

Self-Compassion Training for Healthcare Communities

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equity, Diversity, and Inclusion



Ever felt overwhelmed in healthcare, juggling technology, tight schedules, and tough patient situations?

We understand the unique struggles of healthcare professionals and our *Self-Compassion Training for Healthcare Communities* course provides practical tools to combat burnout and improve communication. It's more than just education; it equips you with versatile skills applicable in any healthcare setting. No complicated jargon—just real help for real challenges in healthcare.

Self-Compassion Training for Healthcare Communities

This is a 6-hr evidence-based healthcare adaptation of Mindful Self-Compassion, the empirically supported program of Dr. Kristin Neff at UT Austin and Dr. Chris Germer at Harvard Medical School. This training aims to improve well-being and personal resilience in healthcare professionals by teaching mindful self-compassion skills to deal with distressing emotional situations as they occur at work and at home.

Research

In research published in the *Journal of Clinical Psychology*, Neff.Knox.2020 the SCHC program was found to significantly:

- **Decrease:** Depression, Stress, Secondary Traumatic Stress, and Burnout
- **Increase:** Self-compassion, Mindfulness, Compassion for others, and Job satisfaction among healthcare professionals
- **Compared** to other self-care techniques, self-compassion practices can be used on the spot while at work with patients and colleagues.

*"A moment of self-compassion can change your entire day.
A string of such moments can change the course of your life." ~ Chris Germer, PhD*

The course helps you to support yourself and learn how to support the community you serve

Learning Objectives

As a participant in the program, you can learn tools to use throughout the day to:

- Care for yourself while caring for others
- Be able to listen with compassion
- Handle difficult emotions with greater ease
- Reconnect to the values that give your life and work meaning

Mondays Online Via Zoom

**May 6, 13, 20 and
June 3, 10, 17, 2024
10 30 AM - 12 PM EST**

REGISTER NOW



Those who take the course are eligible to receive a Certificate of Completion once the course is successfully completed.