The purpose of this caring science study is to achieve a deeper understanding of empowerment as concept and phenomenon and to investigate its meaning and validity from a caring science perspective.

The main research questions are 1. What is empowerment from an ontological point of view? 2. What is the meaning of empowerment within the caring science-context? 3. Is empowerment applicable within the caring science-tradition and in that case how? The methodological approach of this study is hermeneutic with emphasis on understanding.

The results show that the concept empowerment covers a very complex and multifaceted phenomenon which in itself can be described as a hermeneutical process of understanding oneself - seeing oneself as one really is and discovering one’s true potential, the indwelling capacity of heart, brain and courage reflected through the caring eyes of an abstract or concrete other.