



Sustainable Compassion for Health Professionals


Compassion in Action Webinar Series
Brooke D. Lavelle, PhD
October 4, 2016




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FOR COMPASSIONATE HEALTHCARE




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Moderator



Andrea Greenberg
Communications and Partnerships Associate
The Schwartz Center for Compassionate Healthcare



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Audience Reminders


- This webinar is funded in part by a donation in memory of Julian and Eunice Cohen.
- You may submit a question by typing it into the Question and Answer pane at the right of your screen at any time.
- We value your feedback! Please complete our electronic survey following the webinar.

Host




Beth Lown, MD
Medical Director
The Schwartz Center for Compassionate Healthcare

Compassionate Collaborative Care Framework	
http://www.theschwartzcenter.org/media/Triple-C-Conference-Recommendations-Report_FINAL1.pdf	
Focuses attention	Demonstrates trustworthiness
Recognizes nonverbal cues	Communicates with colleagues, adjusts
Actively listens	Practices self-reflection
Elicits info about the “whole person”	Builds relationships, partnerships, teams
Nonjudgmentally values each person	Practices emotion regulation
Asks about, responds to emotions, concerns	Practices self-care, attends to personal and professional development
Shares information, decision-making	Practices self-compassion


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Today's Speaker



Brooke D. Lavelle, PhD
Co-Founder
Courage of Care Coalition

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Sustainable Compassion for Health Professionals: Compassionate Tools for Personal and Systemic Transformation

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What is compassion?

“The courage to be compassionate lies in the willingness to see into the nature and causes of suffering – be that in ourselves, in others and the human condition. The challenge is to acquire the wisdom we need to address the causes of suffering in ourselves and others. Compassion is one of the most important demonstrations of strength and courage known to humanity.” *Paul Gilbert*

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Compassion as a Motivational Stance

Two Psychologies of Compassion:

- 1) Engagement
- 2) Action

Building Blocks of Compassion:

- Attention
- Mindfulness
- Distress tolerance
- Affection and Care
- Empathic Concern
- Wisdom
- Insight
- Courage

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Three Modes of Care

www.courageofcare.org

Receiving Care

Extending Care

Self Care

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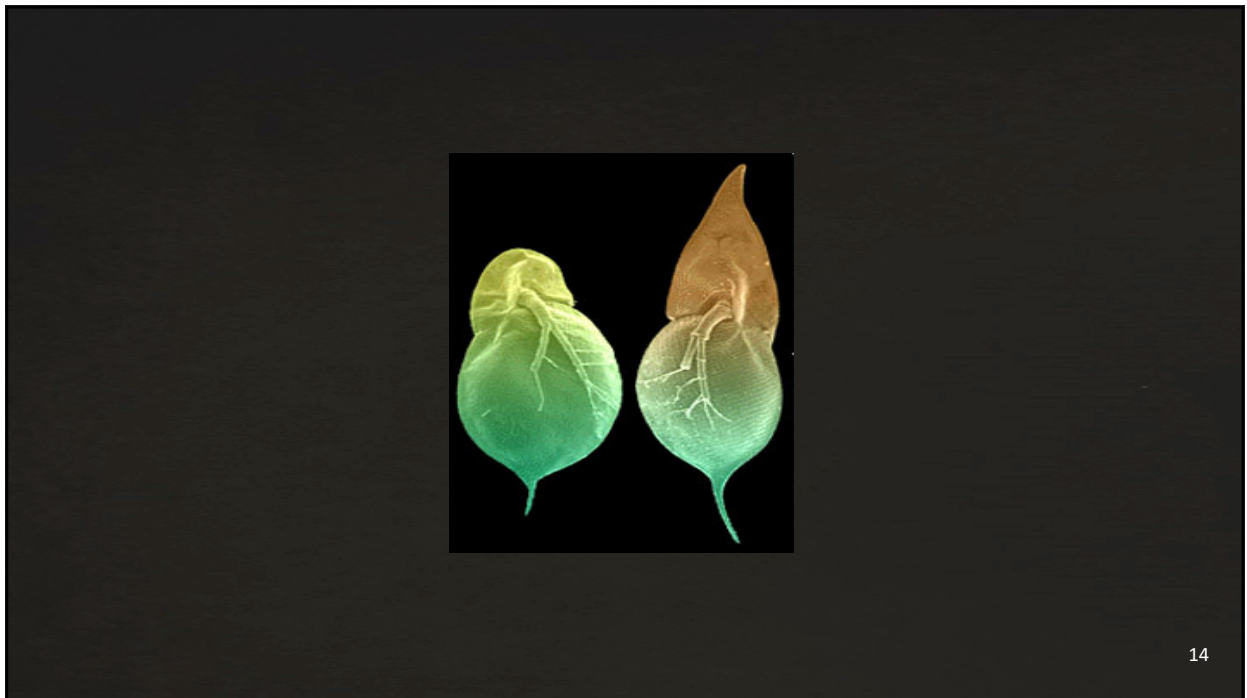
Receiving Care

