



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 to generate plans for self-care.

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®, 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®, 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