

**Our Lady's Hospice & Care Services**  
**Moving Points in Palliative Care 22<sup>nd</sup> Annual Conference:**  
**Self Care & Compassion in Healthcare**  
**Tuesday, 25 April 2017**

Start	End	Session	Speaker / Presenter
8.30	9.15	Registration / Refreshments	
9.15	9.30	Introduction	Ms Audrey Houlihan, CEO, OLH&CS
9.30	11.15	The Key to Self-Care: Finding a Way of Being with Our Pain	Dr Michael Kearney
11.15	11.45	Refreshments	
11.45	12.45	<b>Optional Workshops</b> (participant choose 2 of 3) 1. Schwartz Rounds 2. Mindfulness for Healthcare Professionals 3. The Self Care Imperative in Compassion Based Work	1. Dr Joan Cunningham and Ms Ger Tracey, OLH&CS 2. Dr Ursula Bates, OLH&CS 3. Ms Karen Brennan, Self Care For Carers
12.45	13.45	Lunch / Refreshments	
13.45	14.30	Can we learn compassion?	Prof Philip Larkin
14.30	15.30	Optional Workshops - as above	
15.30	15.55	Panel Discussion: How can self-care and compassion be nourished within our work environment?	Prof Philip Larkin (Chair), Dr Michael Kearney, Dr Joan Cunningham, Dr Ursula Bates, Ms Juanita Guidera (HSE), Ms Mary Kirwan (OLH&CS)
15.55	16.00	Close	Ms Patricia Hallahan, Director Education, Research & Training



**Venue: Education & Research Centre**  
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The centre has free parking and is serviced by Dublin Bus routes 9, 16, 49 and 54a. The Green Luas Line (Charlemont stop) is a 15 minute walk.