

Mindfulness for Health and Human Services

Level 1: Caring for the caregiver



Social Workers, Psychologists and Health Professionals deploy personal commitment and professional skills to care for their clients or patients. While they do so, who looks after the caregiver? Stress and even burnout are not uncommon. In this workshop, mindfulness is offered as a practice – a path of enhanced awareness and joy leading to increased clarity and calm. Approached in this way, mindfulness can have a powerful positive effect on professional practice and benefit individuals, families, groups or communities.

Learning Objectives:

Participants will experience mindfulness meditation directly, particularly sitting and walking meditation, in a secular setting. They will gain increased knowledge, skill and understanding of the practice of mindfulness and its application to a range of personal and professional settings. Specifically, they will:

- Increase understanding of the day-to-day benefits of mindfulness,
- Practice looking and listening deeply to allow for new insights on familiar issues or challenges,
- Learn mindful exercises and their relevance to professional work,
- Review scientific data on the impact of mindfulness,
- Apply learning to self-care and work with others.

Friday April 11, 2014 from 9 a.m. to 4 p.m

2017 Cathedral of Learning; University of Pittsburgh School of Social Work

REGISTER OnLine: <http://www.socialwork.pitt.edu/alumni/continuing-education/>
or call 412.624.6902

INFORMATION: Contact lead faculty Denys Candy denysmcandy@gmail.com

FEE: \$ 115 (Discounts apply for field instructors, faculty and students)

CE: 7 hours (includes 1 hour mindfulness lunch) LSW/LCSW, LPC, LMFT

FACULTY: **Denys Candy (MSW)** is a consultant to schools, businesses and organizations interested in creating sustainable communities. Born in Ireland and now living in the United States, he was ordained in 2005 by Zen Master Thich Nhat Hanh into the Order of Interbeing, a global mindfulness network for lay practitioners. He has practiced and taught mindfulness for over 20 years.

**Coming! Mindfulness for Health and Human Services (Level 2)
Five Powerful Tools, Fall 2014**