12:25-12:40 pm

NAU Philosophy in the Public Interest

Andrea Houchard

NAU Department of Philosophy

12:40-1:40 pm

Beyond an "Eye for an Eye": Navajo Peacemaking and Restorative Justice

Robert Redsteer Navajo PeacebuilderWarren Sanford Justice of the Peace, Protem

1:50 - 2:50 pm

Compassionate Care: Health Care Perspectives

Facilitator: Jean Malecki-Friedland, MD, MPH,FACPM

Sari Fleischer RN

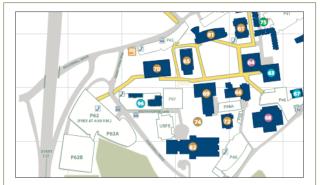
Northland Hospice and Palliative Care Assn.

Aleia N. O'Reilly LMT-AM

Founder and Case Manager, Further Shore

Dorothy Dunn Ph.D. APN FNP-BC AHN-BC

Assistant Professor, NAU Department of Nursing



DIRECTIONS

DuBois is building 64 on the map. Limited metered parking available in adjacent lot. Parking kiosk on McConnell Drive for Lot P62. About a 5 minute walk to DuBois, the Ballroom is on the 2nd floor.

The SBS Compassion Project Programming Committee thanks the following programs and organizations for generous support to make this conference possible:

College of Social & Behavioral Sciences

NAU Consortium for Civic Engagement & Learning

NAU Office of the Provost & Vice Provost

University College

McKenzie Endowment for Democracy

Dr. James Friedland & Dr. Jean Malecki-Friedland

Refreshments & Buffet Lunch Provided Sign-Up Sheets for Student Credit

http://www.nau.edu/SBS/Events/Compassion-Project/Upcoming-Events/



COMPASSION IN EVERYDAY LIFE

PEOPLE,
PROGRAMS &
POSSIBILITIES



FRIDAY, MARCH 28 9:00 am-4:00 pm NAU DuBois Ballroom

Join us and learn about the compassion-inspired work taking place in the NAU and Flagstaff communities.

9:10-10:10 am

Compassion & Community: Partners and Providers

Facilitator: Heidi A. Wayment

MaryJo Gregory, FACHE, RN

CEO & President Northern Arizona Regional Behavioral Health Authority (NARBHA)

Kevin Treadway, M.Ed, Police Chief Flagstaff Police Department (FPD)

Cindy Beckett, Ph.D., R.N.C.-O.B., L.C.C.E.

Director, Evidence-Based Practice / Research Medical Center, Flagstaff Medical Center (FMC)

10:20-11:20 am

Empathy & Education: The Head & The Heart

Facilitator: Jennifer Kolodinsky

Janine Schipper, Ph.D.

Professor, NAU Department of Sociology & Social Work

Lisa Doskocil, MA

Coconino Community College

David Richardson, JD

Flagstaff Literacy Project (LVCC)

11:30-12:25 pm

Lunch Provided!

Poster Session

NAU REU Program Social Psychophysiology of Compassion Larry Stevens, NAU Psychology

Unraveling the Connection Between Self-compassion and Personal Growth Initiative Ruggiero, S., Rabaino, A., Richards, D., & Martin, W., NAU College of Education

Mindfulness Greg Dalder, Flagstaff Medical Center

3-2-1 Process: An Integral, Compassion-Building Technique for Psychotherapists Pit Kolodinsky, NAU College of Education

Quiet Ego Contemplation Wayment, Collier, Birkett, Till, & Traudisdottir, NAU Psychology & Biology

A Life of Meaning: Contemplation, Compassion and Community Cassie Dakan and students, NAU Honors Program

Self-Compassion and Empathy among Chinese and American Undergraduates Melissa Birkett-Greene,
NAU Psychology

Flagstaff Literacy Program Maggie Carrillo, Brigid O'Connor & James Friedland

Prediction of Self-Compassion, Mindfulness and Wellness to Counseling Self-Efficacy Busby, D., Richards, D., Donohue, K., Rabaino, A., NAU College of Education

Hot Topics Cafe: Practicing Compassion in Civil Discourse A. Houchard & H. Wayment, NAU Philosophy and Psychology

Turn the Dharma Wheel: Wishing for, and Spreading Compassion Jacob Marshall & Dorothy Dunn, NAU School of Nursing

Anyone interested in presenting during the poster session please email <u>Heidi.Wayment@nau.edu</u> with a title and brief description no later than March 7. You will be notified by March 10.

3:00-4:00 pm

Workshops

Exploring Empathy: Using Compassionate Communication to Improve Your Relationships

Katie Pierce, PT, DPT and David McCain, NAU Graduate Student

This interactive, entertaining session will provide an opportunity for your to explore how Compassionate Communication can improve your connections to self and others. You will learn about the healing power of empathy, understand the distinction between empathy and honest expression, and develop concrete tools to establish an empathic connection. You will have the opportunity to apply what you learn to examples from your life. Our hope is that you leave the session with a greater capacity to create meaningful relationships that will bring more joy to your life.

Cultivating Resilience and Freshness: How Helping Professionals Can Avoid Burn-Out Through Mindfulness and Compassion Practices

Greg S. Dalder, LCSW, ACM Social Work Manager, Flagstaff Medical Center

Helping professionals are frequently exposed to the pain and suffering of patients and family members. Without skills to cultivate resilience and freshness, the result too frequently is empathy fatigue, pessimism, low-productivity and eventually burn-out. The antidote to this widespread threat to the well-being of helping professionals is skill building in mindfulness and compassion. This session shares elements from training developed for FMC staff to address this issue. Over 300 staff have received the training to date. An RN said after the training: "No one has ever helped me understand why my work is so draining. Now I can stay engaged because I know how to take care of myself while I take care of the patient."

Stoking the Caring Fires: Meditative Practices to Build Compassion, Joy and Gratitude for Self and Others

Karen Mueller, PT, PhD, DPT Professor, NAU Department of Physical Therapy

In recent years, evidence from neuroscience and positive psychology have established a definitive relationship between lovingkindness meditation, embodied gratitude and the enhancement of empathy. This workshop will focus on practical approaches to enhance positivity and self-compassion as a powerful tool to connect more authentically with others.