



## 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**