



# Cultivating Compassion and Avoiding Burnout


*Compassion in Action Webinar Series*  
February 9, 2016




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## Moderator



**Lynn Osborn**  
Director of Business  
Development and Operations  
The Schwartz Center for Compassionate Healthcare



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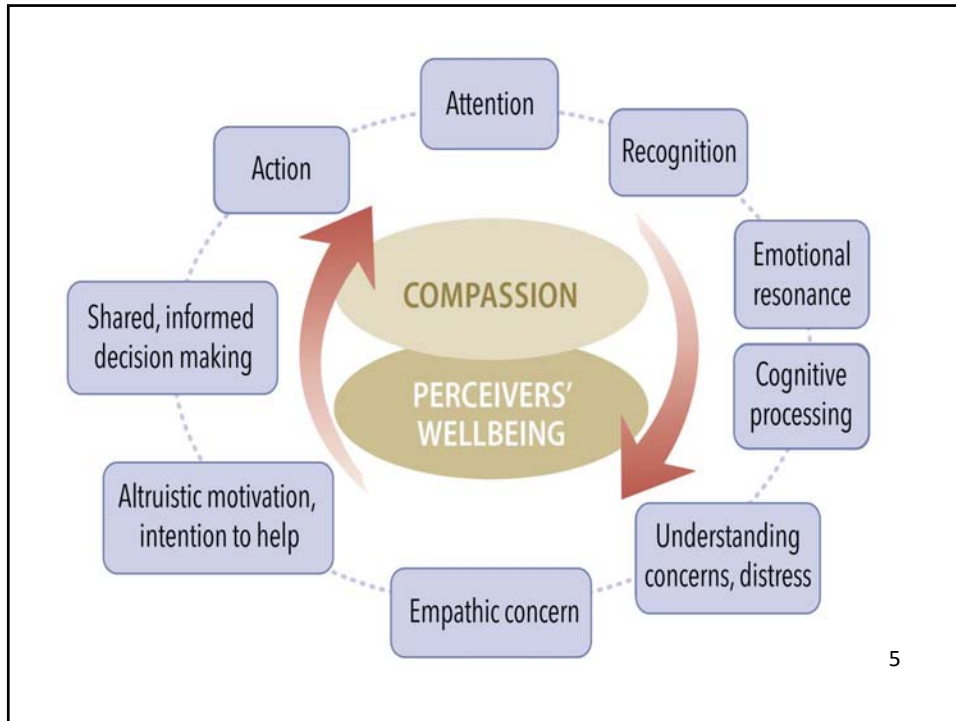
## Audience Reminders

- 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](http://www.theschwartzcenter.org/media/Triple-C-Conference-Recommendations-Report_FINAL1.pdf)

<b>Focuses attention</b>	<b>Demonstrates trustworthiness</b>
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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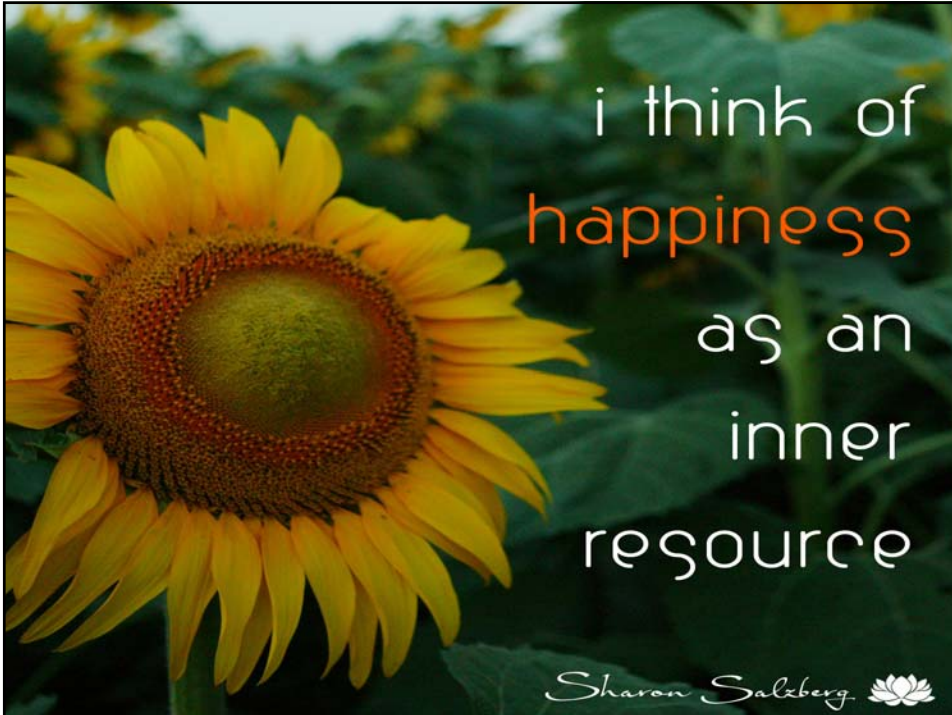
Today's Speaker




