

MOVING POINTS IN PALLIATIVE CARE 22ND ANNUAL CONFERENCE
Self Care & Compassion In Healthcare
Tuesday 25 April 2017

**The Key to Self-Care:
Finding a Way of Being with Our
Pain**

Dr Michael Kearney

We tend to think of "self-care" in practical terms as having good professional boundaries and times of rest and renewal outside the workplace. In this talk, Dr Michael Kearney will present two other models of self care - a psychological model and a spiritual model, which draw on mindfulness, deep nature connection, and compassion.



Dr Michael Kearney has over 35 years' experience in palliative care. He trained and worked at St Christopher's Hospice, London with Dame Cicely Saunders and in Dublin at St. Vincent's University Hospital and at Our Lady's Hospice & Care Services where he was Medical Director for many years. At McGill Medical School in Montreal he worked with Professor Balfour Mount developing teaching programs on healing in medicine. He has published on self-care of physicians working at the end of life and his third book *The Nest in The Stream: How to be with our Pain*, will be published soon. Michael is Medical Director of the Palliative Care Consultation Service at Santa Barbara Cottage Hospital and Serenity House Hospice in California. He teaches on the Anamcara Apprenticeship, a programme which has been running in Our Lady's Hospice for many years and which was developed by Professor Richard Groves of the Sacred Art of Living Centre in collaboration with poet and author John O'Donohue.

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