

# Cultivating Resilience and Compassion

*a continuing education event  
for spiritual caregivers and allies*

**Monday, July 16, 2018 • 9 a.m. – 5 p.m.**

at the University of California, San Francisco



- Learn from experts in spiritual care about how to sustain your self while enhancing your service to others
- Enjoy opportunities to interact with peers and colleagues
- Earn continuing education hours for maintaining certification

Sessions include

## **What I've Learned About Resilience: Field Notes from a Palliative Care Chaplain**

facilitator: The Rev. Denah Joseph, MS, MFT, BCC  
Associate Director, UCSF Palliative Care Service

*and*

## **Compassion-Centered Spiritual Health: Insights from Cognitively-Based Compassion Training (CBCT®)**

facilitator: The Rev. Maureen Jenci Shelton, MDiv, ACPE Educator  
Director of Education  
Spiritual Health at Emory Healthcare, Atlanta



**UCSF Medical Sciences Building – Cole Hall** (ground floor)  
**513 Parnassus Avenue, San Francisco**

registration fee \$25 (check or money order payable to UC Regents)

for more information, please contact

[spiritualcareservices@ucsf.edu](mailto:spiritualcareservices@ucsf.edu) or call 415-353-1941

**UCSF Health**



# About the sessions and facilitators

## What I've Learned About Resilience: Field Notes from a Palliative Care Chaplain

The issues of burnout and resilience are finally receiving the recognition they deserve as both the crisis and opportunity they represent for all health care professionals. This presentation will offer a broad overview of the topic, as well as myriad opportunities to experience, share and reflect upon the best evidence based practices that are available to address this epidemic of distress. Topics include prosocial emotions, professional grief, contemplative practices, mindful applications, meaning making, narrative reflection and more! Please come ready to create a caring community where we can share our experiences, challenges, and dreams for a healthier healthcare system.

**The Rev. Denah Joseph** is an ordained Buddhist minister in the Theravada tradition who serves as associate director and outpatient chaplain for UCSF's Palliative Care Service at the Parnassus Heights campus, working with patients and families with advanced illness and end-of-life concerns. Denah is active in teaching both medical students and clinicians, and has a particular interest in sustainability and self-care for physicians in high-stress environments. She is a board certified chaplain with the Association of Professional Chaplains who has also worked as a psychotherapist for many years, specializing in serving people with advanced illness and their families.

## Compassion-Centered Spiritual Health: Insights from Cognitively-Based Compassion Training (CBCT®)

This presentation about CBCT® will help explain the importance of compassion (as distinct from empathy), what it means to cultivate and extend compassion intentionally through reflective practice, and how compassion can be nurtured and sustained while avoiding the harmful impacts of empathetic distress and related fatigue. You also will become acquainted with the collaboration of Emory University's Center for Contemplative Science and Compassion-Based Ethics—which was founded with support from His Holiness the XIV<sup>th</sup> Dalai Lama—and Spiritual Health at Emory Healthcare, and its research exploring CBCT's potential for benefiting the fields of chaplaincy and spiritual caregiving.

**The Rev. Maureen Jenci Shelton** is an ordained minister in the United Church of Christ who has served as director of education for Spiritual Health at Emory Healthcare in Atlanta since 2001. A graduate of Emory's Candler School of Theology and an accomplished musician, Maureen is also a certified educator with ACPE (the Association for Clinical Pastoral Education) and certified as a CBCT® instructor. She has been engaged with CBCT since 2014 and has instrumental in integrating it into the Emory Spiritual Health chaplaincy curriculum to help prepare their CPE interns, residents, and supervisory education fellows to offer care in increasingly multicultural settings with individuals of diverse beliefs. She is also working to bring the practice of CBCT to the bedsides of patients and to their families.

# About UCSF Spiritual Care Services

Spiritual Care Services has existed at UCSF since 1961, and our chaplains and CPE interns support the larger mission of “caring, healing, teaching, and discovering” at UCSF through direct care of our patients, their loved ones, faculty, staff, and students at three clinical campuses; a vigorous CPE program and collaborations with faculty in UCSF's Schools of Medicine, Nursing, Pharmacy, and Dentistry; and active participation in the Transforming Chaplaincy research literacy initiative, as well as in several ongoing research studies. The people of UCSF Spiritual Care Services freely offer our care to everyone 24/7, whatever their (or your) spiritual paths may be.

