

GRAND ROUNDS

Thursday, March 19, 2020

HSC, Level 3, Room 152 ([directions](#))

4:30pm- 6:00pm

Tending the caring heart within: Compassion training in medicine

Jane M. Chun, PhD

The science and evidence are clear – compassion benefits patient health outcomes, helps alleviate clinician burnout, strengthens relationships, and improves organizational measures such as employee turnover, absenteeism, revenue, and costs. While we *know* compassion is helpful, what we're less familiar with is *how* to cultivate compassion so it becomes our default stance in every moment. In this experiential workshop, we will explore the science of compassion and the difference between empathy (empathic distress) and compassion, and experience a taste of compassion training through interactive and contemplative exercises.



As an inter-disciplinary scholar and practitioner, Dr. Jane Chun works at the intersection of inner states of being and organizations and systems. As Program Director of Specialized Programs at the Compassion Institute, she oversees initiatives in healthcare and social change. Jane is also a Compassion Cultivation Training (CCT) instructor. She has led trainings and has spoken at the UN Development Program (UNDP), Columbia Business School, World Bank, Asian Development Bank, Brookings Institute, and University of Oxford. She holds a DPhil from the University of Oxford where her research investigated the intersection of human ecology, decision sciences, and forced migration.

Please RSVP [here](#) or to bioethics@stonybrookmedicine.edu



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