purpose, and to prepare to care for others with loving-compassion and presence.

Program Objectives/Subjectives:

As a result of this educational activity, participants will be able to:

- **Define a Caring Moment through the lens of caring science.**
- **Describe caritas presence and how it affects the caring and healing of ourselves and others.**
- **Describe at least two micro-practices that increase self-awareness and healing love.**
- **Describe open-heartedness and its importance in the caring moment.**

Program Content:

11:00 – 11:05 am	Welcome and Orientation (Rachael-Salguero, PhD, MSN, RN-BC, CNEcl)
11:05 – 11:20 am	Introduction to the Caring Moment and Speaker (Lynne Wagner, EdD, MSN, RN, FACCE, HMCT, Caritas Coach®; Consultant; MRCSC Co-Founder)
11:20 am– 12:05 pm	The Caring Moment and Caritas Presence (Jan Anderson, EdD, MSN, RN, AHN-BC, Caritas Coach®, a holistic nurse, Caring Science scholar, nursing leader, educator, author, consultant).
12:05 –12:25 pm	Q&A/Discussion—moderated by Christine McNulty-Buckley, DNP, MBA, RN, CPHQ, NEA-BC, Certified MBSR & Koru Mindfulness Teacher, Caritas Coach®
12:25 – 12:30 pm	Closing Comments & Program Evaluations Process (Danielle Leone-Sheehan, PhD, RN, Caritas Coach®)

Please note that there is **NO conflict of interest or commercial support disclosed by planners, speakers, or content reviewers, in relation to this educational activity.**

Contact Hours: 1.5 Nursing Contact Hours for this program has been approved by the New England League of Nursing Education (NELNE), an approved provider of continuing nursing education.

For attendees to receive certificate of contact hours, both attendance at the entire program and submission of an evaluation form at the end of the program are required.

Please Note: The Massachusetts Regional Caring Science Consortium (MRCSC.org) will soon be renamed the New England Regional Caring Science Consortium (NERCSC.org), to be more inclusive of the area we serve. Our mission, vision, partnerships and quality programs will not change. An announcement will be sent out when process is complete. Both old and new website URLs will be active to access the website for a while.

Dear Participants: It is heart fulfilling that the Massachusetts Regional Caring Science Consortium has grown from spontaneous informal small group meetings in 2013 to far-reaching in-person and now virtual programs. The programs offer a forum for exploring and sustaining caring-healing practices and outcomes for nurses, other health-care practitioners, and students in clinical/patient care, leadership/ administration, and education settings. The MRCSC exists through the dedicated **MRCSC Executive Leadership Team's** volunteer collaborative work, the gracious and generous **support of institutions in New England**, and **our speakers** who also volunteer their time. Much gratitude for all who contribute to the success of the MRCSC and, of course, for the growing number of nurses, students, and other health care practitioners who attend and help enrich programs and conversations. Please visit the MRCSC website (www.MRCSC.org) to learn more about our history, leadership, our supporting organizations, speakers, as well as other caring theory and practice learning opportunities and resources. It takes a community.

The MRCSC Executive Leadership Team welcomes all with loving care, honored to present these Programs:

- **A. Lynne Wagner**, EdD, MSN, RN, FACCE, HMCT, Caritas Coach®, Professor Emerita, Fitchburg State University; WCSI Faculty Associate; Nurse-Educator Consultant in caring practices and mentoring programs; Co-Founder of the MRCSC.
- **Danielle Leone-Sheehan**, PhD, RN, Caritas Coach®, Associate Clinical Professor of Nursing, Northeastern University, Boston, MA; Clinical Nurse, Beth Israel Deaconess Medical Center.
- **Christine McNulty-Buckley**, DNP, MBA, RN, CPHQ, NEA-BC, Certified MBSR & Koru Mindfulness Teacher, Caritas Coach®; Associate Professor, Cummings School of Nursing and Health Sciences, Endicott College, Beverly, MA.
- **Rachael Salguero**, PhD, MSN, RN-BC, CNEcl, Assistant Professor, and Nursing Education Department of Labor Grant Track Coordinator, MGH Institute of Health Professions, School of Nursing, Boston, MA; Clinical Nurse, Massachusetts General Hospital; current President of New England League of Nursing Education (NELNE) (formerly known as MARILN).

Special thanks and gratitude to **Dr. Jan Anderson** for her presentation today and meaningful time with us. Much gratitude to: **Dr. Amy Smith, Dean, Cummings School of Nursing and Health Sciences, Endicott College**, Beverly, MA, who graciously supported the Contact Hour application; **MGH Institute of Health Professions Faculty, Dr. Rachael Salguero**, who provided the Zoom Meeting platform; and **local partnerships**, which are critical in sustaining the Consortium mission and vision.

Thanks also to all who attended and participated today in meaningful caring dialogue and sharing that has the capacity to change how we care for ourselves and attend to the caring-healing and teaching-learning of others.

NEXT MRCSC PROGRAM: MRCSC will offer the next virtual program Fall 2025: *Caring Science in Action, Part 2: Healing Compassionate Transpersonal Presence in Practice Settings*. Date and time to be announced. Watch for program details on MRCSC website and email announcements.

Please visit the Massachusetts Regional Caring Science Consortium (MRCSC) website (www.mrcsc.org) (soon to be renamed New England Regional Caring Science Consortium (**NERCSC.org**)) for information on its history, mission and vision, and past and future programs. You will also find a listing of other organizations, resources, and learning opportunities centered on Caring theories and practices, including **Watson Caring Science Institute (WCSI)** (www.watsoncaringscience.org); **International Association for Human Caring** (www.humancaring.org), **American Holistic Nursing Association** (www.AHNA.org); **The Nursing Way** (www.thenursingway.com/); **Nursology** (<https://nursology.net>); **Nursing Caring Archives**, held at the Atlantic University, College of Nursing <https://www.fau.edu/nursing/archives/>