



**Prof. Nathan Consedine, Ph.D.** is health psychologist in the School of Medicine at the University of Auckland. His training is in emotion and emotion regulation looking at how such factors may be linked to physical health including screening, symptoms, adherence, and adaptation to chronic disease. Current research foci include compassion in health, disgust in medical contexts, and mindfulness.

After graduating from Canterbury in 2000 and spending 10 years working on grants in New York, Nathan returned to New Zealand in 2009. In addition to teaching in health psychology and medical programs, he supervises numerous students examining compassion (and self-compassion) in health. Nathan has published more than 150 scientific works and is an Associate Editor and reviewer for numerous international journals. He enjoys fishing, playing tennis with his son, and listening to the sort of music that his colleagues dislike.

**Title: Love in the time of cholera: sustaining (self) care in challenging times**

Caring for others is among the most challenging, rewarding, and human things we do as professionals. Now perhaps more so than ever. But maintaining our compassion for others can be difficult, especially when we, ourselves, are stretched. In this workshop, Nathan will use insights from a program of translational research into the origins of care in health to consider how we might sustainably care for patients and ourselves. Key areas for discussion include considering how our judgments interfere with care, clinician anxiety, and the strategies we can use to maintain care.