

COMPASSION & WELLBEING IN HEALTHCARE

Working in healthcare is rewarding AND hard

We witness a great deal of suffering. Although we are wired for compassion, daily stressors, and life experiences can erode our capacity to respond to others and to ourselves with kindness. Compassion Education at Stanford CCARE (CESC) recognizes compassion is natural to us and also a trainable clinical skill.

Compassion and Wellbeing in Healthcare is an eight-week course that teaches practical skills to support emotion regulation and is especially well suited for healthcare professionals navigating emotional exhaustion, overwhelm, empathic distress, and loneliness. Taught by practicing clinicians with experience in healthcare and compassion training, this course focuses on individual capacity building while acknowledging systems-level contributors to distress.

**Helping clinicians
sustain compassion,
connection, and
meaning under
pressure**

KEY CONCEPTS

- Compassion vs. Empathy
- Empathic Distress & Burnout
- Self-Compassion
- The Inner Critic & Self-Judgment
- Mindfulness
- Joy & Professional Wellbeing
- Interpersonal Connection
- Emotion Regulation
- Moral Injury & Moral Distress
- Practical Tools

Fall Session: Wednesdays | Sep 9 - Oct 28, 2026 | Fee: \$750

Why invest in compassion training?

Compassion training can help clinicians reconnect to their purpose, make warm-hearted connections, and provide sustainable, high-quality care. These are inherently rewarding and uplifting outcomes. The skills you take away from this compassion training can be applied throughout your workday and family life.



BACKED BY SCIENCE

Informed by research on clinician wellbeing, professional fulfillment, and compassion.



PROFESSIONAL SKILL-BUILDING

Tools to decrease burnout, improve emotion regulation, enhance self-compassion, and reconnect with professional meaning.



PRACTICALLY APPLIED

Integrate compassion strategies into daily life to better manage stressors.

Meet the Instructors



DR. BORNALI BASU

Founding Teacher &
Co-Director of Compassion in Healthcare
Stanford CCARE



DR. SARA OWENS WOODARD

Founding Teacher &
Co-Director of Compassion in Healthcare
Stanford CCARE

>> Health professionals can earn 12 continuing education credits – [learn more here](#) <<



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MEDICINE**

The Center for Compassion and
Altruism Research and Education

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