A Time for Reflecting, Envisioning, and Forging Ahead: Passion for Nursing’s Substantive Knowledge

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Presentation Objectives:
At the end of this presentation, the participant will be able to:
1. Re-focus on one’s own evolutionary journey within nursing research
2. Envision, re-vitalize, and re-energize one’s passion for nursing research
3. Describe philosophy, science, and theory influences on a program of scholarly inquiry in nursing science focused on healing especially adult male survivors’ healing from childhood maltreatment:
   - Articulation of A Phenomenon of Concern to Nursing (Men’s Healing in the aftermath of Childhood Maltreatment)
   - Perceive Interconnections among Nursing Practice, Science, & Theory

• Describe Nursing Practice Implications from Nursing Science about Men’s Healing from CM

Developing Nursing’s Substantive Knowledge:
Situating the Program of Research

Primary Research Influences
Nursing
• Afaf I. Meleis: Revisions in Knowledge; Theoretical Nursing (Meleis, 1998, 2012)
• Jacqueline Fawcett: Multiple papers; Metatheory – Analysis (Fawcett; 1984, 1993, 1999; Fawcett & DeSanto-Madeya, 2013)
• Joanne M. Hall: Multiple papers, Women Survivors, Marginalization (Hall, Stevens, Meleis, 1994; Hall, 1999, 2003a, 2003b; Hall et al., 2009)

Philosophy, Sociology, Public Health:
• Phenomenological Lifeworld Perspective
• Social Justice; Powers & Faden (Powers & Faden, 2006)

A Nursing Science Conceptual Basis for Interpreting Healing:
Science of Unitary Human Beings (SUHB)
Rogers (1992)
• Theoretical Basis of the SUHB:
  Human Beings and their Environments

SUHB Concepts:
  Human and Environmental Field Pattern Manifestations
    • Energy Field (Human, Environmental)
    • Pattern
    • Multidimensionality/Pandimensionality

Principles of Homeodynamics
  • Resonancy
  • Helicity
  • Integrality
Wellbeing
  • Represents the concept of Health

A Nursing Science Conceptual Basis for Interpreting Healing:
Science of Unitary Human Beings
Rogers (1992)
• Energy Field: a means of perceiving people and their respective environments as irreducible wholes; field ... is a unifying concept and energy signifies the dynamic nature of the field ... energy fields are in continuous motion (Rogers 1992, p.29,30)
  - Human Energy Field – irreducible, indivisible energy field identified by pattern and manifesting characteristics that are specific to the whole and which cannot be predicted from knowledge of the parts (Rogers, 1992, p. 29)
  - Environmental Energy Field: irreducible energy field ...integral with the human field (Rogers, 1992, p.29)
    • Human beings and their environment ARE energy fields; they do not have energy fields (p.30)
• Openness: Energy fields are open, not a little bit or sometimes, but continuously (p. 30)

• Qualitative Research Approach/Methods:
  - Descriptive and Hermeneutic Approach; Phenomenology/Lifeworld
  - in-depth individual interviews; Focus groups
  - Human lifeworld/text analysis

Ultimate Goal
• Describe and explain the phenomenon of healing
• Facilitate humanistic experiences, meaning, healing, well-being for men in the aftermath of abuse.
• Development and testing of healing interventions

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A Nursing Science Conceptual Basis for Interpreting Healing:
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- **Pattern** – the distinguishing characteristic of an energy field ... an abstraction, its nature changes continuously, and it gives identity to the field ... Each human field is unique and is integral with its own unique environmental field pattern (Rogers, 1992, p.30)
  - Energy field patterns are not directly observable, although manifestations of field pattern are observable as:
    - Experiences
    - Perceptions
    - Expressions
    - Events
    - Situations
  - Change is continuous; Pattern changes continuously

- **Multidimensionality/Pandimensionality** – Nonlinear domain without spatial or temporal attributes (p. 29)

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A Central Unifying Focus For the Discipline

A discipline embodies a Central Unifying Focus

Facilitating humanization, meaning, choice, quality of life and healing in living and dying (p.E33)

- Humanization
- Meaning
- Choice
- Quality of Life
- Healing
- Living and Dying

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Contemporary Definition of Nursing:
Willis, Grace & Roy (2008, revision 2014)

- A health care discipline and healing profession, both an art and science, which facilitates and empowers human beings in mutual process with their environments in envisioning and fulfilling health and healing in living and dying through the development, refinement, and application of nursing knowledge for practice (2008 p. E33)

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The Program of Research on Men’s Experiences of Trauma & Healing: Central Phenomenon of Concern to the Discipline:

- **Nursing Practice Challenge**
  - How does knowledge from the literature inform health planning for men’s health and trauma exposed men’s experiences of abuse?
  - What are men’s perceptions of traumatic experiences? What meaning do they attribute to such experiences? How is healing experienced by men?

