

Conference Schedule

The 9th Annual International Conference on
Spirituality and Social Work
**Cultivating Mindfulness Practice:
Integrating the Personal and Professional for Effective Practice**

JUNE 27 – 28, 2014

*** Pre-Conference Workshop and Retreat – June 25 – 26, 2014 ***

St. Thomas University – Fredericton, New Brunswick, CANADA

Friday, June 27, 2014

7:15am – 8:00am	Morning Meditation	
8:00am – 8:30am	Coffee/Muffins Registration	
8:30am – 10:00am	Oak	Moving from Reaction to Wise Action – Ann Martens How can we respond with kindness, compassion and wise action in challenging practice situations? Carol Rodger's 4-Phase Reflective Practice model offers a practical tool for practitioners to cultivate mindfulness, improve interpersonal interactions, increase resilience, and choose wise action, regardless of practice domain. This highly interactive workshop will give you concrete tools for your own challenging conversations/interactions.

	<p><i>Ann is a full-time community college professor in the Social Service Worker Diploma Program at Centennial College. Ann has been a practitioner of Mindfulness for over 20 years. She initially introduced Mindfulness practices into the Social Service Work curriculum and most recently collaborated on the creation of a GNED elective in Mindfulness called, Mastering the Moment; An Introduction to Mindfulness and Meditation for community college students. Ann holds both a Masters Degree in Social Work and Bachelors degree from York University in Toronto and has just completed a post graduate certificate in Mindfulness for Educators, in a collaborative program, through Antioch University, the Centre for Mindful Inquiry and the Barre Centre for Buddhist Studies in Barre, Massachusetts.</i></p>
Maple	<p>Mindful Prayer: Creating personal prayer through mindfulness – an experiential workshop – Naava Zohar-Sykes</p> <p>Mindfulness and prayer may seem to be in different realms, but bringing them together can “fine tune” us to the essence: Here and now, what is my prayer? Building on ancient Jewish sources and Buddhist meditations, this workshop will provide the opportunity for creating a mindful, personal prayer, and sending our prayers to ripple out far and beyond ourselves.</p> <p><i>Naava Zohar-Sykes is a social worker and family therapist, group facilitator and supervisor with over 25 years of experience working with parents, students, and staff. Since 2005, Naava has been involved in developing spiritual care as a new field in Israel, teaching and supervising chaplains in direct care in a variety of settings. At JDC Ashalim, Naava is promoting and developing the incorporation of spirituality in social work, health and education government programs for at-risk populations. Naava lives in Jerusalem with her husband where they raised their 4 children and are involved in community, spiritual renewal and social change.</i></p>
Elm	Prep for keynote

Pine	Prep for keynote
Rigby Room	<p data-bbox="705 289 953 324">8:30am – 9:15am)</p> <p data-bbox="705 331 1923 412">Using NEPY© (Noble Eightfold Path and Yoga) as an Approach to Living with Substance Use Challenges – Arielle Dylan</p> <p data-bbox="705 461 1923 711">This paper presentation will report on findings of a research project called NEPY© (Noble Eightfold Path and Yoga). This project involved piloting the NEPY© approach to substance use challenges with a group of outpatient adult women who use community-based addiction services. The NEPY© program comprises a combination of yoga and a Buddhist holistic approach to wellness as a complementary and alternative health option.</p> <p data-bbox="705 760 1923 1055"><i>Arielle Dylan, PhD is Assistant Professor of Social Work at St Thomas University in Fredericton, New Brunswick, Canada. Her scholarly and research areas include First Nations realities, Romani issues, transnational practices, mental health and addictions, complementary and alternative ontological understandings and wellness approaches, environmental and social justice, spirituality and social work, and critical pedagogy. She has published in the area of environmental social work, eco-social justice and spirituality, transnational social work, group work, empathic direct practice, and First Nations experiences.</i></p> <p data-bbox="705 1104 978 1140">(9:15am – 10:00am)</p> <p data-bbox="705 1146 1923 1227">Coming to virtue: An autoethnography of teaching social work ethics – Peta-Anne Baker</p> <p data-bbox="705 1276 1923 1354">An autoethnographic account of how dominant rule-based approaches to professional ethics came to be critiqued and an agenda for applied research into mindfulness and</p>

		<p>compassion was developed, to explore how these practices might help to tackle the challenge of enacting a professional identity committed to social justice and human rights in an unsupportive cultural and institutional environment.</p> <p><i>Dr Peta-Anne Baker has over thirty years experience as a social development practitioner and academic. She worked in the development NGO sector before joining the faculty of the social work programme at the University of the West Indies Mona campus in Jamaica. She is currently the Coordinator of that programme.</i></p> <p><i>Dr Baker brings her experience of grassroots organising and engagement in policy advocacy to bear on her practice as an educator; a practice that is characterised by the use of experiential learning strategies. Her research and writing include topics such as the design of services for marginalised populations, disaster risk reduction and applied ethics.</i></p>
10:00am – 10:30am	Nutrition Break	
10:30am – 12:00pm	Keynote – presentation by Elana Rosenbaum (In Elm and Pine)	
12:00pm – 1:00pm	Lunch	
1:00pm – 2:30pm	Oak	<p>Self-Care for Social Workers: A Yoga and Ayurvedic Approach – Loretta Pyles</p> <p>This experiential workshop draws from the wisdom of yoga and Ayurveda, and the literature on health promotion, offering social work practitioners and educators tools that can facilitate wholeness in self, clients and students. Participants will engage in practices such as meditation and conscious communication; journaling and peer de-</p>

