

Disclosures

Today's speaker has no financial relationships with an ineligible company relevant to this presentation to disclose.

None of the planners have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients

All relevant financial relationships have been mitigated

The logo for UW Medicine is contained within a white circle on a blue background. It features the text "UW Medicine" in a serif font, with a horizontal line underneath. Below the line, the words "UW SCHOOL OF MEDICINE" are written in a smaller, sans-serif font, also with a horizontal line underneath.

UW Medicine

UW SCHOOL
OF MEDICINE

CME Credit & Text Attendance!

TEXT CODE: 13352

Sign-In Using Your Cell Phone

1. Send a text message to 833-394-7078
2. The message should be the email address associated with your CloudCME Profile (UW faculty and staff should use their UW email address).

Provide Course Code Using Your Cell Phone

1. Once you send a text message, you will receive a reply text:
“Thank you John Doe, MD, your phone number has been updated to 2065431050.”
2. Once you receive the message *“Your phone number has been updated”* please continue by entering the text code: 13352.

Compassion with Equanimity

- Being in a Circle of Compassion
- Breathing “in for me” and “out for you”
- Equanimity: balance and perspective in the midst of stress or opposing experiences

(Rizzolatti et al., 1996; Rizzolatti & Craighero, 2004; Singer & Klimecki, 2014)



Session 4: Motivating Ourselves with Self-Compassion vs. Criticism

- Self-criticism & safety
- Motivating ourselves with compassion (caring & fierce)
- Compassionate motivating phrases



Imposter Syndrome

Characteristics include

- Self-doubt
- Everyone knows more and are better than you
- Worry you don't belong
- Self- critical
 - Focus on mistakes you made, even minor ones
- Seek others' approval

Breakout Rooms (8 min)

- What was it like to listen to inner criticism?
 - Could you give your self compassion for it?
 - Did it make sense to thank the inner critic?
 - Did it make sense to stand up to your inner critic?
- Could you listen to your inner compassionate voice?
 - Did you come up with a phrase or two that works for you?

Groups of 4, 2 minutes each



Session 4: Summary

- Inner criticism & safety
- Pitfalls of inner criticism
- Making room for another voice



Session 4: Key Practices

- Motivating yourself with compassionate phrases
- Compassionate note to self

*Session 5: Self-Compassion and resilience –
Strategies for working with difficult emotions*



CME Credit & Text Attendance!

TEXT CODE: 13352

Sign-In Using Your Cell Phone

1. Send a text message to 833-394-7078
2. The message should be the email address associated with your CloudCME Profile (UW faculty and staff should use their UW email address).

Provide Course Code Using Your Cell Phone

1. Once you send a text message, you will receive a reply text:
“Thank you John Doe, MD, your phone number has been updated to 2065431050.”
2. Once you receive the message *“Your phone number has been updated”* please continue by entering the text code: 13352.