

4th International Conference on Pediatrics & Neonatology & 5th International Conference on Gynecology and Obstetrics

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August 13–14, 2026 | Barcelona, Spain



Quinn Cashion

Quinn & Associates,
Canada

Biography

Quinn Cashion, RTC, MEDL, is a Registered Therapeutic Counsellor, author, and speaker with over two decades of experience in resilience and human development. She also holds a Master's in Educational Leadership, working at the intersection of spirituality, psychology, and education, including supporting women survivors of violence and abuse in reclaiming stability and self-worth. Her work draws on the Three Principles understanding of mind, consciousness, and thought, grounded in the individual's innate capacity for clarity under pressure. Quinn has spoken internationally on resilience, including at the Mental Health Commission of Canada Conference.

Health of the Helper: Sustaining Those Who Care for Mothers, and Families

Abstract

Mental health is no longer a private struggle carried quietly behind the exam room door; it is a \$6 trillion global economic issue, projected by the World Economic Forum and The Lancet, and no sector feels its weight more directly than the caregiving professions. Physicians, midwives, and obstetric teams are trained to hold their patients through the most vulnerable moments of their lives, yet are rarely given the tools to hold their own capacity through the accumulated weight of that work. This talk reframes burnout and compassion fatigue not as a personal failing to be corrected with better coping strategies, but as a predictable response to sustained exposure to others' pain. Quinn Cashion draws on the Three Principles understanding of mind, consciousness, and thought, along with years of private practice supporting women, including survivors of violence and abuse, in rebuilding safety and stability after trauma. From this foundation, she offers a model of resilience for helping professionals, rooted not in willpower or another wellness protocol, but in the clinician's own innate capacity for clarity and calm beneath stress. For an industry bearing the compounding cost of an under-supported workforce, this is a return to the one resource that was never actually depleted, the mind's own steadiness, and the foundation from which sustainable, compassionate, long-term care becomes possible.