	<p>briefing will facilitate integration, and help participants identify barriers to self-care (e.g. sleep).</p> <p><i>Loretta Pyles, Ph.D. is an engaged scholar and educator concerned with the resilience and resistance of individuals, organizations and communities facing poverty, violence and disasters in a neoliberal policy context. She is the author of more than 30 articles and book chapters as well as Progressive Community Organizing: Reflective Practice in a Globalizing World, 2nd Edition (Routledge, 2013) where she introduces the pioneering transformative organizing/reflective practice approach, which emphasizes critical and compassionate inquiry into self and society. The approach affirms practices such as mindfulness and compassionate communication in relation to anti-oppression work. She is also a certified yoga instructor.</i></p>
Maple	<p>Steps Beyond the Cushion: Contemplative Walking Practices – Ray Parchelo</p> <p>Contemplative walking practices are often minimized, even discouraged by some meditation traditions and teachers. These dozen or more practices form a distinct collection of contemplative activities, indistinguishable in intention and purpose from sitting practice. This workshop suggests therapeutic social work applications, techniques for indoor and outdoor walking, designed to invigorate the use of contemplative walking practices in teaching mindfulness.</p> <p><i>Ray Parchelo has been a clinical and community social worker in rural Eastern Ontario for 25 years. He has facilitated mindfulness groups since 1988 and developed the Change Your Mind mindfulness program in 2003. He is the author of Walk Like A Mountain: The Handbook of Buddhist Walking Practices (Sumeru Books, 2013). Ray has presented in several previous CSSSW Conferences.</i></p> <p><i>He is a Tendai Buddhist priest and National Director of Tendai Canada.</i></p>

Elm	<p>Cultivating the Art and Practice of Mind/Body/Spirit Presence – Mary Leslie</p> <p>This workshop highlights Carl Roger’s “Presence” in therapeutic relationships and documents further articulation of this through Focusing (Gendlin), Biospirituality, and others who address spirit and body as integral to therapists’ quality of presence. Viewed as art form and practice to be cultivated, experiential exercises and recent new brain research are interwoven to support a deeper, sustained body/mind/spirit presence with clients.</p> <p><i>Mary Leslie’s social work career spans 30 years, primarily in healthcare and private clinical practice (since 2001). She trained and supervised volunteers for Fraser Health Cancer Centre (BCCA)’s Therapeutic Touch Clinic, 1998-2001. She has presented at conferences and workshops, including UBC Continuing Education, (2005) “Widening the Lens: Deepening the Practice”, integrating spirituality into professional practice. She has co-authored “A Creative Model for a Post-Treatment Group for Women with Cancer”, in <u>The Canadian Journal of Counselling</u>, Vol. 37:1(2003). She is active in The Satir Institute of the Pacific, and was sessional faculty at UBC School of Social Work (Group Work) to 2013.</i></p>
Pine	<p>(1:00pm – 1:45pm)</p> <p>Using mindfulness in the classroom with undergraduate future social workers – Annie Devault</p> <p>The purpose of the presentation is to share the content of a course on mindfulness, the assignments asked to students and the comments made by students about the course. We will discuss the content of the class: mindfulness, self-acceptance, stress</p>

management, reflexivity, working with difficult emotions in a mindful way and the reactions of students about meditating in class.

Annie Devault is professor at the Department of social work at the Université du Québec en Outaouais. For the last fifteen years, she has been doing research on father involvement. She is also the clinical supervisor for the implementation of an intervention program aimed at negligent families. Annie Devault has a doctorate in community psychology from the Université du Québec à Montréal, Canada, and she has completed a post doctoral internship in health promotion and disease prevention at Stanford University, California. She has been practicing meditation for the last 4 years and has participated in several mindfulness programs and conferences.

(1:45pm – 2:30pm)

Are Graduate Social Work Students Mindful? – Christine Kessen and Kielty Turner

MSW students at a teaching university showed a significant decrease in mindfulness from entry to graduation. Students reported that supervision in field placements helped them to remain in the present moment nonjudgmentally when working with their clients. However the stress of graduate school as well as life stressors decreased their ability to focus. Formal training in mindfulness was recommended.

Christine Kessen DSW LCSW is a licensed clinical social worker with over twenty years of social work practice experience in health, mental health, and school settings. She has been a practitioner and teacher of meditation practices for the past fifteen years. As an associate professor of social work at Marywood University in Scranton, Pennsylvania, Professor Kessen

	<p><i>teaches graduate social work courses on practice, ethics, and spirituality. She is currently conducting research on contemplative practices.</i></p> <p><i>Dr. Kielty Turner is an Assistant Professor and Coordinator of Field Instruction for the BSW Program in the School of Social Work and Administrative Studies at Marywood University in Scranton, PA. She teaches both research and practice courses to undergraduate social work students. Licensed as a clinical social worker, Dr. Turner has extensive experience in the treatment and prevention of addictive disorders having worked in private practice, outpatient treatment as well as educational settings. Her primary research interests relate to the application of mindfulness skills training for social workers and their clients.</i></p>
Rigby Room	<p>(1:00pm – 1:45pm)</p> <p>Mindfulness Practice and Coping with Physical Injuries: Implications for the Health Social Workers – Isaiah Mobolaji Ojedokun</p> <p>Physical injury could be painful. It may also disfigure the affected personality. Hospitalisation could also precipitate ill-feeling and the fear of unknown may result into untimely death of the injured patient. Premised on this, the health social worker must rescue each situation as they arise. Health social worker’s professionalism will help the physically injured to cope through effective mindfulness practice.</p> <p><i>Dr Isaiah Mobolaji Ojedokun works as a lecturer in the Department of Social Work, Faculty of Education, University of Ibadan, Ibadan, Nigeria. He is a registered nurse and an Accident and Emergency nurse specialist. Dr Ojedokun earlier lectured at both College of Advanced nursing studies and College of Education. He specialises in Health Education and Health Social Work. He has carried out some research studies which have been published in learned journals both locally and internationally. His current research works are on: Global burden of tuberculosis;</i></p>

