



This session is delivered as part of our **foundation level** palliative care education.

Dates and Time

Wednesday evenings

Week 1 | 2 Mar 5.00 PM

Week 2 | 9 Mar 5.00 PM

Week 3 | 16 Mar 5.00 PM

Week 4 | 23 Mar 5.00 PM

Week 5 | 30 Mar 5.00 PM

Week 6 | 6 Apr 5.00 PM

Venue

Online classroom via Zoom meeting - link will be sent prior to each session.

Cost

\$95 (incl. GST)

This is a subsidised course

Online Registration

<https://mbcthp-2-mar-6-apr-2022.eventbrite.com.au>



For enquiries contact the Palliative and Supportive Care Education team

T: 08 9382 9300

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Mindfulness-Based Compassion Training for Health Professionals

6 week online program

Testimonials

“It was amazing. I feel like a changed person since doing this. Much more relaxed at work and able to give more to others by also looking after myself more”

“I would highly recommend this program to any health professional interested in committing some time to developing a little more compassion for themselves, important others & the wider community.”

Designed for

Doctors, Registered Nurses, Enrolled Nurses, Allied Health Professionals, Facility Managers, Pastoral Care Workers, Aboriginal Health Workers

Overview

This program teaches a balance of evidence-based theory and mindfulness-based compassion practices that will offer you different experiences and insights. Over the 6-week program, participants will explore how mindfulness-based compassion practices can support individual and collective understanding of what compassion looks like, sounds like and feels like for yourself and for others. The course is designed to equally support health professionals work performance and personal well-being

Research suggests health professionals can increase wellbeing when practicing self-compassion, and therefore increase capacity to provide optimal patient care. A recent evaluation by Curtin University also found that participation in this program could decrease levels of anxiety, compassion fatigue and emotional exhaustion. ¹

“Protecting ourselves and maintaining our well-being and compassion has never been more important, not only for ourselves and our families, but also for our patients and our communities. As ... clinicians, we need to lead by example and demonstrate our understanding of the situation.” ²

Commitment to participate

As a participant we ask that you attend all of the workshops, undertake 15 mins of home practice daily and have a quiet space with a good internet connection. This is a highly interactive program and requires your complete presence during the sessions.

Presented by

Dr Kathryn Choules is an accredited instructor of Mindfulness Based Stress Reduction through the Medical School of the University of Massachusetts. She is an experienced adult educator and program developer with several years' experience as an academic at universities in WA and Victoria, and she has been providing mindfulness and compassion training in WA since 2013.

1. Watts.K, O'Connor.M, Johnson.C, Breen.L, Kane.R, Choules.K, Doyle.C, Buchanan,G and Yuen.K (2020) Mindfulness-Based Compassion Training for Health Professionals Providing End-of- Life Care: Impact, Feasibility, and Acceptability. Journal of Palliative Medicine <https://doi.org/10.1089/jpm.2020.0358>

2. Source COVID-19 and Australian Specialist Palliative Care, Opinion Piece 1: Playing our part: the importance of practicing compassionate care for all.