



Self-Compassion for Healthcare Communities: Session 1 Sampler

E-Learning Program

This 1 hour, 3 module session is a sample of the full Self-Compassion Training for Healthcare Communities program. To enrol in the full program, please visit the program page [at the Center for Mindful Self-Compassion website.](#)

Self-Compassion Training for Healthcare Communities (SCHC) is a 6-wk adaptation of the evidence based Mindful Self-Compassion (MSC) program created by Kristin Neff, PhD and Chris Germer, PhD. Research on the SCHC program conducted in 2019 at Dell Children's hospital in Austin, TX revealed significant increases in self-compassion, mindfulness, compassion for others and compassion satisfaction, and decreases in depression, stress, secondary traumatic stress and burnout in healthcare professionals.

Accreditation Statements

This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Education and Professional Development Office at NOSM University for up to 1.0 Mainpro+® Certified credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the Continuing Education and Professional Development Office at NOSM University. You may claim a maximum of 1 hour (credits are automatically calculated).

Continue to the next page to review the session learning objectives.

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Session 1 Learning Objectives

Session 1, Module 1: What is Self-Compassion?

Upon completion of this module, you will be able to:

1. Define self-compassion based on personal reflection.
2. Describe how people demonstrate compassion for themselves versus others.
3. Describe the key components of self-compassion and its opposites using examples of what it is and what it is not.
4. Define the tender and fierce sides of self-compassion.

Session 1, Module 2: Common Misconceptions of Self-Compassion

Upon completion of this module, you will be able to:

1. Compare and contrast the misgivings and misconceptions of self-compassion to the established research literature.
2. Describe the effects of self-compassion on well-being.

Session 1, Module 3: The Physiology of Self-Compassion

Upon completion of this module, you will be able to:

1. Describe the functions of the three physiological systems involved in human emotion regulation.
2. Compare and contrast the impacts of self-compassion and self-criticism on the emotion regulation systems.
3. Evaluate the state of your emotion regulation systems, recognizing where there may be imbalances.
4. Develop self-compassion practices you can use to activate your parasympathetic nervous system through supportive touch and kind words.

Targeted Competencies: All learning outcomes align with the CanMEDS roles Medical Expert, Communicator, Collaborator, Leader, Health Advocate, Scholar, and Professional.

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