		<p><i>Use and harmful effects of aphrodisiacs; Knowledge and practice on Hypertension; Premarital sex and use of condom among in-school students; Effects of stress and alcohol use on human safety; Safety and school health services as correlates of personal well-being among Nigerian secondary school students.</i></p> <p>(1:45pm – 2:30pm) Mindfulness as Praxis in Child Protective Services Social Work – Colette Street</p> <p>Child Protective Services (CPS) Social Workers must conduct accurate assessments to make the best decisions for child safety. During home visits, however, a CPS Practitioner might not be aware that dramaturgical presentations of deception are occurring while “in the moment.” Therefore, the practice of mindfulness in CPS social work could be a key to preventing future child abuse and/or death.</p> <p><i>Colette M. Street is a scholar/practitioner. She is a doctoral candidate at Fielding Graduate University, a forensic social worker, child protective services practitioner consultant, and child protective services social worker. Colette lives in Los Angeles County with her family and friends. Colette is the owner of the Center for Safely Uniting to Renew Focus (Center 4 SURF), which assists warriors in the helping profession to reduce the toxic effects of secondary trauma through research, workshops, and lectures.</i></p>
2:30pm – 3:00pm	Nutrition Break	
3:00pm – 4:30pm	Oak	<p>Engaging the Soul in Social Work Practice – Alyson Quinn</p> <p>The purpose of the presentation is to demonstrate the power of engaging the spirit and integrative work into Social work practice. This will be demonstrated by a brief</p>

	<p>presentation. Then an experiential process where participants are able to experience the model and its impact. After this process time will be allotted to unpacking the process, debriefing and questions.</p> <p><i>I was born in Zimbabwe and trained as a Social worker in South Africa during its time of struggle. I left South Africa and immigrated to London, England where I launched my social work career. I then immigrated to Vancouver, Canada and have worked in Psychiatry for 25 years as a group therapist and individual counselor. My time in Africa educated me to the importance of a spirit based practice. I have recently published "Experiential unity theory and model – reclaiming the soul" in 2012. In Feb 2014 a self help book published namely "Reclaim your soul – your path to healing" will be published. I have taught this model as a sessional instructor at the UBC School of Social Work.</i></p>
Maple	<p>Integrating Yoga into Social Work Practice – Kathy Shafer, Janet McGeachy, and Susan Steiger Tebb</p> <p>This workshop will discuss and demonstrate yoga as interventions in working with persons who experience addictions, mood disorders and trauma. This is an experiential, practice-based workshop. Included will be: a brief literature review, introduction of basic yoga interventions, self-care practices between sessions, and creating your own mindfulness-based yoga practice.</p> <p>Participants are requested to wear comfortable clothing and bring a yoga mat, firm cushion and a light blanket.</p> <p><i>Kathy is a Clinical Social Worker who is also a certified addiction professional, and a 500RYT registered yoga teacher. In addition to her private practice for over 30 years, she has taught at</i></p>

the university level, conducted research, written numerous articles, published a book, conducted workshops, offers consulting on integrating yoga into social work practice, has presented at professional conferences, and provides services for addicts and their families. As a registered yoga teacher, she focuses on best practices for populations with special needs and is a Level II LifeForce Yoga Teacher. Additionally, Dr. Shafer offers the trademark Fun™ to the practice of Yoga Therapy, utilizing humor to shift moods and engage diverse audiences in best practices for therapeutic yoga. The YogaFun™ Program is requested and embraced at professional conferences internationally.

Janet has been a registered Social Worker for 20 years. She also has been a student of yoga for 15 years and has been teaching Yoga for 4 years. Janet is a Registered Member of the International Association of Yoga Therapists, is a 200 hr. RYT,(Registered Yoga Teacher), is certified as a LifeForce Yoga Teacher, and also has specialized training in mindfulness-based coaching through HeartMath®. Janet currently teaches part time at the School of Social Work at St. Thomas University, teaches Yoga locally, and offers counselling through Family Enrichment & Counselling Services in Fredericton.

Sue is a Professor at the School of Social Work, Saint Louis University, and has centred her research around family care-giving. As a social worker for more than forty-five years, she has worked with diverse family configurations and lately, her research, knowledge and skill training has taken her into bringing Yoga into the healing process. She is a LifeForce Yoga ® practitioner, Level 2, holds a Certificate of Completion in Therapeutic Yoga for Seniors from Duke Integrative Medicine and is a 500 hour Yoga Teacher having trained at the Himalayan Institute. She has offered a number of presentations and workshops on incorporating LifeForce® Yoga into health\mental health care. Currently, she teaches restorative yoga at Urban Breath

		<i>in St. Louis, serves on the Accreditation Committee of IAYT, and is Research Director for LifeForce® Yoga Healing Institute.</i>
Elm		<p>Forgiveness as a Therapeutic Tool – Eric Crowther</p> <p>This workshop will present an overview of a scientific forgiveness model, and will also review how the presenter has blended the scientific and Christian models of forgiveness to help individuals forgive. The workshop will explore the need to explore one’s own spirituality, the need to study and master the meaning of forgiveness, and the need to practice forgiveness oneself before using it as a “technique.”</p> <p><i>Mr. Crowther, M.S.W., RSW, Diplomate, Academy of Cognitive Therapy, has been using forgiveness as an intervention to help individuals and families in an agency setting for over twelve years. He also runs forgiveness groups in local churches. He has presented at social work conferences at the University of Manitoba (2004) and the University of Calgary (2010), encouraging his fellow social workers and academics to use forgiveness in therapy.</i></p>
Pine		<p>(3:00pm – 3:45pm)</p> <p>Awakening Sleeping Beauty: A Mindfulness Based Feminist Therapy (MBFT) Group for Healing the Self after Interpersonal Trauma – Rachael Crowder</p> <p>Mindfulness Based Feminist Therapy (MBFT) is a theoretical framework that led to the development of a group modality for survivors of intimate partner violence called Awakening Sleeping Beauty. Feminist perspectives allow for a more ‘critical mindfulness’ when working with marginalized and oppressed populations. Participant narratives and examples of mindfulness-based exercises from this modality will be shared throughout the presentation.</p> <p><i>Rachael Crowder PhD RSW joined the University of Calgary (UofC) Faculty of Social Work as</i></p>

an Assistant Professor in 2009, after more than twenty years in feminist practice in Ottawa with women who experienced interpersonal violence. Rachael trained in both MBSR and MBCT in 2006, and facilitates an average of three MBI groups per year through her private practice presentmoment.ca. She incorporates mindfulness theory and practice into her social work courses, and currently teaches MBSR on-line for 'helping professionals' through the UofC Centre for Professional Development. Rachael's mindfulness-based research agenda includes: mindfulness for social workers to build resilience against burnout; and the effects of mindfulness for developing empathy and theory of mind with youth on the autism spectrum.

