



March 2019

Nominate a Compassionate Caregiver!

Do you know a professional caregiver or team that displays extraordinary devotion and compassion in caring for patients and families? **There's still time to nominate them for the National Compassionate Caregiver of the Year (NCCY)® Award.** The NCCY Award is the leading national recognition program that recognizes excellence in compassionate healthcare. The award is designed to be much more than recognition for the individual honorees; the goal is to showcase best practices in compassionate care and elevate compassion to a core value of our healthcare system. **Nominate an individual caregiver or team today and celebrate their commitment to compassion! Deadline for nomination is April 1, 2019.**

Meet our inspiring NCCY Award finalists from last year:



[Nominate Now](#)

Peter Slavin, MD, and Helen Riess, MD, Among Keynotes at 2019 Compassion in Action Healthcare Conference



Registration is underway for the 2019 [Compassion in Action Healthcare Conference](#) taking place in Boston **September 8-10, 2019 at the Westin Boston Waterfront.** The conference will provide a unique opportunity to connect with colleagues from around the globe and learn about cutting-edge programs, strategies and tools to create and sustain cultures of compassion. Speakers will include **Peter L. Slavin, MD**, president of Massachusetts General Hospital and professor of health care policy at Harvard Medical School where he teaches internal medicine and healthcare management; and **Helen Riess, MD**, cofounder and chief scientific officer of Empathetics Inc. Slavin and Riess will be joined by others who will share their experiences and expertise. **Register by May 8, 2019 for the early bird rate.**

[Register](#)

Scholarship Fund Provides Conference Tuition Assistance

Please consider donating to the **Compassion in Action Healthcare Conference Scholarship Fund!** Gifts will help ensure attendance for medical, nursing and other health profession students – the future of our healthcare workforce. We also will have an application process for a limited number of scholarships for healthcare workers whose employers cannot afford to send them for any number of reasons. All donations are welcome and donations of \$1,000 or more provide the opportunity to name a scholarship in honor or memory of someone. To donate, please [click here](#) and select "Conference Scholarship Fund" in the designation box. For more information, please contact Lisa Crane, director of individual and foundation giving, at lmcrane@theschwartzcenter.org or 617-643-5490.

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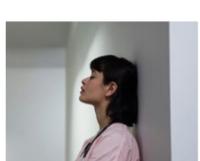
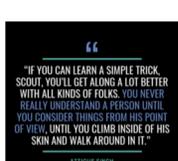
Compassion in Action Webinar: Empathy & Emotion Regulation



Join us on **Tuesday, April 23, from 3:00-4:00 PM EDT** for our latest [Compassion in Action Webinar: Empathy & Emotion Regulation](#). Our abilities to empathize and to regulate our emotions supports interpersonal relationships and contributes to personal well-being, which benefits society and individuals alike. Empathy leads to compassion and altruism, while healthy interpersonal relationships can support long-term mental health. And so can emotion regulation – which we've seen can be engaged without conscious effort. This is what psychology researcher **Tammi Kral**, a doctoral student at University of Wisconsin-Madison, is exploring under the guidance of **Richard Davidson, PhD**. Kral will talk with Schwartz Center **Chief Medical Officer Beth Lown, MD**, about how she uses a combination of brain imaging and behavioral measures to understand the neural and behavioral processes underlying emotional experience, its regulation and mechanisms of change via emotional training. She'll also share examples of training she's developed to use a video game for developing empathy, and mindfulness meditation for improving emotion regulation.

[Register Now](#)

Recent Top Facebook Posts



Here are the top [Facebook](#) posts that resonated most with our followers in January and February:

1. ["You never really understand a person until you consider things from his point of view." – Atticus Finch, To Kill a Mockingbird](#)
2. [A little thing called compassion fatigue.](#)
3. ["The most powerful force in the world that can change the lives of millions of people is compassion." – Steven Aitchison](#)

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Save the Dates!

The Patient Experience Symposium

[Co-Chaired by Schwartz Center CEO Matt Herndon](#)



May 1-3, 2019
The Harvard Medical School
Conference Center

Office Hours Webinar

Thursday, April 25, 2019
3:00-4:00 PM EDT

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[Schwartz Center healthcare members only](#)

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Compassion in Action Healthcare Conference

Sept. 8-10, 2019
The Westin Boston Waterfront

[Register](#)

24th Annual Kenneth B. Schwartz Compassionate Healthcare Dinner

Thursday, Nov. 21, 2019
Boston Convention and Exhibition Center

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