Learning to be seen and cared for -- to be an object of care -- empowers our ability to see and care for others.



Caring Moment Practice







Self-Care

This mode involves learning to feel basically at home and welcome in our own skin.

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Mindfulness of Feelings



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Obstacles & Fears of Self-Care

Obstacles

- Fatigue
- Time
- Other commitments
- Unexpected life demands
- Unrealistic expectations
- Email
- Full plates
- Prioritizing
- Urgency vs. Important
- Hard to see immediate results

Fears

- Fear of exposing emotions
- Fear of losing composure
- Feel guilty or selfish taking time for self
- Fear of difficult emotions
- Fear of receiving care
- Feeling unworthy
- Fear that I won't meet obligations
- Fear of judgment
- Fear of failure

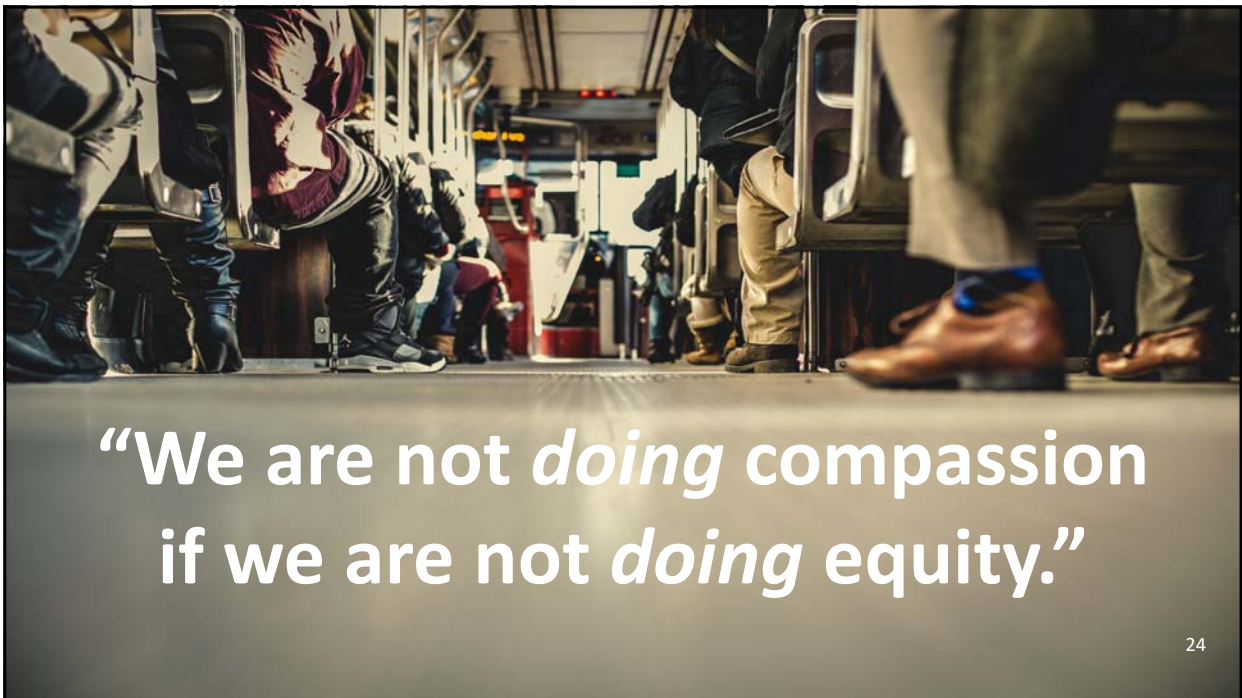
Extending Care

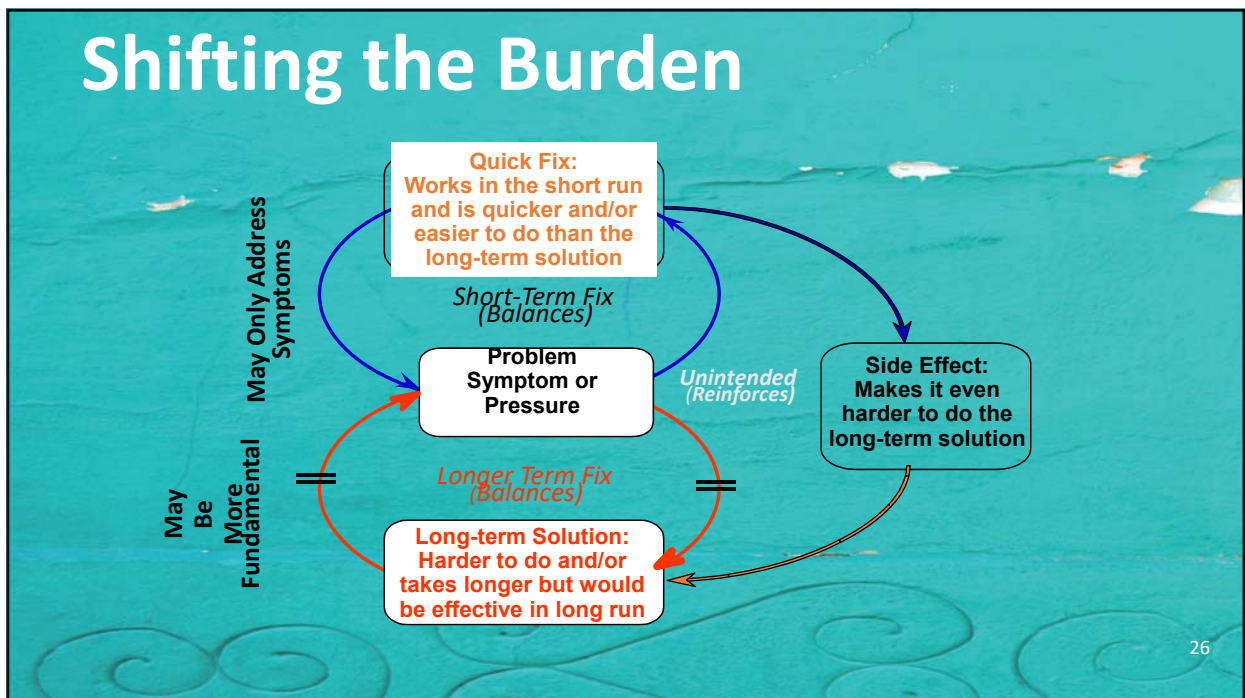
Helps us learn to see others more deeply and connect with their potential, beyond our limiting thoughts, biases and stereotypes.