(3:45pm – 4:30pm)

Corroborative Efforts between Social Workers and Religious Leaders in Natural Disaster Relief – Tatsushi Hirono

The investigator hypothesizes that religion would reduce the natural disaster victims' PTSD symptoms. He sent 500 mailing surveys to Christian and Buddhist clergy in the USA and Japan and found the cultural differences: (a) more American clergy thought natural disaster relief efforts are their obligation. (b) American clergy focus more on "reducing pain," while Japanese clergy focus more on "listening."

Dr. Tatsushi Hirono is an Assistant Professor in the Department of Social Work at Austin Peay State University in Clarksville Tennessee. Dr. Hirono holds a PhD in Social Welfare from State University of New York (SUNY) at Stony Brook. He also holds a MSW in Social Work from Washington University in St. Louis and a MA in International Relations from Waseda University in Tokyo. His research interest is "Spirituality and Social Work." He recently wrote his second book, "The Role of American Christian Clergy in Suicide Prevention (2012)."

	Rigby Room	<p>(3:00pm – 3:45pm) Mindfulness Practice as a Tool for Promoting Positive Health, Psycho-Social Well-Being and Professional Competence in Health Social Work: Implications for Health Social Workers – Jacob Kehinde Mojinyinola</p> <p>Mindfulness is a self-directed practice for relaxing the body and calming the mind through focusing on the present moment awareness. It is a useful tool for regulating emotions. Therefore, the present paper aims at describing the nature of mindfulness and mindfulness practice, explaining how mindfulness practice is useful in promoting health, psycho-social well-being, professional competence and enhancing social work education.</p> <p><i>Dr. J.K. Mojinyinola is a lecturer in the Department of Social Work, Faculty of Education, University of Ibadan, Nigeria. He is a Nurse, Social Work Educator and Specialist in Health Social Work, Psychology of Social Work and Health Psychology. Dr. Mojinyinola has been a lecturer and Social Work Educator since 1997. He has carried out some useful studies which had been published in Learned Journal, both locally and internationally. His research works are on physical and mental health, coping and recovery from illness, stress and burn-out, psycho-social well-being, religiosity and spirituality in health care. His current work is on mindfulness practice.</i></p> <p>3:45pm – 4:30pm) Effects of Self-Control and Resiliency on the Management of Adolescents' Smoking Behaviours in Oyo State, Nigeria – Titilola Adebowale</p>
4:45pm – 6:00pm	CSSSW Member Meeting – Oak SSSW Member Meeting – Pine	

Saturday, June 28, 2014

7:15am – 8:00am	Morning Meditation	
8:00am – 8:30am	Coffee/Muffins	
8:30am – 10:00am	Oak	<p>Systemic Constellation Work (SCW) as Mindfulness Tool for Personal and Professional Growth and Wellbeing - Judy Young Melanson</p> <p>Systemic Constellation Work, a phenomenological and experiential modality, offers a wide angled lens on family and organizational systemic issues. Constellations both require and promote an expansive view as they look at underlying, often hidden dynamics, related to issues both great and small. SCW as a mindfulness tool is a resource across many disciplines, creating profound ripples of resolution and healing.</p> <p><i>Judy Young Melanson, Systemic Constellations Facilitator trained in Canada and the US, with a background in theatre and native ritual and ceremony, brings a unique synthesis to her facilitation. A workshop presenter at the 7th Annual International Conference on Spirituality and Social Work in Thunder Bay, Judy is Founder of Atlantic Systemic Constellations and facilitates workshops and trainings throughout the region.</i></p>
	Maple	<p>Stepping Slowly: Integrating Mindfulness, Strengthening Connection – Tracey Pickup</p> <p>An experiential workshop to integrate mindfulness into the daily life of a social worker. Practices will be demonstrated that can easily and simply fit into our daily schedule, everywhere we go. We will look at how to create a community of mindfulness within</p>

		<p>our professional life. A mindful and silent walk outside will make up a main focus of the workshop.</p> <p><i>Tracey Pickup is a Master of Social Work student at the University of Calgary. Ordained member of the Order of Interbeing in the Buddhist lineage of Thich Nhat Hanh. Founder of the Wild Rose Sangha- Calgary community of mindful living. Former temple keeper of Mountain Lamp Community, residential mindfulness retreat centre in rural Washington. Former workshop leader for the Canadian Red Cross Violence and Abuse Prevention Program. Has led numerous mindfulness workshops in Calgary's non-profit and social justice communities.</i></p>
	Elm	<p>A journey of cultivating mindful practice grounded in Eastern philosophies – Maria Cheung</p> <p>The workshop is to experience the mindful practice of Falun Gong - a self-cultivation method based on the Buddha and Tao schools of philosophies which help one's integration of body, mind and spirit. The author also shares her journey of how her mindful practice affirms her identity and actualize the social justice and human rights mission of social work.</p> <p><i>Dr. Maria Cheung is Associate Professor of University of Manitoba. She is also Research Affiliate, and Advisory Board member of the Centre for Human Rights Research at the U of Manitoba. She had directed a CIDA six-year China Project on gender equality and protection of human rights. Dr. Cheung's present research focuses on human rights and spiritual minorities, in particular the Falun Gong. She has completed a study on the discrimination and marginalization of Falun Gong practitioners in major diaspora Chinese communities in Canada. She is involved in a collaborative project on social capital of immigrants.</i></p>

