

October 16, 2025 at 12:00 PM – 1:00 PM

Location: Zoom

Description:

This is a mindful self-compassion series offering skills and clarity for learners to enhance their communication and increase joy and meaning in their work and lives.

Session	Title
Week 1	What is Self-Compassion - Definition and Science of Self-Compassion
Week 2	Practicing Self-Compassion with Mindfulness
Week 3	Stress and Burnout: Understanding Empathy vs. Compassion Self-Compassion for Caregiver Fatigue
Week 4	Motivating Ourselves with Caring and Fierce Compassion vs. Criticism
Week 5	Self-Compassion and Resilience - Strategies for Meeting Difficult Emotions
Week 6	Making it Count: Reconnecting to Core Values

Accreditation Statement:

Accreditation with Commendation: The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



Credit Designation:

The University of Washington School of Medicine designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Healthcare Professionals

Other healthcare professionals who participate in this CE activity may submit their statement of participation to their appropriate accrediting organizations or state boards for consideration of credit. The participant is responsible for determining whether this activity meets the requirements for acceptable continuing education.

Disclosure of Financial Relationships:

University of Washington School of Medicine adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of an accredited activity, including faculty, planners, reviewers or others in control of content are required to disclose all relevant financial relationships with ineligible companies (commercial interests). All relevant conflicts of interest have been mitigated prior to the start of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Lisa Pierce, BA	Activity Coordinator	Non-Clinical Exception
Emily Boynton, BS	Activity Coordinator	Non-Clinical Exception
Anne Browning, PhD	Course Director, Peer Reviewer	Non-Clinical Exception
Elizabeth Lin, MD, MPH	Faculty	Non-Clinical Exception