

Conference Synopsis
**Cultivating Mindfulness Practice:
Integrating the Personal and
Professional for Effective Practice**

This international conference will bring together academics, practitioners, and students to discuss and explore the nature of mindfulness as a personal/spiritual practice and its relevance for professional practice, teaching and research. Mindfulness is now an essential aspect of many accepted therapeutic modalities and has been used effectively in a variety of fields including mental health, pain and stress management, and child welfare. The workshop and conference will offer professional development through the cultivation of attention, awareness, and attitudes beneficial for beginning to experienced practitioners. The keynote address will include attention to scientific developments on neurobiology concerning the impacts and outcomes of mindfulness practice.

This international conference provides an exciting opportunity for exchange of scholarship and knowledge between Canadian, American, and international participants from social work and related disciplines. The conference will stimulate dialogue and the sharing of resources on spirituality in research, professional practice, education, and social action. While the theme for the conference is mindfulness, presentations and workshops will attend to a variety of topics relevant to spirituality and social work.

All events take place at the Conference Centre of St. Thomas University which has wheelchair access. Accommodation is available onsite and all rooms have a private bathroom.



Co-sponsored by :

Canadian Society for Spirituality
and Social Work

The Society for Spirituality & Social Work
(U.S.A.)

St. Thomas University



For further information, contact

csssw@stu.ca

For information on registration
and accommodation,
please visit the website:

www.spiritualityandsocialwork.ca

**9th Annual
International Conference
on Spirituality
and Social Work**



**Cultivating Mindfulness Practice:
Integrating the Personal and
Professional for Effective Practice**

June 25 - 28 , 2014

**St. Thomas University
Fredericton, New Brunswick
Canada**

Meet Our Keynote and Pre - Conference Leaders

Elana Rosenbaum MSW, LICSW

Elana is a leader in the clinical application of mindfulness meditation to cancer care and the author of *Here for Now: Living Well with Cancer through Mindfulness* (Satya House, 2007), *Being Well (even when you're sick)* (Shambala, 2012) and creator of CDs with guided meditations. She is adjunct faculty at the renowned Stress Reduction Clinic at the University of Massachusetts Medical School where she worked directly with Jon Kabat-Zinn as one of the founding teachers.

Elana has a private practice in psychotherapy in Worcester, Massachusetts.

William A. Cook MD, FRCS, PhD

Bill practiced Plastic Surgery in Fredericton for 25 years, is a consultant on Bioethics and has been practicing, studying, and teaching Yoga for almost 20 years. He has completed the 700 hour Integrative Yoga Therapy Professional Yoga Therapist and Teacher Training program with Joseph Lepage, and the Mindfulness Yoga and Meditation Teacher certification through Spirit Rock from 2007-2009. Bill has also completed training in Mindfulness-Based Stress Reduction (Center for Mindfulness, University of Massachusetts Medical School) as well as Mindfulness-based Cognitive Therapy (Omega Institute).

His current practice is in MindBody Medicine with a central focus on mindfulness and conscious living.

Pre-Conference Workshop

To register , please visit the Conference page at
www.spiritualityandsocialwork.ca

Wednesday, June 25 - 5:00 - 9:00 p.m.

Welcome

Goals and Objectives of Workshop

Defining Mindfulness:

- * The Four Foundations of Mindfulness
- * Formal and Informal Practice

Opening Meditation

Poem

Thursday, June 26 - 8:30 a.m. - 6:00 p.m.

Opening Meditation

Principals of Mindfulness - Why Practice

The Use of Attention

Non-Judgmental Awareness

Sensory Awareness Exercise: The Raisin

Mindfulness of the Body: The Body Scan

LUNCH

Qualities for the Therapist to Cultivate Authenticity, Compassion, Loving-Kindness

Guided Compassion Meditation

Interpersonal Mindfulness: Reflection and Practice

Use of S.T.O.P. (stop, take a breath, open, observe and then proceed)

Walking Meditation and Guided Mindful Movement

The Stress Response: Responding versus Reacting

Clinical Uses of Mindfulness

Case Examples

Guided Loving-Kindness Meditation

Questions and Answers, Dyadic Exploration and Inquiry, Group Discussion incorporated throughout the workshop.

Conference

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June 27 and 28, 2014 - 8:30 a.m. - 4:30 p.m.

There will be a variety of presentations and workshops on topics including:

- ✓ Mindfulness on the Cancer Unit: Acknowledging our Fears & Allowing God to Work
- ✓ Moving from Reaction to Wise Action
- ✓ Awakening Sleeping Beauty: A Mindfulness Based Feminist Therapy
- ✓ (MBFT) Group for Healing the Self After Interpersonal Trauma
- ✓ Steps Beyond the Cushion: Contemplative Walking Practices
- ✓ Engaging the Soul in Social Work Practice
- ✓ Corroborative Efforts between Social Workers and Religious Leaders in Natural Disaster Relief
- ✓ Are Graduate Social Work Students Mindful?
- ✓ Balancing the Sacred and the Secular: Teaching about Religion & Family Violence
- ✓ Effects of a Mindfulness Practice on Levels of Spirituality in Substance Use Disorder
- ✓ There's a Hole in My Bucket: Self-Care for Social Work
- ✓ Systemic Constellation Work (SCW) as Mindfulness Tool for Personal and Professional Growth and Well-being
- ✓ Using NEPY© (Noble Eightfold Path and Yoga) as an Approach to Living with Substance Use Challenges
- ✓ Land-based Spirituality as a Form of Mindfulness among the Cree of the Mushkegowuk Territory
- ✓ Coming to Virtue: An autoethnography of teaching social work ethics
- ✓ Forgiveness as a Therapeutic Tool