**Sharon Salzberg**  
Meditation Teacher & New York Times Best-Selling Author

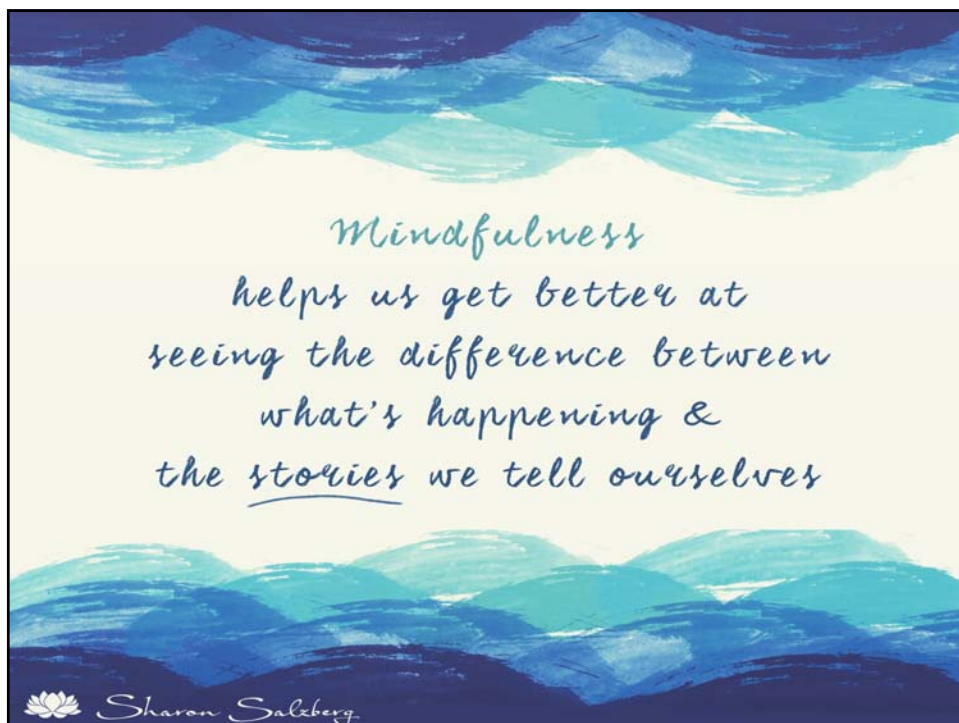
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i think of  
happiness  
as an  
inner  
resource

Sharon Salzberg 





## Questions



**Sharon Salzberg**  
Meditation Teacher & New  
York Times Best-Selling  
Author



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



**Lynn Osborn**  
Director of Business  
Development and Operations  
The Schwartz Center for Compassionate  
Healthcare

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## Upcoming Webinars

**CONVERSATIONS WITHOUT WORDS:  
USING NONVERBAL COMMUNICATION TO IMPROVE  
THE PATIENT-CAREGIVER RELATIONSHIP**

Judith A. Hall, Distinguished Professor of Psychology  
Northeastern University  
March 15, 2016

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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.**

