



Darcy Harris, PhD, FT

MCDES Spring 2022 Virtual Conference

When: Friday, May 6, 2022

Speaker: Darcy Harris, PhD, FT
Professor, Department of Thanatology
King's University College at Western University
London, Ontario

Title: *Self Compassion: Sustaining the Ability to Care in Challenging Times*

Clinicians who work with people experiencing loss and grief are often defined by their compassionate nature and ability to care for others in incredibly difficult situations. The ability to sustain this compassionate stance begins with self-compassion. There is a growing body of evidence supporting the cultivation of compassion-based practices as a buffer to fatigue and burnout that can be readily experienced when working with vulnerable individuals in organizational settings. This workshop will discuss the current research and trends related to compassion in care delivery, and introduce participants to practices to enhance the cultivation of a greater sense of compassion for themselves and those in their care.

Darcy L. Harris, R.N., R.S.W., M.Ed. (Couns.), Ph.D., FT, is a Professor of Thanatology at King's University College in London, Canada, where she also maintains a private clinical practice specializing in issues related to change, loss, and transition. Dr. Harris developed the degree program in Thanatology at King's University College in London, Canada. In addition, she is a faculty member of the Portland Institute for Loss and Transition, dedicated to training in grief therapy leading toward Certification in Meaning Reconstruction in Loss. She has served on the board of directors of the Association for Death Education and Counseling and is a current member of the International Work Group on Death, Dying, and Bereavement. She is the series co-editor for Routledge Publishing Company's Death, Dying, and Bereavement Series and she is an internationally-recognized speaker and author. Her publications include *Counting our Losses: Reflecting on Change, Loss, and Transition in Everyday Life* (Routledge), *Grief and Bereavement in Contemporary Society: Bridging Research and Practice* (Routledge), *Principles and Practice of Grief Counseling* (Springer), *The Handbook of Social Justice in Loss and Grief: Exploring Diversity, Equity, and Inclusion* (Routledge) and *Non-Death Loss and Grief: Context and Clinical Implications* (Routledge). Her upcoming book, *Compassion-Based Approaches to Loss and Grief*, will be published in 2022.

Conference brochures and online registration (www.mcdes.org) will be available in early March, 2022. CEU's will be available for professionals in Psychology, Marriage and Family Therapy, Social Work, Behavior Health and Therapy, and MN Nurses.