	Pine	<p>(8:30am – 9:15am) Mindfulness on the Cancer Unit: Acknowledging our Fears and Allowing God to Work – Judith Anne Desjardins</p> <p>Mindfulness: turning within, breathing, body scan, assessment of emotions, asking God to help when you feel helpless, Divine intervention.</p> <p>Mindfulness is especially relevant on a cancer unit – where death can occur at any moment. This paper focuses on three of my dying patients, and my use of personal mindfulness. Acknowledging my vulnerability and helplessness, I was able to call on God, who assisted us.</p> <p><i>Judith Anne Desjardins is a Licensed Clinical Social Worker, a Board Certified Diplomat in Clinical Social Work, and a Master Social Work Addictions Counselor. As an educator, she has taught nationally and in Canada, and has maintained a thirty-five year holistic psychotherapy practice. An award winning author, Judith’s first book, Creating a Healthy Life and Marriage; A Holistic Approach: Body, Mind, Emotions and Spirit, is the winner of 16 prestigious book awards in the United States and Canada and a Polish translation released in May 2013. Her second book, Prostate Cancer; A Journey to Empowerment, is scheduled for release in 2014.</i></p> <p>(9:15am – 10:00am) Hagiotherapy: A Croatian Spiritually Oriented Therapy – Jelena Ivelic</p> <p>Hagiotherapy is a method of spiritual therapy founded in 1990. by Prof. Tomislav Ivancic in Zagreb, Croatia. The word “Hagiotherapy” is a compound of two Greek words “hagios”=“holy, sacred” and “terapeia”=treatment. Hagiotherapy addresses the</p>
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		<p>"spiritual soul" (<i>"duhovna dusa"</i>, Croatian) to treat mental illness. This paper explains the principles and practice of Hagiotherapy in Croatia and explores connections with international developments in spiritually sensitive social work.</p> <p><i>My name is Jelena Ivezić. I am currently the second year of postgraduate study at the Faculty of Law, Social Work, at the University of Zagreb, Croatia. I have a Master in Christian spirituality at the Institute for Christian spirituality, Catholic Faculty of Theology in Zagreb, Croatia. I have been leading a scientific research group "Ruah" during the study, the group was having 20 members and it was under supervision prof. Tomislav Ivancic. Currently I'm working at Media University at Koprivnica, Croatia. And at the academic year 2013/2014., I got Fulbright scholarship and I'm at Kansas University where I doing preparation for doctoral dissertation under the supervision of prof. Edward R. Canda.</i></p>
	<p>Rigby Room</p>	<p>(8:30am – 9:15am)</p> <p>Expressive Acts: Arts and the Well-being of Social Workers – Allison Anderson</p> <p>The purpose of this study is to explore the relationship between social worker well-being and personal involvement in expressive arts. Little research exists regarding social workers' use of the arts to mitigate stress and burnout in their own lives. This study explores transformative engagement and how such engagement in the arts may contribute to more effective practice.</p> <p><i>Allison will be graduating in November 2014 from the MSW, Clinical Specialization program at the University of Calgary, has completed Level 1 Certification training in Expressive Arts Therapy, and has attended the Introductory Course to Expressive Arts at the European Graduate School in Switzerland. The paper she is presenting is based on her thesis research.</i></p>

		<p><i>Allison is preparing to pursue a career in private practice with a focus on self-care coaching and therapy for helping professionals.</i></p> <p>(9:15am – 10:00am) Understanding the Impact of Intimate Partner Violence: Helping Clergy to Better Intervene – Rina Arseneault and Kendall Harrison</p> <p>Clergy often encounter victims of intimate partner violence (IPV) while performing their daily services. Responding in these situations is one of the most difficult and challenging aspects for professionals. This presentation will provide an overview of the training program on IPV that the MMFC has developed specifically for clergy.</p> <p><i>Rina Arseneault, C.M., MSW, RSW, is the Associate Director of the MMFC, UNB, and has held this position since 1993. Rina is recognized as an activist and educator on issues related to family violence and violence against women and children. She has worked with a large number of community based organizations, individual researchers, government agencies, the media and victims of violence. She has received numerous honours during her career including her appointed in December 2013 to the Order of Canada, the Muriel McQueen Fergusson Foundation Award (2002) and the Spiritus Award from the NB Advisory Council on the Status of Women (1997).</i></p>
10:00am – 10:30am	Nutrition Break	
10:30am – 12:00pm	Oak	Balancing the Sacred and the Secular: Teaching about Religion and Family Violence – Nancy Nason-Clark, Steve McMullin, Barbara Fisher-Townsend, Cathy Holtmann

	<p>This workshop will demonstrate the use of resources for teaching about violence in religious families to students preparing to be religious leaders, social workers, counsellors, and advocates as well as the continuing education of professionals in the field. The resources have been developed based on multiple empirical studies involving a range of constituencies at the intersection of religion and domestic violence.</p> <p><i>Nancy Nason-Clark from the Sociology Department at the University of New Brunswick is the principal investigator of the Religion and Violence E-Learning (RAVE) Project which includes Barbara Fisher-Townsend and Cathy Holtmann from UNB as well as Steve McMullin of Acadia Divinity College. In past seven years, the team has developed and used an array of online resources in a variety of settings including university classrooms, seminary programs, community lunch and learn workshops, shelters and churches to teach best practices that are compassionate, practical and informed by the latest research in addressing domestic violence among religious people.</i></p>
Maple	<p>There's A Hole In My Bucket: Self-Care for Social Work – Rebecca Higgins</p> <p>This interactive workshop focuses on the often-neglected practice of self-care for social workers. Grounded in my own experiences of burnout and recovery, this workshop gives participants an opportunity to reflect and re-align.</p> <p>I argue that self-care is not additional to the work but integral to it. This workshop encourages reflective practice and explores various ways to frame self-care in our lives and our work.</p> <p><i>Rebecca Higgins is a writer and mental health educator in Toronto. She holds an MSW from Carleton University in Ottawa, and a BA in English from the University of Toronto. Currently an education specialist at the Centre for Addiction and Mental Health (CAMH), Rebecca</i></p>

