Applying a Nursing Theory to a Theory of Resilience To Foster Healing and Recovery **Post-Pandemic** 

# King Theory Conference: 2021

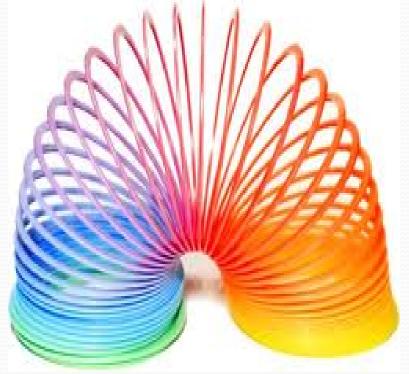
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#### Goal

 To combine theoretical frameworks of resilience with a nursing theory:

Intentionality: The Matrix of Healing

### Learning Flexibility



#### Resilience: Definition

 Psychological, Physical and Spiritual capacity to cope with experiences of trauma and loss

"Ineffable quality that allows some people to be knocked down by life and come back stronger than ever" (Psychologyy Today)



# Resilience: Where does it come from?

- Inherited capacity, temperament?
- Social Learning?
- Cultural traditions, histories and rituals for coping?
- Learned coping mechanisms?
- Capacity for imagination and creativity?
- All of the Above?

#### RESILIENCE

- The capacity to adapt to difficult situations
- Capacity to draw on one's remembering, understanding, and demonstrating the coping mechanisms to integrate life experiences
- Making meaning for self and one's social group
- Capacity to Recognize, remember one's strengths and calling upon them

 Capacity to make lemons into lemonade



### My resilience poem

This I call my inner beach. I play with the pieces and rearrange them. All pieces from a larger whole that have been tumbled and broken and still retain their Beauty -- a new wholeness. Reminding me that our pieces come from a larger whole and remain as remnants as well as new complete entities complete in themselves



#### The Hope Module

- J.L. Griffith (2017)
- What fosters recovery from traumatic events?
- Approach fosters a sense of dignity, agency and mastery
- Reality oriented



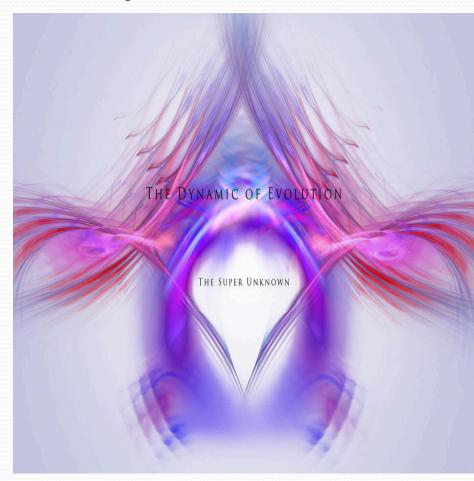
#### Hope Module

- Executive functions; cognitive processes
- Social cognition of interpersonal relationships & capacity to hold a sense of internal support
- **Social cognition** of identity; embracing belonging to a worthy group (collective identity)
- Emotion regulation; assess current and past capacities and techniques for managing uncertainly; adopting emotion regulation practices

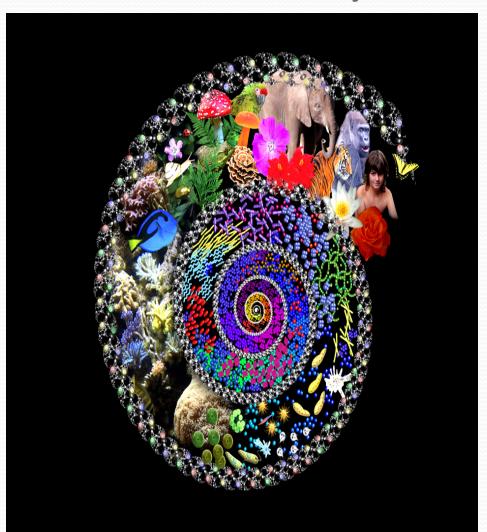


# Intentionality: The Matrix of Healing (R.P. Zahourek)

- Intentionality definition: the capacity for intentions, actions & healing
- Inherent in all living creatures
- A energetic pattern
- A capacity that dynamically differentiates as we live & integrate life experiences



