Child Study Center Compassionate Care Rounds

*Presented by*

Yale School of Medicine’s, Department of Child Study Center

**“From physical distancing to self-compassion:**

**a virtual compassionate Grand Rounds in the times of Covid”**

**Andres Martin, MD, Medical Director, CPIS**

**Heather Howell, LCSW, MA, Clinical Social Worker**

**Date: Tuesday, April 21, 2020 @ 1:00**

[**https://zoom.us/j/2037857436**](https://zoom.us/j/2037857436) **or call in to 203-432-9666 meeting ID 203 785 7436.**

**Course Director: Andres Martin, MD**

***There is no corporate support for this activity***

This course will fulfill the licensure requirement set forth by the State of Connecticut

**ACCREDITATION**

The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**TARGET AUDIENCE**

Trainees in child psychiatry, psychology, and social work, faculty, clinicians, scientists

**NEEDS ASSESSMENT**

Working in the time of physical distancing can challenge staff’s own emotional health and wellness.  Our roles as clinicians, educators, and parents involve an inherent value of compassion toward others- the families we treat, educate, and support, the children we are raising- but can be lacking in the same nurturing frame toward ourselves.  Self-compassion introduces us to the benefits of being kind to ourselves (rather than critical or judgmental), recognizing our common humanity (we’re all in this together, we can experience the feeling of connectedness even in times of geographical distance), and mindfulness of what is (a healthy balance and awareness of our emotions and experiences).  Today’s grand rounds brings this topic to the community, and we ask for your ideas and contributions to help us all figure out how to thrive and flourish during COVID.

**LEARNING OBJECTIVES**

At the conclusion of this activity, participants will:

* Learn the psychological principles of Self-Compassion.
* Explore ways to apply self-compassion to personal and professional health and wellness.
* Explore ways to support professional health and wellness within COVID-19 virtual setting.

**DESIGNATION STATEMENT**

The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)™. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

**FACULTY DISCLOSURES**

Heather Howell: NONE

Andres Martin: NONE

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