

Compassion-based Training: Promoting Well-being and Preventing Burnout

About the Course: This six-week experiential, interpersonal program is designed for Sharp-affiliated physicians and employees who desire a skillful means to cope with challenging demands in the context of healthcare today. Each class session includes contemporary psychology, scientific research, guided exercises and group discussions, and builds upon previous sessions. Participants will learn on-the-spot practices, as well as formal meditations they may choose to incorporate into their daily routines. To receive full credit, participants must attend a minimum of four sessions.

Dates: Six Wednesdays; June 19, June 26, July 10, July 17, July 24, and July 31, 2019

Time: 5:30 p.m. to 6:30 p.m.

Location: Sharp Memorial Allison deRose Rehab Center, Rehab Trailer Conference Room, 2999 Health Center Drive, San Diego, CA 92123 - Parking in the rehab visitor/patient surface lot is open after 4 p.m.

Instructors: Ed Harpin, PhD and Susan Knier, MBA, OTR/L, Sharp HealthCare Rehabilitation Services.

Dr. Ed Harpin and Susan Knier are Senior Educators at the Compassion Institute, and Certified Compassion Cultivation Training (CCT) teachers from Stanford University's School of Medicine Center for Altruism, Research & Education

Educational Objectives: Following this activity, participants should be able to:

1. Explore experiences at work and assess one's own status with respect to symptoms commonly associated with stress and burnout;
2. Consider the meaning of success and the possibility of reframing one's response to workforce challenges in order to promote healthier workforce engagement;
3. Cultivate greater self-awareness and develop healthy emotion regulation self-care skills;
4. Examine one's tendency to be hyper-self-critical, manifesting often as self-directed harshness and negligence of self-care;
5. Establish a clearer linkage between compassion and burnout and how it relates to provider practice; &
6. Formulate personal "action plans" for sustaining skills practice.

Registration: To register, please visit <https://sharp.cloud-cme.com/CompassionTraining>

Fee: Complimentary



Accreditation: Sharp HealthCare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CME Credit: Sharp HealthCare designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.