UW Medicine
UW SCHOOL OF MEDICINE

DS2714: 2026-2027 Mindful Self-Compassion for Healthcare Communities Series

DS2714: Mindful Self-Compassion for Healthcare Communities Workshop - 10/29/2026

October 29, 2026 at 12:00 PM – 1:15 PM

Location: Zoom

Description:

This is a mindful self-compassion series offering fresh mindsets and skills for caring for oneself while caring for others. Participants will learn practical ways to be aware of the present moment, to bring more inner kindness, joy and meaning to everyday work and life.

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.

ACCME ACCREDITED WITH COMMENDATION

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)
Anne Browning, PhD	Course Director, Peer Reviewer	Non-Clinical Exception
Giana Davidson, MD	Activity Administrator	Non-Clinical Exception
Melissa Deabler-Urben, MA	Activity Coordinator	Non-Clinical Exception

Tess Harpur, MPH	Activity Coordinator	Non-Clinical Exception
Elizabeth Lin, MD, MPH	Faculty	Non-Clinical Exception
Kat McGhee	Activity Coordinator	Non-Clinical Exception