

Abstract

Mindfulness and Social Work Education

Practicing the Four-Step MAC Guide: From Stress to Homeostasis

The incidence of social workers experiencing direct and vicarious trauma is increasing as violence, poverty, oppression and disaster become more prevalent. Although we often cannot control situations that escalate stress we can teach social work students mindfulness, a simple tool to effectively manage stress, increase attention, empathy and non-judgment.

By integrating mindfulness in social work education students are groomed to become workers armed with a powerful tool to mitigate the deleterious impact of stress upon them and increase the ability to provide excellent care for clients. When social workers are mindful they are better able to increase their propensity to model effective life skills to improve quality of life and regain balance and homeostasis to the clients they serve.

This workshop will focus on: 1) social work curriculum that incorporates mindfulness 2) introduction of a mindfulness model "Four Step MAC Guide" that is easily learned and applied 3) Introduction of the Napoli-Bonifas Mindfulness Index 4) mindfulness practice research findings positively impacting a) students' ability to manage stress, b) improved quality of life c) increased observing and attention, 5) experiential mindfulness activity.

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