

The Science of Compassion

Join us for this 3-part
webinar series!

Live webinars are from
9:00 am –10:00 am HST on:

May 19, June 30, & July 28, 2022

At its heart, clinical medicine involves interacting with other humans, often in the context of suffering. Our interactions can take many forms. We may get the job done, but how we view others and interact with them throughout the process can vary greatly between each of us. Do we see patients and colleagues as problems to be solved, or people we have little in common with? Or do we see them with affection and a sense of affinity?

This series will use the science of compassion and evidence-based tools to improve providers' experiences. Join us as Dr. Ryan Bayley, executive coach for healthcare leaders, guides us in a step-wise fashion beginning with self-compassion, broadening that to others, and then seeing on a more practical level how compassion informs practical communication skills necessary in today's stressed environment.

Over the course of this series, participants will:

- Explore the science of compassion and self-compassion as tools for increasing provider well-being and optimism
- Examine brief, evidence-based techniques to increase internal and external compassion to improve one's daily experience of their work
- Discuss compassion-based communication techniques to better navigate challenging patient and provider interactions

CONTINUING EDUCATION



JOINTLY ACCREDITED PROVIDER
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Hawai'i Pacific Health, Pu'ulu Lapa'au and the Healthcare Association of Hawai'i. Hawai'i Pacific Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Hawai'i Pacific Health designates each live webinar for a maximum of 1.0 *AMA PRA Category 1 Credits*™ for physicians. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Hawai'i Pacific Health designates each live webinar for 1.0 contact hour for nurses. Nurses should only claim credit commensurate with the extent of their participation in the activity.



As a Jointly Accredited Organization, Hawai'i Pacific Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hawai'i Pacific Health maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credit per webinar.



Hawai'i Pacific Health is accredited by the American Psychological Association and designates each live activity for 1.0 continuing education credit. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). Hawai'i Pacific Health maintains responsibility for the content of the programs.

*No cancellations or refunds for non-attendance as registrants will have access to content on-demand.

Participation in the live webinars is limited to the first 250 attendees. All sessions will be recorded and available on-demand.

COST: HAH Member: \$5 per person, per webinar (members only discount code HAHcompassion)

Non-Member: \$10 per person, per webinar

REGISTER AT: www.hah.org/the-science-of-compassion



Ryan Bayley, MD is an executive coach for physicians and healthcare leaders. His work primarily focuses on helping healthcare providers create more fulfillment and resilience in their work - with an emphasis on intentional career design, emotional intelligence, and inter-personal skills. He is also a recognized national speaker on physician career development and professional well-being.

In addition to his coaching and consulting, Ryan Bayley holds an adjunct faculty position in the department of surgery at Duke University, and he is the designer and lead instructor for Duke University's *Intentional Life Design for Physicians* course. Dr. Bayley continues to practice as both an emergency physician and an emergency medical services director for 911 systems.