- **Nursing Domain of Inquiry**
  - Patterns and Processes of Healing in the Aftermath of Traumatic & Marginalizing Abuse

- **Vulnerable and Marginalized Men**
  - Marginalized Men: The Experienced Living Through Hate Crime and Its Aftermath Among Adult Gay Men
  - Marginalized Boys: Meanings and Coping in Middle School Boys’ Experiences of Being Bullied
  - Marginalized Boys: Experiences of Being Bullied in Middle School Boys
  - Marginalized Children: Children Who Witness Violence: Providers’ and Children’s Perspectives on Health Service Needs

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A Central Unifying Focus for Proposing A Central Unifying Focus for the Discipline: Nursing Knowledge: Philosophical Inquiry
From Primary Scholarly Influences to Proposing A Central Unifying Focus for the Discipline: Nursing Knowledge: Philosophical Inquiry
Hermeneutic Phenomenological (HP) Study:
Adult Male Survivors Healing from Childhood Maltreatment
Funding Acknowledgement: NIH/NINR 1RI5NR011353-01A1
(Willis & colleagues manuscripts accepted or in press)

- Study of community-dwelling adult male survivor healing from maltreatment when they were children.
  - Goal of HP Approach (Cohen, Kahn, & Steeves, 2000)
  - Study Focus
  - IRB
  - Sampling Approach
  - Interviewing process
  - Data analysis
  - Hermeneutic Interpretation
  - Nursing Situation-Specific Theory Development

Situation-Specific Theory Development
Acknowledgement: Dr. Jacqueline Fawcett & Dr. Susan DeSanto-Madeya

- Not as abstract as grand theory; more concrete
- Focused on a specific population
- Focused on a specific health phenomenon of concern to nurses
- Involves Description of:
  - The Situation
  - The Events
  - Theory Development Process
  - Theory concepts

Pattern Manifestations: The Situation

- Childhood Maltreatment
  - World Health Organization (2013) – major health problem globally
  - Definition
  - Male Survivors
  - 48% of documented cases of CM in 2011 (USDHHS, 2012)
  - Healing from CM
    - Primary emphasis on women’s experiences and healing

Pattern Manifestations: The Events

- Event Data from 52 participants
  - Pattern manifestations of events are represented by instances of CM
  - All experienced either childhood neglect and/or physical, sexual, emotional abuse before the age of 18 either within the context of their families or with non-familial others
  - Ages of participants ranged from 18-64 years at the time of the interviews
  - Majority of participants were midlife (40s and 50s)

Theory Development Process: Interpretation

- Starting point:
  - Healing as an understudied phenomenon central to nursing practice

- The situation specific theory of men’s healing from CM evolved as findings of the hermeneutic phenomenological study were interpreted within the context of a nursing conceptual framework, the SUHB

- Interpretation of the themes from the hermeneutic phenomenological study as pattern manifestations that reflected the homeodynamic principles of the SUHB.
Pattern Manifestation of Reports of Perceptions and Forms of Expression: “Moving Beyond Suffering”: Multidimensional Process of Healing

- The phenomenon of healing from CM for the adult male survivor (Moving Beyond Dwelling in Suffering) was discovered to be a lifelong, difficult, and multidimensional process of moving beyond suffering that led to transformation of self in mutual process and the experience of wellbeing.

