

Foundations of Mindful Self-Compassion for Healthcare Professionals

Thursday, November 5, 2026
9am-5pm In Person

The HUB for Clinical Collaboration
on the CHOP Philadelphia Campus

Children's Hospital of Philadelphia®
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Course Overview

This one-day, evidence-based professional development experience introduces healthcare providers to the principles and practices of Mindful Self-Compassion (MSC), developed by Kristin Neff and Christopher Germer. Drawing on a research base of thousands of studies, the day combines psychoeducation, guided experiential practice, reflection, and small-group learning to help participants build the internal resources that sustain compassionate, effective care. Content is adapted specifically for healthcare settings, with attention to the emotional demands of clinical work: high-stakes decision-making, exposure to suffering, moral distress, and the risk of burnout and compassion fatigue. Participants leave with a working understanding of self-compassion's three components, direct experience with brief practices they can use during a clinical shift, and a personal plan for integrating these skills into daily practice. Facilitation is grounded in CMSC's international teaching standards and led by an experienced Mindful Self-Compassion teacher and program developer.

Course Objectives

Upon completion participants should be able to:

- Summarize the current evidence base for Mindful Self-Compassion, including its documented effects on stress, emotional exhaustion, resilience, and professional quality of life among healthcare providers
- Define and differentiate the three core components of self-compassion — mindfulness, common humanity, and self-kindness — and describe how each supports emotional regulation
- Explain the relationship between self-compassion, burnout, resilience, and the quality of patient care and team communication
- Demonstrate at least two brief, evidence-informed self-compassion practices that can be applied in real time during a clinical workday
- Apply self-compassion skills to moments of stress, clinical mistakes, difficult emotions, and self-criticism in order to support faster recovery and clearer decision-making
- Develop a personalized plan for integrating self-compassion practices into daily professional and personal life beyond the training day

Registration Fees:

Early bird rate: $150

After September 30: $175

Accreditation Statement

JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Children's Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation of Credit

Physicians: Children's Hospital of Philadelphia designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This program provides 5.5 ANCC contact hours.

Commission on Dietetic Registration
the credentialing agency for the Academy of Nutrition and Dietetics

Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU). If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU). RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

RD/DTR: This activity awards 5.5 CPEUs.

PA AAPA CATEGORY 1 CME

Physician Assistant: Children's Hospital of Philadelphia has been authorized by the American Academy of Physician Associates (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 5.5 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

ACE ASWB approved continuing education

Social Workers: As a Jointly Accredited Organization, the Children's Hospital of Philadelphia 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. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 5.5 continuing education credits.

American Psychological Association Statement

AMERICAN PSYCHOLOGICAL ASSOCIATION

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). The APA CEP Office maintains responsibility for the content of the programs.

Psychologists: This activity provides 5.5 APA CE credit.

Register Online: **chop.cloud-cme.com**

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PROGRAM

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8:30 a.m.	Registration
9:00 a.m.	Introduction Exercise: How Do I Treat a Friend? Self-Compassion Theory Misgivings and Self-Compassion Research Exercise: Soothing Touch/Self-Compassion Break
10:15 a.m.	Break
10:30 a.m.	Meditation: Affectionate Breathing Present Moment Awareness and Resistance Relationship of Mindfulness and Compassion Backdraft Practice: Soles of Feet
Noon	Lunch
1:00 p.m.	Meditation: Loving-Kindness for a Loved One Why Do We Criticize Ourselves? Exercise: Compassionate Motivation
2:15 p.m.	Break
2:30 p.m.	Self-Compassion for Caregivers Exercise: Giving and Receiving Compassion with Equanimity Embracing Our Lives Self-Appreciation Exercise: Appreciating What's Good About Ourselves

Guest Speaker

Megan Prager, M.A.



Megan is Co-Founder of Mindful Labs and Compassion Programs Director at UC San Diego Center for Mindfulness. She is a Certified Mindfulness Based Stress Reduction Instructor (MBSR), a Certified Mindful Self-Compassion Instructor (MSC), a Certified Compassion Cultivation Instructor (CCT), and a Compassion for Couples Instructor (CFC). Megan is a Teacher Trainer and Mentor for various programs, as well as specializing in developing and delivering trainings for business, educational, healthcare, and academic settings. Megan's passion and great joy are the same: to empower individuals and institutions with the understanding that there is nothing more important individually or collectively than compassionate awareness and action.

Megan's website: mindfullabs.com

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