	<p><i>previously developed and delivered training for the Canadian Mental Health Association, Ottawa Branch. She has worked with adults with mental illness in Ottawa, children and youth in Honduras, and the homeless community in Ireland. Her short stories have been published in The Toronto Star, The Antigonish Review and the Saint John Telegraph Journal. She is passionate about creative writing, mental health and the connections between them.</i></p>
Elm	<p>Supporting the Multiple Sclerosis Healing Journey with Transpersonal Therapy: An autoethnographic reflection and analysis of an ancient Amazonian shamanic transpersonal wisdom’s transformative healing abilities. – Lucille Villaseñor-Caron</p> <p>The overall intent of this workshop is to experience yoga as a transpersonal modality that has the ability to heal by moving beyond the mindful ego, to share my thesis findings in working with Ayahuasca (an ancient shamanic wisdom) in supporting my Multiple Sclerosis healing journey, and to discuss my overall inquiry as to whether, and if so, how we can implement traditional transpersonal therapeutic practices into a contemporary context of social work. (If you require specific accessibility support, please do let me know. Please do not worry about sport attire, just be comfortable and if possible, bring a mat as we only have a very few).</p> <p><i>As an individual interested in the overall well-being and harmonious interconnectedness of all that exists, I implement both a structural and a transpersonal lens to my work. Transpersonal theory and its therapeutic modalities support my work as a structural social worker living in a continuously globalizing world since it acknowledges the multidimensional reality of human beings, and all forms of wisdom and psychologies. Even though transpersonal theory may be perceived by some to be in the margins of mainstream social work, it is an integral approach that is slowly being mainstreamed through mindfulness work (as an element of the transpersonal) and now being incorporated into contemporary healing practices with elements of traditional</i></p>

	<p><i>yoga (as a transpersonal tool). I implement a universal, interfaith and all-encompassing yoga practice as a science of the mind into a contemporary context of healing and as a means of connecting with the essence of who we are. Specifically, I embrace Hatha Yoga (the physical/forceful yoga, which cleanses/purifies the body to facilitate the process of understanding and mastering the mind – supporting the goal of self-realization) and Raja Yoga (the mental science aimed at expanding consciousness through meditation, philosophy and practice – supporting the goal of total transformation). As a transpersonal therapeutic modality, yoga has the ability to empower us, regardless of cultural identity, by facilitating a process that connects us to our inner wisdom, the essence of who we are, and to experience and realize the unity of everything – allowing us to heal, achieve our full potential, and be engaged in issues of concerns to our global community.</i></p>
Pine	<p>(10:30am – 11:15am) Mindfulness as Relational Healing in Social Work Practice – Tracey Pickup</p> <p>While the benefits of mindfulness are increasingly clear, a missing element of this conversation is how mindfulness can be a relational healing practice situated not only as an individual technique for individual healing but as a relational healing method grounded in community and relationship. This paper seeks to outline a theoretical framework for exploring how to investigate and develop mindfulness as a relational healing method for social work practice within community settings.</p> <p><i>Tracey Pickup is a Master of Social Work student at the University of Calgary. She is an ordained member of the Order of Interbeing in the Buddhist tradition of Thich Nhat Hanh. She is the founder of the Wild Rose Sangha, a community of mindful living. She has spent a number of years living in an intentional mindfulness community in rural Washington State. She has led numerous workshops on mindfulness for social justice agencies and conferences in Calgary</i></p>

		<p><i>over the last ten years. http://wildrosesangha.ca/wordpress/</i></p> <p>(11:15am – 12:00pm) Effects of a Mindfulness Practice on Levels of Spirituality in the Treatment of Substance Use Disorders – Leslie Temme</p> <p>While meditation is considered to be a spiritual experience a spiritual component is not necessary to meditate. Recognizing a connection between meditation, mindfulness and spirituality in the treatment of Substance Use Disorders, this study investigated correlations between mindfulness, spirituality and relapse in substance abuse treatment. Results support the notion that mindfulness can have a positive effect on levels of spirituality.</p> <p><i>Leslie J. Temme PhD, MSW, has worked as a clinician in addiction treatment for over twenty years. She is also a meditation and yoga teacher and practitioner. Currently she is an assistant professor at Western Carolina University, teaching in the social work department. Her teaching is centered on incorporating recent trends regarding mindfulness and spirituality in social work practice. Her research is centered on the integration of complementary alternative practices into traditional treatment settings. Currently she is investigating the effects of mindfulness on Post Traumatic Stress Disorder and Substance Use within a veteran population.</i></p>
	Rigby Room	<p>(10:30am – 11:15am) Holistic Engagement: A Framework for Transformative Social Work Pedagogy – Loretta Pyles and Gwendolyn Adam</p>

The presenters discuss the empirical foundations of holistic pedagogy, analyze strengths and weaknesses of current social work pedagogies, and subsequently put forth a framework for holistic pedagogy which advocates practice in the learning environment to explicitly develop holistic engagement skills. The presenters will provide case studies from their own social work teaching experiences of using yoga, mindfulness meditation and theater.

Loretta Pyles, Ph.D. is an engaged scholar and educator concerned with the resilience and resistance of individuals, organizations and communities facing poverty, violence and disasters in a neoliberal policy context. She is the author of more than 30 articles and book chapters as well as Progressive Community Organizing: Reflective Practice in a Globalizing World, 2nd Edition (Routledge, 2013) where she introduces the pioneering transformative organizing/reflective practice approach, which emphasizes critical and compassionate inquiry into self and society. The approach affirms practices such as mindfulness and compassionate communication in relation to anti-oppression work. She is also a certified yoga instructor.

Gwendolyn J. Adam, PhD, LICSW is a clinician, educator, and administrator who believes in people's capacity to work together, authentically, to create healthy living and being for individuals, families and communities. She's held federal and academic leadership roles and is the Principal Investigator for 21 grants for interdisciplinary training and community-based initiatives. She developed experiential training curricula for leaders in health and mental health and implemented a constituent-driven National Needs Assessment for Interdisciplinary Training in Maternal and Child Health. Her professional focus emphasizes innovative efforts to support mindful and compassionate leadership and creative ways to cultivate this capacity during training.

