

Compassion in Mental Health Care Half-day Workshop with the Compassion Institute

Thursday, March 3, 2022
1:00-5:00 pm

This 4-hour online workshop is a variation of Compassion Institute's 8-hour Compassion Cultivation Training (CCT) Workshop. Drawing from contemplative science, neuroscience, and psychology, the content is supported by research on the efficacy of CCT and compassion training. Our time together will include lecturattes, contemplative practices, and interactive exercises and discussions.

At the end of the workshop, participants will be able to:

1. Differentiate between and describe empathy, compassion, and empathic distress.
2. Describe what is happening in the mind and nervous system when one is feeling "compassion fatigue."
3. Describe why self-compassion is a critical mindset and skill for those in caring professions.
4. Practice 'on-the-spot' practices to regulate the nervous system and reframe challenging situations, particularly in terms of compassion for oneself and others

CBTI is happy to provide this 4-hour continuing education opportunity to the mental health care community in Manitoba at a reduced cost of \$50.00.

In support of truth and reconciliation efforts, all proceeds from this event will be donated to the Indigenous Women's Healing Centre

A Certificate of Attendance will be provided for the amount of time you participate.

[Click here to register](#)

Presenters:



Jane M. Chun, PhD

Jane works at the intersection of inner states of being and social and systems change. She is a Program Director at the [Compassion Institute](#), where she co-designs and facilitates initiatives in the health sector and systems transformation. She is also a [Compassion Cultivation Training \(CCT\)](#) facilitator.

Jane has facilitated inner inquiry journeys at organizations including the UN Development Programme (UNDP), California Primary Care Association, Union Theological Seminary, UCSD Health Sciences, Columbia University Business School, NYU Center for Human Rights and Global Justice, among others.

Dr. Chun has experienced burnout as a humanitarian and international development professional working in the UN. It is her strong belief that it is possible to do the work of service and caring for others while embodying self and collective care within organizations, and loves walking this path with partners who also believe in this vision.



Amanda D. Mahoney, MA, MFT

Amanda is a senior educator at the [Compassion Institute](#) and a private therapist in northern Colorado. Her areas of expertise are self-care and wellness, grief and loss, and marriage and family therapy. The cornerstones of Amanda's work emphasize a compassionate mindset and a solution-focused approach to understanding the events that unfold in life and how these events can impact our health and wellbeing.

As a helping professional who has experienced empathy fatigue during her career, resiliency and well-being in the workplace have become a passion and focus of Amanda's work. In particular, working with medical professionals and institutions to create resiliency in fields where being exposed to the suffering of others is an inherent part of a professional experience.

Amanda received her MA in Clinical Psychology from Pepperdine University.