

5<sup>th</sup> International Conference on

# Family Nursing

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## *Kathleen Flaherty*

*Concordia College-NY, USA*

### Developing a healing presence and an authentic caring nursing practice

Applying theoretical caring concepts from Florence Nightingale and Jean Watson, strategies toward authentic caring and healing presence in nursing practice will be explored and case scenarios will be used to apply these concepts. Before we can create a caring healing presence for our patients and colleagues, we need to develop our own self-awareness and self-care practices. Suggestions toward a reflective nursing practice with strategies toward self-awareness and self-care will be emphasized so that our presence promotes an environment that is conducive toward holistic healing. Mindfulness, creating of intentions, meditation, and centering are among the approaches that facilitate the development of your healing presence and authentic nursing care.

### Biography

Kathleen Flaherty is the Dean and Professor of Nursing at Concordia College-NY. She has expertise in nursing leadership, teaching, curriculum and program development, grant writing, and mentoring. She is nationally certified in rehabilitation nurse and nursing education. She has numerous years of nursing practice in rehabilitation, medical-surgical and pediatric nursing. She has a Doctoral degree from Teachers College, Columbia University and a Master's Degree from New York University. Her dissertation was "Self-Care Agency and Wellness Behaviors in Baccalaureate Nursing Students" and she continues to have a passion for supporting caring and wellness for caregivers and their patients.

[Kathleen.Flaherty@concordia-ny.edu](mailto:Kathleen.Flaherty@concordia-ny.edu)**Notes:**