# Dynamic differentiation of intentionality and resilience



- Occurs as one is in mutual process with the environment, others, & events
- Pattern becomes more evident as one lives, reflects and embraces life

# THEORY: INTENTIONALITY: THE MATRIX OF HEALING

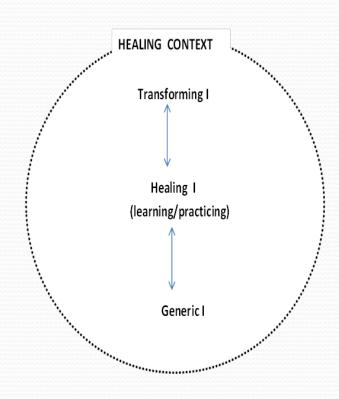
#### DYNAMICALLY DIFFERENTIATING FORMS:

- Generic
- Healing
- Transforming
- PATTERNS OF EACH FORM
  Direction of focus
  Dimensions of consciousness

Diagram 1

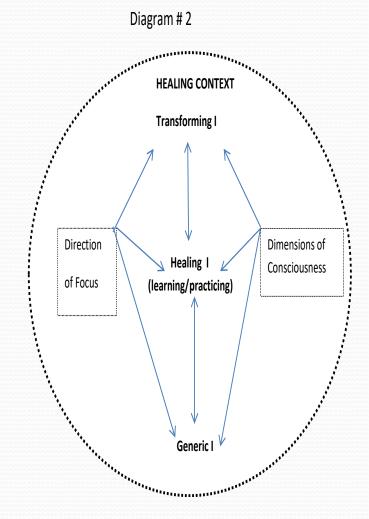
Dynamic Differentiation of Intentionality: Healing Process

Basic Forms



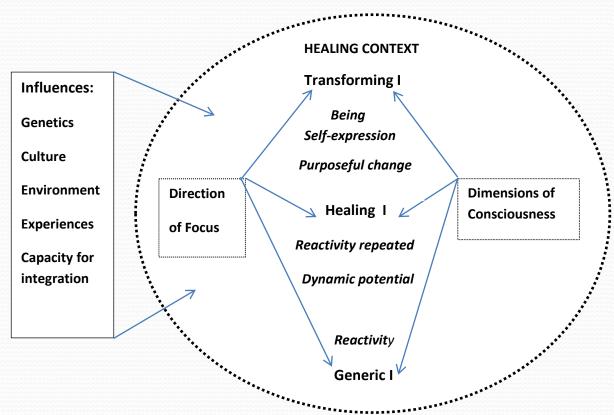
Dynamic Differentiation of Intentionality: Healing Process

- Dynamic differentiation occurs as one lives life and as one is in mutual process with others and the environment and subsequently integrates life experiences and makes meaning
- This has the potential for changing perspectives, relationships and creating hope and altering behaviors.



### Influences: Dynamic Differentiation

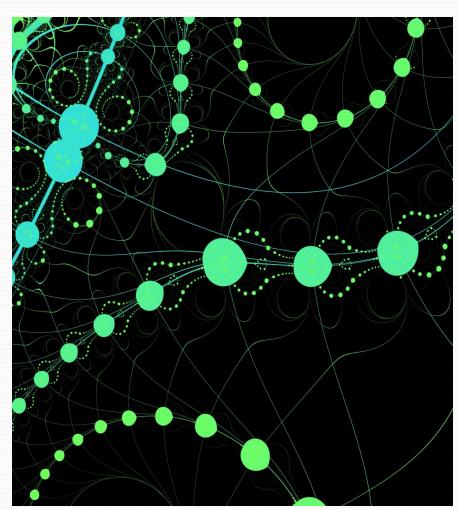
Dynamic Differentiation of Intentionality: The Matrix of Healing



