



## GOLDEN APPLE HEALING ARTS ANNOUNCES 2026 MONTHLY WEBINAR SERIES

### **WATCHFUL WAITING: ETHICAL PRECISION SELF-CARE IN A BIOMEDICAL WORLD**

#### EXECUTIVE SUMMARY

**WATCHFUL WAITING** addresses one of the most persistent and under-supported gaps in modern healthcare: the periods between visits, referrals, diagnoses, or access — when individuals, families, and staff must hold uncertainty often without adequate guidance or shared language and generate self-cares.

Golden Apple Healing Arts' **WATCHFUL WAITING** Webinar Series provides institutions, professionals, and communities with a coherent educational framework for navigating uncertainty safely and ethically. By grounding care in the Elements of Care<sup>®</sup>, the series reduces risk, supports staff and families, and restores dignity to one of the most challenging realities of modern healthcare: Waiting.

#### About the **WATCHFUL WAITING** Webinar Series:

This 12-month webinar series provides ethical, nurse-led education that restores clarity, reduces risk, and supports health decision-making during delayed or fragmented care. The series is grounded in the Elements of Care<sup>®</sup>, a comprehensive framework for precision self-care during Watchful Waiting periods that integrates health systems literacy and cultural awareness without replacing biomedical care. This webinar series is health-focused and educational not disease-focused and prescriptive. It provides structure, resources, and success stories that encourage participants to explore the resources and power within to heal themselves while waiting ... and beyond.

## **January — Orientation to Watchful Waiting**

**Guests Dr Julie Smith Taylor and Lisa Posigian**

- The body as a Living System not a problem to be fixed.
- The Ethical Stance of Restraint Before Intervention
- Gentleness is not passivity.
- Waiting is an active form of care.

## **February — Triage: Knowing What Is Safe While You Wait**

**Guest - Janet Juricic Emergency RN**

- Relief As a legitimate care goal
- Knowing when not to intervene. “Doing Nothing” is a misunderstanding
- Watchful Waiting is an active process
- Supporting the body's inherent regulatory intelligence.
- Contrast gentle stabilization with panic-driven action.
- Build Your Home Apothecary
- Take Care of Yourself chs. 2,3,7

## **March — Body Literacy: Reading the Body with Clarity**

- Listening to the body. The Body communicates in patterns not emergencies.
- Symptom meaning versus symptom fear,
- The difference between perception and projection.
- Human Potential (Charles Tart)
- Pattern Recognition and Calm Interpretation
- How Fear Distorts Perception
- Take Care of Yourself chs. 4, 5

## **April — Navigating the System: Where Self-Care Fits with Plants as Partners**

- Elements of *Care*® Overview
- Self-care Happens During Waiting
- Gentle Medicine focuses on the ethics of precision self-care
- Respecting both biomedical care and traditional wisdom in the healing arts
- Avoiding over-medicalization or over-treatment.
- Health Advocacy and Diplomacy

## **May — Women's Health, Beauty, and Aesthetics in Self-care Infrastructure: Women's Health**

### **Guest Mary Wray**

- **Daily Rhythms,**
- **Environmental Support,**
- **Beauty and Restoration as Care Conditions.**
- **Take Care of Yourself ch. 9**

## **June — Emotional and Nervous System Care**

### **Guest Maria Bierbauer**

- **System settling,**
- **emotional containment versus suppression**
- **ethical soothing versus avoidance**
- **stress as a physiological load.**
- **Take Care of Yourself Ch. 8**

## **July — Relationship and Communication**

- **Kindness as a clinical ethic**
- **truth without urgency,**
- **communication that does not fracture care.**
- **How we relate is part of our medicine.**
- **Link your self-talk, provider communication, and family dynamics.**
- **Partner with Plants too**
- **Plan and Prepare for Appointments During WW**
- **Take Care of Yourself- Chapter 11**

## **August — Cultural and System Awareness**

- Health culture diplomacy,
- historical context of care systems,
- and why bodies suffer differently in different systems.
- Reduces shame and blame and dehumanizing within the healthcare system
- Being is a cultural pattern not a personal, professional, or system weakness.

## **September — Traditional & Indigenous Care: Health Culture Diplomacy**

respect for elders' wisdom and cultural belief and history

healing and wisdom traditions are relational.

Choreosophy

Ethical Integration

Traditional and Indigenous healing

## **October — Chronicity and Time: When Waiting Is Long-Term**

### **Guest Cathy Poral**

- living well without cure,
- Seeking Balance in this Moment (Mindfulness)
- Recognizing and Managing Despair and Crisis
- Patience as a skill
- Focus on Dignity over Resolution.
- Care that adapts across seasons of life.

### **November — Caregiving and Collective Care**

- **protecting Caregivers' Health and Well Being,**
- **the Ethical Limits of Responsibility,**
- **and preventing caregiver strain**
- **Community Resources and the Hidden Healthcare System**

### **December — Integration and Agency: Becoming a Skilled Steward of Your Care and a Proactive Patient**

- **Stewardship, Not Control**
- **Agency Grounded in Restraint**
- **Trust in Lived Wisdom.**
- **Using skilled stewards not dependent patients**
- **Coherence and confidence in Precision Self-Care Literacy**
- **ethical closure.**
- **Preparing for the Future – Carrying the Watchful Waiting work Forward**