



# Palliative Care Nurses Interest Group and The Sarana Institute Present:

*“Compassion Starts at Home: Looking at how self compassion can help us to sustain ourselves in health care”*

Join us as on the scientific principles of neuroplasticity, epigenetics, and inborn goodness, Dr. Wong will demonstrate why compassion is both innate and a trainable skill. She will discuss the difference between empathy and compassion, explain why compassion fatigue is a misnomer, and suggest that empathy fatigue/empathic distress are better terms to describe the exhaustion we experience when self-regulation is suboptimal. She will also use system thinking to look deeply into the systemic and structural factors that contribute to distress in healthcare. By cultivating compassion and system thinking, we can transform both ourselves and the system so that we can all flourish in healthcare.

In addition to clinical and academic work, Dr. Wong currently focuses on wellness in healthcare. She received chaplaincy training at the Upaya Zen Center in Santa Fe, USA, with Roshi Joan Halifax, PhD. She also completed intensive teacher training in Mindfulness-Based Cognitive Therapy with its co-founder, Dr. Zindel Segal at U of T. She is currently on faculty of the Mindfulness & Compassion Training for Health & End-of-Life Care Professionals program at the Sarana Institute in Toronto.

By integrating mindfulness, compassion, reflective practices, and systems thinking, her approach is to help healthcare professionals develop vital skills to enhance their well-being and to improve the system. Her recent work is encapsulated in her latest book,



**“The Art and Science of Compassion. A Primer—Reflections of a Physician-Chaplain” published by Oxford University Press.**

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