

# SELF-COMPASSION FOR HEALTHCARE COMMUNITIES

**NEW!**

Since 2020, Dr. Bryan MacLeod and his team have taught the SCHC course to over 700 healthcare learners and faculty with associated improvements in **secondary stress, burnout, compassion satisfaction and self-compassion.**

SCHC includes six hours of live, interactive online training and teaches 14 practical, "in-the-moment" tools that support well-being in high-stress healthcare environments. Is now available **free of charge for the research\* of this new self-directed online format, with optional weekly live drop-in sessions.** (\*as part of a NOAMA-funded study comparing it to the traditional live SCHC course.)

Take a Free Course and Help our research improve access to evidence-based wellness training for clinicians and healthcare learners.

## Who can Sign UP?

NOSM U clinical faculty, preceptors, and special clinician invitees from Partner organizations.

## Learning Objectives:

- ✓ **Describe** the core concepts of self-compassion and how they can be applied in everyday life.
- ✓ **Integrate** specific mindfulness and self-compassion practices into their daily lives and work routines.
- ✓ **Use** self-compassion-based skills to support caring for others while also caring for themselves.
- ✓ **To access** the Full Course Learning objectives [click here.](#)

## Dates and Times:

- 🕒 **Live-Online Course (Facilitator-led):**
  - April 8th – May 13th, Wednesdays 7-8pm EST
- 🕒 **Hybrid Course (Online, self-directed):**
  - April 8th – May 13th
  - Six modules with three, optional weekly Zoom drop-in sessions offered at multiple times for busy schedules.

## Facilitators:



Bryan MacLeod,  
MD, CCFP, FCFP  
✉ [bmacleod@nosm.ca](mailto:bmacleod@nosm.ca)



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👤 Questions? Please contact [admin@mscnorth.com](mailto:admin@mscnorth.com)

### Learn more:

- [Our Research](#)
- [MSC North Website](#)

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Now available in a **NEW Online Hybrid Format!**

**PLEASE SCAN OR CLICK TO REGISTER**

## Course Registration



**Earn Mainpro+ and RCPSC MOC Assessment credits!**

### Asynchronous Course:

🛡️ **Earn up to 3 certified and 3 certified assessment Mainpro+® credits**

🛡️ **Earn up to 6 MOC Section 3 learning hours**

### Live Facilitator-Led Course:

🛡️ **Earn up to 6 certified Mainpro+® credits**

🛡️ **Earn up to 6 MOC Section 1 learning hours**