

The 9th Annual International Conference on
Spirituality and Social Work
St. Thomas University Conference Centre
June 25-28, 2014

Pre-Conference Workshop:

CULTIVATING MINDFULNESS PRACTICE FOR PROFESSIONAL EFFECTIVENESS
with Elana Rosenbaum and Bill Cook

Wednesday, June 25; 5-9pm

Welcome
Goals and Objectives of Workshop
Defining Mindfulness—
 The Four Foundations of Mindfulness
 Formal and Informal Practice
Opening Meditation
Poem

Thursday, June 26; 8:30-6pm

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

This is didactic and experiential. There will be time for discussion and inquiry in dyads as well as group.

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 day.