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Watson Caring Science Institute Endorses the EquuSatori Center for Advancing Caring Science Through the Horse-Human Connection

Endorsement honors EquuSatori's pioneering integration of Caring Science, HeartMath®, and Equine Assisted Learning for nurses and healthcare professionals

Deerfield Beach, FL — The Watson Caring Science Institute (WCSI) is honored to announce its formal endorsement of the EquuSatori Center, a pioneering organization that raises global awareness of the horse-human connection and its beneficial impact on consciousness, personal development, and health. This endorsement affirms EquuSatori as a vital, experiential extension of Watson's Caring Science—one that helps nurses and healthcare professionals cultivate the presence, coherence, and authentic leadership at the heart of caring practice.

At the core of EquuSatori's work is a simple, profound belief: horses meet us as we truly are. Through mindful equine interactions rooted in the natural language of the horse, EquuSatori engages participants in a form of learning that no classroom can replicate. Its mission is to raise global awareness and understanding of the horse-human connection and its benefits for consciousness, personal development, and health. Its vision is to design programs for nurses and healthcare professionals that deepen their capacity for connection, caring, trust, and empowered authentic leadership—one embodied interaction at a time.

The endorsement recognizes EquuSatori's Equine Assisted Learning program, designed and implemented in partnership with Kaiser Permanente's Nurse Scholars Academy in Northern California. The program integrates peer-reviewed research on equine interactions, HeartMath® techniques, and Caring Science concepts into a two-day experiential learning journey that empowers nurses to create trusting, caring, mindful connections; to take responsibility for the energetic state they carry into every patient encounter; and to build the self-care and authentic leadership skills that sustain a caring-healing environment.

EquuSatori's relationship with WCSI is grounded in lived experience. At the invitation of Jim D'Alfonso, Dr. Jean Watson attended a special private program at the EquuSatori Center. In that session, Dr. Watson witnessed firsthand what generations of horse people have long understood: horses are exquisitely responsive mirrors, without judgment or agenda, that reflect the interior state of the humans who meet them. Following that visit, the Kaiser Scholars Academy purchased and filled every EquuSatori program—an extraordinary vote of confidence in the depth and impact of the work.

“Horses are beautiful, non-judgmental mirrors,” said Lisa Walters, Founder of the EquuSatori Center. “They meet us in whatever state we bring, and they show us—instantly and honestly—what our energy communicates to those around us. When nurses experience this in their own bodies, something shifts. They discover that the coherence, presence, and authenticity they’ve been trained to think of as ‘soft skills’ are, in fact, the deepest technology of healing. To be endorsed by the Watson Caring Science Institute is a profound affirmation that this work belongs at the heart of nursing education.”

EquuSatori’s program is grounded in a growing body of peer-reviewed research on the horse-human connection, including foundational studies with the Institute of HeartMath and University of Arizona physiologist Dr. Ann Baldwin. The research demonstrates that horses perceive and respond to the electromagnetic fields generated by the human heart, and that when humans engage with horses in a state of coherence, both nervous systems benefit measurably. These findings resonate deeply with Watson Caring Science’s recognition of the transpersonal caring moment—the meeting between two beings in which authentic presence itself becomes the medium of healing.

Participants describe the program as transformational. They report a heightened awareness of their own energetic state, a deeper understanding of how that state affects the people around them, and a renewed sense of responsibility for shaping the environments in which healing takes place. They leave with practical HeartMath® resiliency skills, an embodied understanding of coherence, and a felt-sense of what it means to lead—not from will or force, but from clear intention and heart-centered presence.

“There is a wisdom in this work that words alone cannot teach,” said Dr. Jean Watson, Founder and Director of the Watson Caring Science Institute. “When I stepped into the EquuSatori program, I felt Caring Science in a way that only embodied experience can offer. Horses show us, without concept or theory, what presence, coherence, and authentic connection actually feel like. Lisa Walters and her team have created a bridge between what we teach and what we live—and this endorsement affirms EquuSatori as a treasured partner in extending Caring Science into experiential learning for nurses everywhere.”

With WCSI’s endorsement, the EquuSatori Center is expanding access to its Equine Assisted Learning program beyond Kaiser Permanente to nurses across healthcare organizations nationwide, offering self-registration for individual participants. Ten continuing education credits are issued through the American Holistic Nurses Association (AHNA #1946), ensuring that this transformational learning is recognized within the profession it seeks to serve.

Through this endorsement, WCSI and the EquuSatori Center affirm a shared commitment to expanding how Caring Science is learned, lived, and carried into the world. By welcoming EquuSatori into its community of endorsed programs, WCSI honors a body of work in which horses, humans, and healing meet—and where the timeless language of presence becomes an essential foundation for the nurse leaders of today and tomorrow.

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About the EquuSatori Center

The EquuSatori Center exists to raise global awareness and understanding of the horse-human connection and its beneficial impact on consciousness, personal development, and health. Through mindful equine interactions rooted in the natural language of the horse, EquuSatori designs Equine Assisted Learning programs for nurses and healthcare professionals that cultivate connection, caring, trust, and empowered authentic leadership. Programs integrate peer-reviewed research, HeartMath® techniques, and Caring Science concepts. For more information, please visit equusatori.com.

About Watson Caring Science Institute (WCSI)

The Watson Caring Science Institute (WCSI) is an international non-profit organization that advances the philosophies, theories, and practices of Human Caring/Caring Science, founded by Jean Watson, Ph.D., RN, AHN-BC, FAAN, LL (AAN), WCSI's Founder & Director. Focusing on research, education, praxis, leadership, and legacy, the institute aims to widen the development and understanding of Watson's Caring Science to inform our notion of quality care and healing environments through various educational programs, nurse scientific research, partnerships, events, and affiliations. For more information, please visit www.watsoncaringscience.org.

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We are a 501c3 non-profit organization. Tax ID# 26-0803334