

SUBJECT OUTLINE FOR CROSS-INSTITUTIONAL STUDIES

Subject code and name	HSW705 Compassion at Work		
Program	Health and Social Wellbeing	Credit points	6
Subject coordinator	Dr Nadine Levy	Duration	5 weeks on campus 10 weeks online
Level	AQF 7 - Bachelor		
Prerequisites	Nil		
Equivalent subject	Nil		
Student workload	No of timetabled hours:	40 hours	
	No of personal study hours:	120 hours	
	Total workload hours:	160 hours	
Mode of delivery	<input checked="" type="checkbox"/> Face to face <input checked="" type="checkbox"/> E-learning (online)		
	<p>The <u>on-campus version</u> is delivered over 5 weeks of full-time study.</p> <ul style="list-style-type: none"> - Week 1 is preliminary reading. - Week 2 is face-to-face intensive lectures and other teaching and learning activities for 5 days, Monday to Friday on campus at NTI. - Weeks 3 – 5 are self-study and assessments supported by the subject lecturer through email and consultation as required and access to online teaching resources. <p>Total hours of face-to-face classes exceed the standard scheduled teaching hours of a typical semester-length subject offered in this discipline by universities.</p> <p>The <u>online version</u> is delivered over 10 weeks of full-time online study.</p> <ul style="list-style-type: none"> - Each week involves 4 hours of timetabled study and 8 hours of personal study <p>The total workload of 12 hours per week is equivalent to the standard scheduled teaching hours of a typical semester length subject offered by universities.</p>		

2.1 Subject Description

Compassion is identified as a priority area for improvement in health care. Explicit training in compassion is now required within health care settings. This subject examines the implications of compassion in health care for individuals, organisations and society. It draws from the growing field of Compassion Science, which suggests that compassion is central to positive outcomes in health care. This subject examines physiological, psychological, philosophical and sociological evidence, which proposes a positive correlation between compassionate health care enhanced by contemplative practice and staff and clients' quality of life.

2.2 Learning Outcomes

- 1) Demonstrate a critical understanding of emotional intelligence, empathy and compassion, the links between them and the relevance of these skills in health care
- 2) Critically synthesise experience of contemplative practice and theoretical engagement with compassion science to evaluate the use of contemplative practices in compassion development
- 3) Critically analyse contemplative science findings related to physiological, psychological and sociological outcomes of compassion
- 4) Critically evaluate the place of compassion in self- and community-development within health care, and potential impacts of compassionate individuals and institutions in society
- 5) Ability to engage and critique benefits, ethical implications, challenges and practical applications of compassionate cultures in health care

2.3 Subject topics

The individual, An introduction to Compassion: Contemplation, Self-Awareness and Self-Compassion

- Defining compassion
- Self-compassion as a therapeutic modality
- Developmental theories of compassion
- Compassion and somatic awareness
- Buddhism and compassion
- Evolutionary theory and compassion
- Physiological and neuroscientific aspects of compassion

The Interpersonal, Compassion and the Other: Understanding compassion competence

- The social dimensions of compassion
- Sociological criticisms of compassion
- The gendered dimensions of compassion and the "ethic of care"
- Compassion and the theory of intersubjectivity

Society, Applied Compassion: Compassionate workplaces and their impacts on society

- Compassion focussed therapies
- Compassionate communication

- Compassion in the workplace: benefits and challenges
- Organisational trauma and empathy fatigue
- Compassion and ethics
- Compassion and capitalism
- Buddhism and business
- Compassion and justice
- Applied compassion: case studies

2.4 Assessment

Assessment tasks				
Type	Due		Weighting	Learning outcomes
Assessment 1	<u>Online</u>	<u>On campus</u>		
Part 1: One reflective journal entry (250 words)	Week 1	Week 1	10%	1,2
Part 2: One reflective journal entry (250 words)	Week 2	Week 2	10%	1, 2
Part 3: Reflective essay (1,500 words)	Week 5	Week 3	25%	2, 3, 4, 5
Assessment 2	<u>Online</u>	<u>On campus</u>		
5-minute multi-media presentation (or equivalent creative work) and 500 word statement of creative intention	Week 10	Week 5	55%	1, 2, 3, 4, 5