

## THEORETICAL BASIS FOR NURSING

## 9

## Grand Nursing Theories Based on Unitary Process

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Kristin Kowalski is a hospice nurse who wishes to expand the scope of her therapeutic practice. She desires to delve more deeply into holistic health care, having recently completed courses of study in herbal medicine, touch therapy, and holistic nursing. Kristin is aware that to practice independently, she needs professional credentials that will be widely accepted; therefore, she applied to the graduate program of a nationally ranked nursing school at a large state university.

Because Kristin believes strongly in holistic nursing practice, for her master's degree she decided to focus her study of nursing theories on those that look at the whole person and have a broad, nontraditional view of health. She is particularly interested in Rosemarie Parse's Humanbecoming Paradigm because this viewpoint stresses the individual's way of being and becoming healthy and the nurse as an intersubjective presence.

Kristin is attracted to Parse's idea of true presence and wishes to further explore this concept as well as the rest of the perspective. She hopes to eventually apply it to her practice and use it as the framework for her final project. For her project, Kristin wants to examine the experiences of nurses who practice therapeutic touch. She desires to learn their perceptions of how

therapeutic touch interventions help their clients. To help coordinate her project, she learned more about Parse's research methods and writings.

### Introduction

The term *simultaneity paradigm* was first coined by nursing theorist R. Rogers (1987) to describe a group of theories that adhered to a unitary process of human beings. This group of theorists believed that humans are composed of energy systems embedded in the universal energy system. Within these theories, human beings are seen as unitary, "Whole, open, and free of becoming" (Parse, 1998, p. 6), and health is described as continuous environmental interchanges (Newman, 1994).

The unitary process nursing model and the work of two of the theorists described in this chapter: Science of Unitary Human Beings (Rogers, 1987), Expanding Consciousness (Newman, 1999), and Humanbecoming Paradigm (Parse, 2014). The three are grouped together because they are significantly different concepts, assumptions, and propositions when compared with the theories in Chapters 7 and 8. They are universal in scope and relatively abstract.

The unitary process theories of nursing reflect the newer views of complexity and view the human as energy field, as intentional, as dynamic and unpredictable. These are views of humans and their energy fields. These three theories within the new scientific realm of complexity science (et al., 2011). Rolfe (2015), however, helped with the realization that human science relies on engagement with persons and that may include philosophy, music, and other human endeavors, persons being who these three theorists, nay, philosophers, Rogers, Newman, and Parse, attest to