

## EVALUATION AND RESEARCH WEBCAST SERIES

# Understanding the protective effect of compassion training against empathic distress for healthcare workers



**Wednesday 7 June 2023, 6:00pm – 7:00pm (AEST)**

### INTRODUCTION

Compassion, a core value in health care, is other-focused and a positive mind state. Compassion training programs may play an important role in helping health professionals cultivate and maintain more compassionate stances towards others.

Compassion is different from empathy. Excessive empathy, where the healthcare worker overidentifies with the suffering of another and becomes overwhelmed by their own feelings of distress, can lead to empathic distress and burnout.

Training healthcare workers on how to transform empathy into compassion is critical for their own wellbeing as well as leading to greater job satisfaction.

Dr Debbie Ling's research produced world first empirical evidence that the perception of common humanity leads to an increase in compassion in healthcare workers. Training compassion removes the focus on the self and leads to the concern with the other, enabling healthcare workers to respond with care and kindness to all patients, while cultivating a positive state of mind.

Dr Debbie Ling will share research and insights on the science underpinning compassion training and discuss strategies to manage when compassion is challenging.

### WHO SHOULD ATTEND?

Health professionals in clinical and non-clinical roles, trainers, managers, leaders and policy makers.

### LEARNING OUTCOMES:

At the end of the webinar, you will:

- Understand the difference between empathy and compassion
- Learn how to transform empathy into compassion to avoid empathic distress
- Learn strategies for cultivating compassion in challenging situations.

### SPEAKER

**Dr Debbie Ling** is a compassion and common humanity researcher and educator at Monash University and Adjunct Senior Research Fellow with the Epworth Monash Rehabilitation Medicine Unit.



Debbie's doctoral research (conferred 2019) provided world first empirical evidence on the relationship between common humanity and compassion in healthcare workers. Debbie developed the award-winning Monash University Compassion Training for Healthcare Workers self-paced online course which has been piloted on final year medical students at Monash University and paramedics in Victoria.

Debbie sits on the Australian Compassion Council, Charter for Compassion Australia and is also a social worker at Epworth HealthCare and an Accredited Mental Health Social Worker in private practice.

## FACILITATOR

### Professor Balakrishnan (Kichu)

**Nair** brings significant experience in medical education through his roles as Director of Educational Research, HETI, Director of the Centre for Medical Professional Development, Hunter New England Health Service and Professor of Medicine and Associate Dean with the School of Medicine and Public Health at the University of Newcastle. Professor Nair is the editor-in-chief of HETI's journal, *Health Education in Practice*, that publishes results of research into, and evaluation of, practice-based education of the workforce in health, including discussions of theoretical issues related to health education.



## WHEN & WHERE?

Wednesday 7 June 2023, 6:00pm – 7:00pm (AEST)

Join us from anywhere! No fees, no travel. Delivered via webcast with facilitated question and answer time.

A recording of the webinar will be made available on the HETI website, [Evaluation and Research Webcast Series](#) page, for those who cannot attend the live presentation.

## FREE REGISTRATION



Click or Scan QR code to register.

## ENQUIRIES

### Luciano Melo

Senior Program Manager,  
Research and Journal Management  
Education Strategy, Research and Evaluation  
[HETI-HEP@health.nsw.gov.au](mailto:HETI-HEP@health.nsw.gov.au)

## MISSED A WEBINAR?

Our webinars are recorded and published on [the website](#).

The **'Emotional Resilience'** webinar from November 2022 is now available for viewing.



## CALL FOR PAPERS

# Health Education in Practice: Journal of Research for Professional Learning

Prospective authors and reviewers are invited to contribute to the next volume of the *Health Education in Practice: Journal of Research for Professional Learning* (HEPJ).

For further submission details, to subscribe or to register your interest as a reviewer, visit the journal website at <https://openjournals.library.sydney.edu.au/index.php/HEP>