		<p>(11:15am – 12:00pm) Rumi’s Spiritual Discourses: Mindfulness at Workplace – Nisar Ahmad</p> <p>Jallaluddin Rumi differentiates between comprehensive action and individual action in Fihi Ma Fihi. He relates comprehensive action with mindfulness and insight. In Rumi’s words the faculty of discrimination gives us insight to distinguish good and evil.</p> <p>Rumi’s discourses will be reviewed in this paper to study his concept of mindfulness and present a workable model for its organizational application.</p> <p><i>A former Professor of Management with 32 years’ experience, Nisar Ahmad is a management consultant in corporate and development sectors. With an MBA from University of Delhi, he won a NUFFIC fellowship to complete an Executive Programme at Maastricht School of Management.</i></p> <p><i>With inter-disciplinary research interest in Sufism and Management, he regularly writes on Sufism’s application in human resources. In a series of papers ‘Classics and Modern Theories’ he has authored papers on Manas at an International Conference in Bishkek, and on Sufi masters Abu Said Abul Khair and Imam Zahabi at International Conferences in Ashgabat.</i></p>
12:00pm – 1:00pm	Lunch	
1:00pm – 2:30pm	Oak	<p>Welcoming Mindfulness into your Personal and Professional life: An Experiential Workshop for Practitioners – Tina Antle</p> <p>This workshop will explore how to enrich both our personal and professional lives</p>

		<p>through the practice of mindfulness. We will address the key questions of how to begin a personal practice, how to skillfully introduce mindfulness to our clients, and what to be aware of during the process through both practical exercises and group discussion. No previous experience is required.</p> <p><i>Tina Antle, MSW, RSW, has been a Registered Social Worker since 2003 and is currently the owner of her own counselling practice located in Moncton, New Brunswick. Her work is rooted in mindfulness-based therapy, an approach that has served her clients well for a full range of challenges including depression, anxiety, relationship concerns, chronic pain and stress management. She has an undergraduate degree in Biology from Bishop's University (Quebec), and both an undergraduate and graduate degree in Social Work from the University of Calgary (Alberta). She is also a Naturotherapist registered with the Alliance Professional of Naturopaths and Naturotherapists.</i></p>
Maple		<p>Nurturing a Nondual Spiritual Practice for Personal and Client Transformation with iRest® Yoga Nidra – Michael Sheridan and Philip Beck</p> <p>The nondual practice of iRest® alters our relationship to ourselves and others through the direct experience of Awareness. We will elucidate 10-steps for mindful inquiry by using attention, opposites, and synthesis to explore body, breath, sensation, emotion, cognitions, joy, witnessing, and Awareness. We will then guide participants in an experience of iRest® and demonstrate its use in a therapeutic relationship.</p> <p><i>Michael Sheridan, PhD, MSW, is an Associate Professor of social work with extensive teaching experience and scholarship in the area of spirituality and social work practice and education. She has provided numerous presentations and workshops on spiritually sensitive practice both nationally and internationally. She has completed advanced training with Dr. Richard Miller in iRest® Yoga Nidra and is currently pursuing certification.</i></p>

		<p><i>Philip Beck, M.A., is a medical speech pathologist and certified yoga teacher with over a decade of experience leading courses and workshops. He is the author of “A Beginner Course in Yoga” and the creator of the Inner Peace Wellness Center. He has completed advanced training with Dr. Richard Miller in iRest® Yoga Nidra and is presently on a certification path.</i></p>
	<p>Elm</p>	<p>The Expression of Compassion in Effective Social Work Practice – John Coates and Marilyn Stickle</p> <p>The expression of compassion has been at the core of social work practice since its beginnings. Over time however, the emphasis on compassion shifted to empathy, a more cognitive process. This workshop will address the difference between empathy and compassion, the role of compassion in attending to the “whole person,” and the relationship of spirituality to compassion. An exercise will facilitate understanding of the concepts presented.</p> <p><i>John Coates, MSW, PhD, is Chair and a founding member of the Canadian Society for Spirituality and Social Work. He was Professor, and Director of the School of Social Work at St. Thomas University and has been an active member on many community boards and agencies. His scholarly publications and presentations have included trauma and youth homelessness, Indigenization of social work, spirituality, and social work theory and practice related to environmental realities.</i></p> <p><i>Marilyn Stickle, LCSW, BCD, has worked as a teacher and counselor on the Rosebud Sioux Reservation, in a psychiatric facility, and community mental health. Active in the social work community for over 35 years, she has served on the Boards of the Greater Washington Society for Clinical Social Work, The Clinical Social Work Institute (CSWI), and the Society for</i></p>

		<p><i>Spirituality and Social Work. She received an honorary PhD from the CSWI, where she was a clinical faculty member, has been a seminar and meditation group leader, and has presented papers nationally and internationally. Currently, she is in private practice in Arlington, VA.</i></p>
Pine	<p>The classroom: A home for practices of embodiment, affect regulation and mindfulness – Yvonne Haist</p> <p>Body literacy practices facilitate observation of one’s affect regulation by tracking nuances of different nervous system states – moment by moment. You’ll learn to focus your awareness on internal processes (sensations, emotions, movements and images) that spontaneously arise. This observing presence unifies the mind and the biological experience of affect. You’ll be introduced to a host of practices that facilitate embodiment.</p> <p><i>Yvonne Haist is a Somatic Experiencing Practitioner (SEP) and a Certified Somatic Transformation Practitioner (CSTP). As well, she works as an Assistant Teaching Professor at the School of Social Work at the University of Victoria. Her longstanding (15 year) interest in interpersonal neurobiology supports integration of embodiment practices in her teaching as well as in her work as a somatically oriented therapist. Mindfulness and embodiment are the cornerstones of Yvonne’s practice. Her passion for this work translates to training and clinical supervision of a diverse range of community practitioners.</i></p>	
Rigby Room	<p>(1:00pm – 1:45pm)</p> <p>Land-based Spirituality as a Form of Mindfulness among the Cree of the Mushkegowuk Territory – Arielle Dylan and Bartholemew Smallboy</p>	

This paper presentation will report on findings from a SSHRC-funded research project investigating social, cultural, political, community, and spiritual impacts of a mining development sited in the Mushkegowuk territory of the coastal Cree peoples of western James Bay. Study participants described a land-based spirituality, consistent with a broader definition of mindfulness, as being at the core of their identity.

