

Your Compassionate Self

with Robin Beardsley, MD, CCFP

6 – 1 hour sessions
Sept 6, 13, 20, 27, Oct 4, 11
5:30 pm to 6:30 pm PACIFIC TIME
Online Via Zoom (PHIPA Compliant)

Care for the Caregiver Self-Compassion for Health Care Communities (SCHC)



Caregiver Fatigue (CF) characterised by profound emotional and physical exhaustion often accompanied with resentment and decreased job satisfaction. Many of us already felt overburdened in our jobs, especially given the last few years. Many more therapists are reporting some degree of caregiver burnout or fatigue during this pandemic. CF is a form of relational pain, one of connection, having emotional resonance with someone we care about who suffers. This is compounded when there is an increase in those suffering, and when we are experiencing situations and suffering similar as those for whom we are caring.

One of the key components to addressing CF is to notice or become aware of how we are impacted; physically, cognitively, and emotionally. Research has shown that our own suffering can increase depending on how we relate to this suffering and how we relate to ourselves. Research has also shown that self-compassion is an evidence-based approach to changing our relationship with ourselves and our suffering, which in turn is strongly associated with emotional well-being, maintenance of healthy habits and satisfying relationships.

Self-Compassion for Health Care Communities (SCHC) is a 6-hr evidence-based healthcare adaptation of Mindful Self-Compassion, the empirically supported program of Dr. Kristin Neff and Dr. Chris Germer. Compassion not only includes kindness, but also fierceness to protect and motivate oneself. As opposed to other self-care techniques, self-compassion practices can be used on the spot while at work with patients and colleagues. This training aims to improve wellbeing and personal awareness and provide some tools to meet distressing emotional situations as they occur at work and at home.

OBJECTIVES: As a participant of the program, you can learn the following:

- Be able to describe the key components of self-compassion and awareness and how they can be integrated into your role as a therapist.
- Be able to explain the difference between empathy and compassion and utilise strategies to alleviate emotional exhaustion.
- Be able to practice techniques to increase self-compassion at work and everyday life.
- Practice at least one skill from each session to care for yourself while caring for others who are suffering.

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, Job Satisfaction in healthcare professionals

Register Now: www.satirpacific.org or call 604-546-1539