- Components & fluid evolution of Dynamic Differentiation of Intentionality: The Matrix of Healing
- **Basic Forms:** Generic Intentionality, Healing Intentionality &Transforming Intentionality; fluid evolution from basic to more complex and diversified
- **Bridge states**: Reactivity, Dynamic Potential, Reactivity repeated, Purposeful change, Self-Expression, & Being. These expand the matrix; evolution is also fluid rather than linear
- All forms and bridges are characterized by 1) expanding flexibility & direction of focus and 2) expanding & diversifying dimensions of consciousness

### Dynamic differentiation of intentionality in healing & resilience

- Patterns dependent on capacity:
- For self-awareness
- An appreciation for, and integration of life events, experiences and challenges
- To Make meaning
- To Adopting behaviors to cope & enhance flexibility
- For and developing creativity and imagination



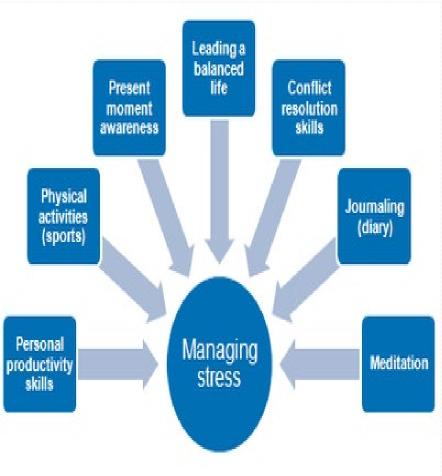
### Both conceptual frameworks

- Foster self-awareness
- Depend on awareness of and integration of life experiences
- Develop & incorporate a direction and quality of focus
- Foster a flexible capacity for appreciating and utilizing the spectrum of conscious; imagination and creativity
- Courage



#### Application to Resilience

- Review: how have you handled crisis and stress in the past
- What are your preferred methods of handling stress
- How do you evaluate these methods
- How might you improve on or increase these methods
- What have you learned from these experiences



### Imagination and creativity

- Evolving capacity for problem solving and devising new methods of coping, solving problems
- Bravery in applying new methods





#### Example

- Writing vitals and messages to others on glass doors of ICUs during covid pandemic
- Prone position to aid breathing

 Report in ANA MASS newsletter





### Implications

- How can we use our nursing theories:
  - In practice to augment or be used instead of standard concepts to meet crucial needs right now?
  - To enhance understanding of current needs and the potential interventions for those needs

## How IMH relates to other nursing theories

Watson: Human Caring Theory

"Intentionality and consciousness work within the energetic field of emerging possibilities by manifesting caring-healing consciousness within the moment"

- Parse Theory of Human Becoming.
- IMH incorporates concepts of a person's becoming
- IMH expands her definition of Intentionality

## How IMH relates to other nursing theories

- Rogers: Science of Unitary Human Beings
  - Pattern & change in increasing complexity and diversity
  - (Homeodynamics )
  - Change is unidirectional and unpredictable as humans move through patterns of organization and disorganization

- Newman: Health as Expanding Consciousness
  - Humans are evolving self organizing fields
  - Pattern and attainment of personal knowledge are emphasized
  - Consciousness is the capacity of the system to interact with the environment
  - Observable in the quality and diversity of the interactions.

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- Griffith, J.I. (2017) Hope modules: Brief psychotherapeutic interventions to counter demoralization from daily stressors of chronic illness. Academic Psychiatry on line (DOI 10.1007/s40196-017-0748-7)
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- Zahourek, R.P. (2020). Theory: Intentionality: The matrix of healing: A theory revised with nonnurse provers. Journal of Holistic Nursing 38 (3) p. 287-300.
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### Thank you

Questions and comments Rorryz@aol.com