# Some details about the day

## Getting to UCSF

Driving maps and directions are available at <https://pathway.ucsfmedicalcenter.org>, but on-campus parking can be scarce and expensive and parking on city streets is challenging. Most people who visit or work at UCSF use mass transit; the Parnassus campus can be reached via SF Muni's **N-Judah** light rail streetcar route (which stops at 2<sup>nd</sup> Avenue and Irving Street) or the **43-Masonic, 6-Parnassus, and 66-Quintara** bus lines (which all stop near the hospital's main entrance). The N-Judah and 43-Masonic lines are wheelchair accessible. For a transit trip planner, please visit <https://511.org>.

Once on the Parnassus campus, the event will be held in Cole Hall, a large auditorium on the ground floor of the **Medical Sciences Building** located at **513 Parnassus Avenue**, immediately adjacent to the main entrance of the UCSF Helen Diller Medical Center at Parnassus Heights. (The front of the building has pillars covered with small photos of students.) If you have mobility needs, Cole Hall is accessible through the basement level. One of our staff will be glad to assist you.

## Food and beverages

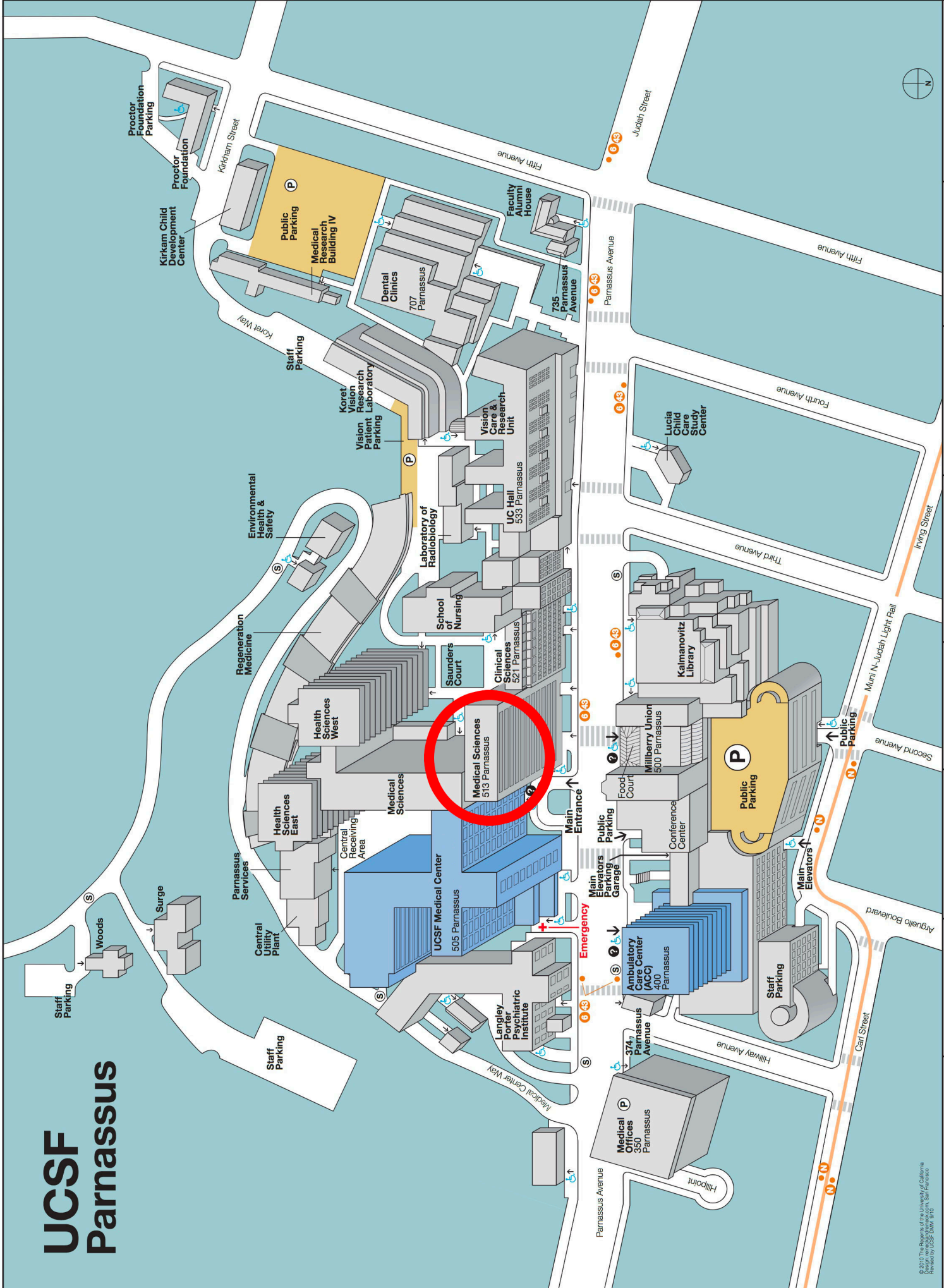
The day's schedule includes a 60-minute time window for lunch and socializing. You are welcome to bring your own food and non-alcoholic beverages. However, because we are meeting at a fully operational university campus *and* teaching hospital, there are many eating options available, including Palio Caffè, Carmelina's Taqueria, Panda Express, Ladle & Leaf, Café Bellini, Starbucks, Subway, and the Moffitt Café (our hospital cafeteria)—and those are just some on the campus! If you prefer, we also can provide you with a lunch for an additional charge; please see the registration form for details. Bottled water will be available in the morning and a snack will be offered in the mid-afternoon to all participants.