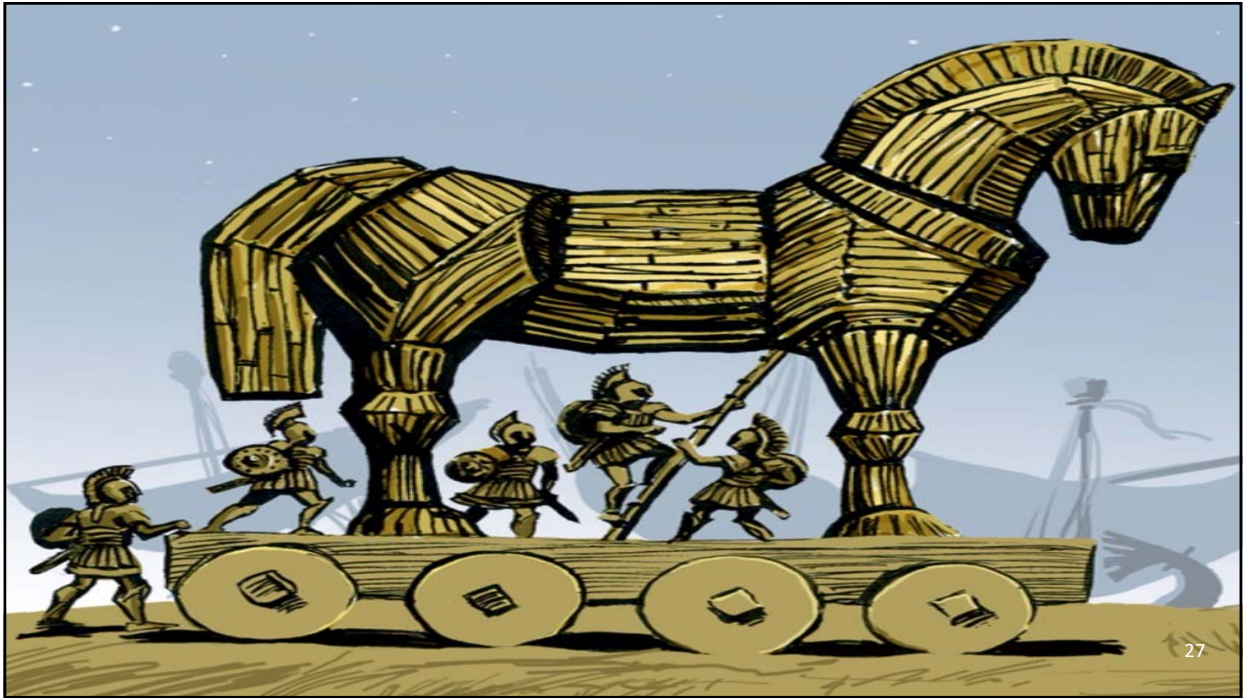




Ways We See and Don't See












Questions




Brooke D. Lavelle, PhD
Co-Founder
Courage of Care Coalition



Beth Lown, MD
Medical Director
The Schwartz Center for Compassionate
Healthcare



Andrea Greenberg
Communications and Partnerships Associate
The Schwartz Center for Compassionate
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COMPASSION IN PRACTICE:
Achieving Better Outcomes by Maximizing Communication, Relationships and Resilience

October 28-29, 2016 | Marriott Long Wharf Hotel, Boston, MA

This innovative new course is under the direction of an internationally-renowned faculty: Beth A. Lown, MD; Lidia Schapira, MD; Amy M. Sullivan, EdD; Elizabeth Gaufberg, MD, MPH; Jeanette Ives Erickson, RN, DNP

Earn up to 13.50 AMA PRA Category 1 Credits™, 13.50 Nursing Continuing Education Credits, 13.50 Prescribed Credits by the AAFP and 9 Risk Management Credits, including 9 Credits in End-of-Life Care Study

Featured Speakers

Richard J. Davidson, PhD
Director, Waisman Laboratory for Brain Imaging and Behavior, University of Wisconsin

Tania Singer, PhD
Director, Department of Social Neuroscience, Max Planck Institute for Human Cognitive and Brain Sciences, Germany

Charles J. Hatem, MD
Harold Amos Distinguished Academy Professor, Harvard Medical School; Past Chair, Department of Medical Education, Mount Auburn Hospital

Skills, Strategies and Science:

- Neuroscience of compassion
- Emotion regulation and self care
- Educating for compassion and resilience
- Tapping interprofessional wisdom to address suffering
- Maintaining connection in challenging patient encounters
- Improving communication between patients, families and members of the clinical team

Partners: GOLD FOUNDATION, SHAPIRO INSTITUTE, MASSACHUSETTS GENERAL HOSPITAL CANCER CENTER, MGH INSTITUTE OF HEALTH PROFESSIONS, MASSACHUSETTS GENERAL HOSPITAL PATIENT CARE SERVICES, the schwartz center FOR COMPASSIONATE HEALTHCARE

Learn more about the course and register theschwartzcenter.org

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Upcoming Webinars

“Conversations That Count: Improving Care for Patients with Serious Illness Through Engagement of Providers and Patients”

November 22, 2016
4:00 – 5:00 pm ET

Visit theschwartzcenter.org for more details or to register for a future session. Look for our webinar email invitations and share them with your friends!

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**Thank you for participating in
today's session.**

**Please take a moment to complete the
electronic survey upon exiting today's program.**