Arielle Dylan, PhD is Assistant Professor of Social Work at St Thomas University in Fredericton, New Brunswick, Canada. Her scholarly and research areas include First Nations realities, Romani issues, transnational practices, mental health and addictions, complementary and alternative ontological understandings and wellness approaches, environmental and social justice, spirituality and social work, and critical pedagogy. She has published in the area of environmental social work, eco-social justice and spirituality, transnational social work, group work, empathic direct practice, and First Nations experiences.

Bartholemew Smallboy, MBA, LLB, hails from Moose Cree First Nation in northern Ontario. He has just completed law school at Ludlow Hall, Faculty of Law, University of New Brunswick. He is interested in issues related to Indigenous sovereignty, community economic development, and negotiated agreements. He has worked as a research assistant for Professor Dylan at St. Thomas University as she investigated the effects of impact and benefit agreements in the Mushkegowuk territory from the perspective of Aboriginal signatories.

(1:45pm – 2:30pm)

Sexual Trauma Therapists Share their Experiences of Utilizing Spirituality in the Therapeutic Process – Melissa Pickett

		<p>Previous research has demonstrated the benefit of incorporating spirituality in the therapeutic process. Yet little attention has been given to sexual trauma therapists' use of spirituality despite survivors of sexual trauma seeking professional assistance in their healing process. This research project explores the experiences of sexual trauma therapists utilizing spirituality in the therapeutic process.</p> <p><i>Melissa Pickett is currently a Master of Social Work student at the University of British Columbia in Vancouver. Prior to this, she lived and worked in Calgary, Alberta for 13 years. Since completing her first degree in Justice Studies in 2005 from Mount Royal College, she has been involved in the sexual trauma field, initially working in a treatment centre with adolescent males who engaged in sexual offending behavior, and then at the Calgary sexual assault centre. She earned a BSW from the University of Victoria in 2012 and an MSW from UBC in 2014.</i></p>
2:30pm – 3:00pm	Nutrition Break	
3:00pm – 4:30pm	Oak	<p>Accessing the Sacred Language of Sound: Deepening Mindful Practice in Social Work – Gaisheda Kheawok</p> <p>The Sacred wisdom of sound is a universal language long known and utilized by the tribal people to transform and heal. Sound techniques drawn from esoteric teachings (i.e Sanskrit) can be used by social work practitioners to conduct an energetic assessment/diagnostic of clients' subtle energy fields, to support the transformation of mental and emotional energy patterns, complementing existing social work techniques.</p> <p><i>Gaisheda Kheawok is a Peace Elder, Seer, Medicine Person and honoured member of the Seneca Wolf Clan. She is the founder/executive director of the Whispering Song School of Energy</i></p>

	<p><i>Medicine, one of North America's principle Mystery Schools, where she has been teaching and practicing as a Shamanic Facilitator for over 25 years.</i></p> <p><i>Working directly with the consciousness of the Earth Mother, Gaisheda Kheawok has developed cutting-edge work in Shamanic Soul-Based Energy Medicine™, pioneering the bridge between ancient tribal wisdoms and contemporary counselling practices, and sharing her work with diverse audiences as an international workshop/keynote speaker.</i></p>
Maple	<p>Mindfulness in Education: Introducing University Students to Mindfulness Practice – Jen Rowett</p> <p>This workshop is grounded in the experience of teaching adapted forms of mindfulness-based stress reduction and mindfulness-based self-care practices to university students over the past five years. Discussion will include the creation, structure, content, and experiential practices of the Mindfulness Group, and the integration of mindfulness into undergraduate and graduate level courses.</p> <p><i>Jenny Rowett is the Founder of Heal Thy Self, a wellness services provider located in Fredericton, New Brunswick. She is a university instructor, mindfulness researcher, counsellor, kinesiologist, exercise physiologist, yoga teacher and retreat leader. With an extensive background in physiology and counselling psychology, Jenny integrates mindfulness-based interventions into a variety of settings including psychotherapy, education and health care. She has been weaving mindfulness into her own self-care practices for the past twenty years.</i></p>
Elm	(3:00pm – 3:45pm)

		<p>Quakers: A case study in integrating spirituality and structural social work – Manuela Popovici</p> <p>Unlike structural social work, which starts from a conflict perspective, Quakers’ commitment to nonviolence and social justice emerges out of their belief in the inner light present in everyone. This presentation reflects on how Quakers illustrate the possibility to integrate structural social work and spirituality, by combining the principles of structural social work with a mindfulness of the Light.</p> <p><i>Manuela Popovici is a social work PhD student at Carleton University. Her research looks at concepts and practices of hope that have been found by social justice activists to be sustainable and sustaining over time, and at how to integrate such concepts and practices in social work education. Manuela studied journalism, international relations, and social work in Bulgaria, Japan, and Canada, respectively, and worked in international development in Kosovo, Cambodia, and the US. She is interested in social work theories, epistemology, and pedagogy, ethics and spirituality in social work, feminist research methodologies, and anti-oppressive interdisciplinary approaches.</i></p>
Pine	(3:00pm – 3:45pm)	<p>A Qualitative Pilot Study of Personal and Professional Uses of Mindfulness Practices by Social Workers – Sherry Warren</p> <p>Ms. Warren conducted a small qualitative study researching social workers’ use of mindfulness in personal and professional settings. The intersection of these realms gave insight into positive effects of using mindfulness with clients, highlighting benefits to practitioners. The researcher introduced mindfulness practices to her BSW and MSW students to provide options for self-care that can be shared with clients.</p>

		<p><i>As a doctoral student, Ms. Warren is a graduate research assistant to Dr. Edward Canda and manages the website http://www.spiritualdiversity.ku.edu/ in addition to teaching, including a MSW class on spiritual diversity in social work practice. Spirituality, mindfulness, and the importance of faith community are her areas of research. She has worked over 10 years in faith communities, and the overlap of personal practices with academic pursuits allow her to incorporate mindfulness practices into the classroom.</i></p>
	Rigby Room	
5:00pm	Conference Closing	

Withdrawn:

A Critical Analysis of Mindfulness Meditation: Buddhist Introspection – Phra Sabuj Barua