## Continuing education

Attendance at the full day's events will provide you with 6.5 hours of continuing education. If you want a certificate of completion, please indicate that on the registration form.



# UCSF Parnassus



UCSF Medical Main Buildings  
 Public Parking  
 Emergency Services  
 Entrance  
 Physically Disabled Entrance  
 Muni Transit Stop  
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 Information

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Department of Spiritual Care Services  
**Continuing Education Day  
Registration Form**

Your name: \_\_\_\_\_

Your profession [*please check all that apply*]:

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Chaplain                                       | <input type="checkbox"/> Clergy/religious leader    | <input type="checkbox"/> Seminarian      |
| <input type="checkbox"/> CPE student                                    | <input type="checkbox"/> Social worker              | <input type="checkbox"/> Psychotherapist |
| <input type="checkbox"/> Nurse  | <input type="checkbox"/> Allied health professional | <input type="checkbox"/> Physician       |
| <input type="checkbox"/> Layperson                                      |   |  |
| <input type="checkbox"/> Student in other field (please specify): _____ |   |  |

Institutional affiliation (if any): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

**Registration fee is \$25 USD, made payable to UC Regents via check or money order.**

Do you want a certificate of completion [*no charge*]?  Yes  No

Do you want a lunch provided for you [*add \$14 to the fee*]?  Yes  No

*The lunch includes a sandwich (with lettuce, and mayonnaise and mustard on the side), a piece of whole fresh fruit, a bag of chips, a freshly baked cookie, and bottled spring water. **Please choose your sandwich:***

- |                                     |                                     |                                     |
|-------------------------------------|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Roast beef | <input type="checkbox"/> Egg salad  | <input type="checkbox"/> Ham        |
| <input type="checkbox"/> Turkey     | <input type="checkbox"/> Tuna salad | <input type="checkbox"/> Vegetarian |

Total amount enclosed with this registration form: \$ \_\_\_\_\_

Please send this completed form along with your payment ***no later than June 29, 2018***, to:

**UCSF Health  
Department of Spiritual Care Services  
UCSF Box 0356  
350 Parnassus Avenue, Suite 210  
San Francisco, CA 94143**

***Thank you – we're looking forward to seeing you at this gathering!***

