



**Debby Flickinger, PhD** \_ Principal keynote speaker will take place on 14<sup>th</sup> April at 12:30-13:30  
<https://vsemvs.webex.com/vsemvs/j.php?MTID=m5da8d08b3744c58c039da5250d9bcde6>

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## Traveling with the Caritas Processes™ through a Caring Science Lens

This workshop is a participatory exploration that focuses on traveling with the Caritas Principles/Processes™ (Jean Watson, PhD, 2008) and the ways in which care and compassion can reshape one's travel experience and experience a shift in consciousness. Participants will be led through grounding and guided imagery exercises that will encourage them to transform their personal travel experiences. The workshop will look for cosmic "aha" moments and examine the miracles that can happen on a journey. Attendees will come together in dyads and triads, as well as, whole groups to explore their personal travel narratives.

The following questions may be explored along with others that arise from the participants.

1. What possibilities does the caring science and the Caritas Principles/ Processes™ bring to travel?
2. When you travel, what might shift through a caring science lens in mind, body, and spirit?
3. How is consciousness effected and perhaps expanded?

### Bio:

**Debby Flickinger, Ph.D**, teaches Caring Sustainability™ within all of her work. She is an affiliated faculty at Union Institute and University (UIU) teaching courses on social justice, engaging differences and sustainability through a caring science lens. Debby received her doctorate from California Institute of Integral Studies. Her dissertation was titled *Learning with Hearts in the Trees (Transformation, Reflective, Education, Enlightenment, Sustainability): A Transdisciplinary Inquiry into Teaching Caring Sustainability to Children*. Debby recently contributed a chapter in *Miracles and Mysteries Witnessed by Nurses*, a collection of stories edited by Jean Watson, Ph.D. In addition to teaching, she presents her work at conferences and facilitates workshop around the globe.