Moving Beyond Suffering: Pattern Manifestation of Reports of Perceptions and Forms of Expression

- Continuous, Innovative, Unpredictable, Nonlinear Multidimensional Process:
  - Breaking through the masculine veneer
  - Finding meaning and purpose
  - Choosing to live well
  - Caring for the self using holistic healing methods
  - Engaging in Mutual Process Perceived Humanizing/Supportive

Choosing to Live Well

The male survivor makes thoughtful deliberate decisions and develops action plans

- Believing in one's capacity to live well
- Setting realistic goals
- Making healing-supportive choices
- Taking action to live life well
- Being oriented toward and committed to moving beyond suffering

Caring for the Self using Holistic Healing Methods

The male survivor looks beyond Westernized traditional medicine

- Focused breathing, Meditation, Yoga, Tai Chi
- Music, Drumming, Painting, Artistic Expression
- Exercise (Running, Swimming, Biking)
- Deep Tissue Massage, Acupuncture
- Reiki, Qigong
- Gardening

Engaging in Mutual Process Perceived Humanizing and Supportive

The male survivor perceives and expresses himself with dignity compassionately

- Receiving Supportive, Empathetic, Compassionate Affirmations from Others
- Building Trusting Relationships with Others
- Altruistic Acts of Helping Others

Desiring Release from Suffering

- Reflects the homeodynamic principle of resonancy
- Men's perceptions and expressions of what slowed the rate of their evolution to experiencing wellbeing

Dimensions of Desiring Release from Suffering

- Openness to change
- Mindful Awareness
- Intention
- Perseverance
- Optimism

Finding Meaning and Purpose:

The male survivor discovers meaning or purpose in his experiences of CM and life beyond CM

- Reframing the CM events to let go of perceived negativity
- Remaining respectful of one's past and suffering
- Attributing CM to the abuser(s) versus blaming self
- Focus on a better self
- Practicing self-defined spirituality and moral perspective-taking
- Appreciating the life process journey
- Gleaning insights into one's emotions, thoughts, and behaviors

Breaking Through the Masculine Veneer (BTMV):

The male survivor evolves in his sense of self

Barriers to Healing

- Dwelling in Suffering
- Reflects the homeodynamic principle of resonancy
- Men's perceptions and expressions of what slowed the rate of their evolution to experiencing wellbeing

- Hiding behind a masculine veneer
- Lack of insight
- Being distressed escaping through behaviors regarded by society as dysfunctional
- Mistrust of others
- Statements by therapists and others perceived as unsupportive
- Being in environments perceived negatively
- Without adequate male-centered resources for CM healing
Pattern Manifestations of Reports of Experiences: “Experiencing Wellbeing”

- Reflects the homeodynamic principle of Integritality
- Experiencing Wellbeing = Men's Experiences of Healing
  - Mutual human and environmental energy field process experienced as the male survivor evolves toward healing from CM

4 Dimensions of Healing from CM
- Experiencing Compassionate Acceptance of Self
- Experiencing Peace
- Experiencing Meaning and Purpose
- Experiencing Mutual Process

The Situation-Specific Theory of Men's Healing From Child Maltreatment:

- Moving Beyond Dwelling in Suffering
- Desiring Release from Suffering

Diagram: Moving Beyond Dwelling in Suffering
A Situation Specific Theory of Men's Healing from CM

Nursing Practice Implications: Theory: Moving Beyond Dwelling in Suffering

- Provides Knowledge and a Theoretical Framework describing the complex multidimensional nature of healing as lived by men who experienced maltreatment as children
- Theory addresses an understudied phenomenon in nursing science
- Provides specificity and extends the scope of research/theorizing in nursing
- Application to practice can be grounded in nursing's CUF (humanization, meaning, choice, quality of life, and healing) and the SUHB practice methodology

Nonrelational and Relational Propositions:
Situation Specific Theory of Men's Healing from Child Maltreatment:
Moving Beyond Dwelling in Suffering

- Nonrelational Propositions
  - The Description of the Theory Concepts and Their Dimensions
    - Moving Beyond Suffering
    - Desiring Release from Suffering
    - Dwelling in Suffering
    - Experiencing Wellbeing

- Relational Propositions
  - Relation between moving beyond suffering and experiencing wellbeing
  - Converse relational proposition

Nursing Practice Implications: Theory: Moving Beyond Dwelling in Suffering

SUHB Practice Methodology (Fawcett & DeSanto-Madeya, 2013)
1. Pattern Manifestation Knowing and Appreciation – Assessment
2. Voluntary Mutual Patterning – Nurse creates an environment where healing conditions are optimal/invites the client to heal ... as nurse and client participate in various non-invasive health patterning modalities
   Including Health Patterning Modalities
Selected Publications


Selected Publications