



Learning Center

# Compassion: Caring for Self and Others

## Locations/Dates/Times

February 3, 2026, 8:00am - 10:00am, Methodist Women's Hospital, Bernard & Abbott Rooms  
February 16, 2026, 5:00pm - 7:00pm, Methodist Hospital Centennial Room  
March 10, 2026, 8:00am - 10:00am, Methodist Hospital Centennial Room  
March 24, 2026, 12:30pm - 2:30pm, Methodist Hospital Centennial Room  
April 14, 2026, 12:30pm - 2:30pm, Methodist Hospital Centennial Room  
April 30, 2026, 5pm - 7pm, Methodist Hospital Centennial Room  
May 13, 2026, 12:30pm - 2:30pm, Methodist Women's Hospital, Bernard & Abbott Rooms  
May 19, 2026, 12:30pm - 2:30pm, Methodist Women's Hospital, Bernard & Abbott Rooms  
June 4, 2026, 5pm - 7pm, Methodist Hospital Centennial Room  
June 30, 2026, 12:30pm - 2:30pm, Methodist Hospital Centennial Room  
July 10, 2026, 8am - 10am, Methodist Hospital Centennial Room  
July 22, 2026, 12:30pm - 2:30pm, Methodist Women's Hospital, Bernard & Abbott Rooms

## Purpose Statement:

Compassion fatigue has contributed to the emotional, physical, and psychological exhaustion of staff, which impacts personal wellbeing and the quality of care provided. This two-hour course is designed to engage staff in meaningful self-reflection to support providing compassionate care to patients, visitors, and colleagues.

## Presented by

- Amy Brasel, MSN, RN, GERO-BC, NPD-BC
- Melissa Strong, M. Div, APBCC

## Agenda (CST) and Contact Hours

Welcome and Introduction (0.0 CH)  
The Impact of Compassion (20 min, 0.33 CH)  
Compassion Role Playing Scenarios: (45 min, 0.75 CH)  
Break (0.0 CH)  
Compassion: Self Reflection and Self Care (30 min, 0.5 CH)  
Questions and Wrap-up (10 min, 0.17 CH)  
CE Evaluation Time: (15 min, 0.25 CH)  
Total CH: 2.0

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## Program Disclosures

Provider Approval Statements: Nebraska Methodist College Learning Center is approved with distinction as a provider of nursing continuing professional development by the VTL Center for Professional Development, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Successful Completion Requirements: In order to obtain contact hours or continuing education credit for this educational activity, participants are required to complete stated requirements:

- Attendance at the entire activity
- Completion/submission of evaluation form within 7 days of the program
- A link to access your certificate will be automatically generated and emailed to you within 24 hours of completing all requirements. Or, you can go to our website: [www.methodistcollege.edu/pd](http://www.methodistcollege.edu/pd), click "Account Login" on the top right side of the page, log in to your account, and click "Certificates."

Relevant Financial Relationships with an Ineligible Company: No relevant financial relationships were identified for planners or presenters.

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