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THE MINDFULNESS & ACCEPTANCE PRACTICA

# MINDFULNESS & ACCEPTANCE IN SOCIAL WORK



Evidence-Based Interventions &  
Emerging Applications

Edited by  
MATTHEW S. BOONE, LCSW

# Mindfulness And Social Work

**Steven F. Hick**

## **Mindfulness And Social Work:**

**Mindfulness and Social Work** Steven F. Hick,2009 For the first time ever a book has been written tying mindfulness techniques to social work practice Editor Steven Hick has compiled this collection of essays to provide a model for the use of mindfulness in social work practice with individuals families groups and communities Focused on both mindfulness interventions and the development of mindfulness within the practitioner this book contains exercises for use by social workers themselves or with clients Publisher s description

**The Mindful Social Worker** Barbara Starns,2025-02-28 Mindfulness and social work values go hand in hand and this book is the perfect guide in self care for social workers who want to incorporate mindfulness into their working lives to positive effect Looking after your mental health in your working life is so important so that you can do the best job you can and learning mindfulness is a great way to incorporate this Studies have suggested that mindful social workers can have greater emotional awareness with less emotional reactivity develop stronger interpersonal skills and other valuable skills that are important for a relationship based practice The Mindful Social Worker gives the reader mindfulness guidance to not only improve themselves but also see how this can have an impact on their work In this book the reader will be provided with practice tools such as meditation and relaxation techniques to help the practitioner to be more present and have a stronger propensity to reflection Case study reflection and self assessments are also used in this book to enable any practitioner from students and the newly qualified to the experienced social worker or care professional This is all done within the framework of professional standards for Social Work education and practice showing how much mindfulness can relate to the social work profession

**Mindfulness and Acceptance in Social Work** Matthew S. Boone,2014-05-01 Both social work and psychology stress the importance of understanding and addressing the contextual forces which contribute to human problems Now in Mindfulness and Acceptance in Social Work a clinical social worker brings together the top voices in social work and mindfulness based treatments in one volume The book offers social workers an introduction to evidence based mindfulness concepts and discusses how they can be applied to their profession It also includes brief interventions that can bring mindfulness and acceptance into daily practice

**Critical Mindfulness in Social Work** Pearse McCusker,2019 *Mindfulness and Social Work* Steven S. Hick,2009-06 For the first time ever a book has been written tying mindfulness techniques to social work practice Editor Steven Hick has compiled this collection of essays to provide a model for the use of mindfulness in social work practice with individuals families groups and communities Focused on both mindfulness interventions and the development of mindfulness within the practitioner this book contains exercises for use by social workers themselves or with clients

**Mindfulness and health** Chienschung Huang,Shuang Lu,Marcelo Demarzo,Brian James Hall,Ulrich Kirk,2023-03-13 **Cognitive Behavior Therapy in Clinical Social Work Practice** Tammie Ronen, PhD,Arthur Freeman,2007 Print CourseSmart **Journal of Education for Social Work** ,2007 *Social Work Field Education and*

*Supervision Across Asia Pacific* Carolyn Noble, Mark Henrickson, 2011-06-27 Social work programs and schools are flourishing in every corner of the globe but especially in east and south east Asia

**Nigerian Journal of Social Work Education**, 2014 Social Work Treatment Francis Joseph Turner, 1979 Handbook of Mindfulness, **Spiritually Oriented Social Work Practice** David S. Derezotes, 2006 This book equips social workers with a practical theoretical framework for spiritually oriented micro and macro level practice with traditional social work populations and problems Case studies in every chapter illustrate the methods described so students can immediately apply practical examples to their work Study questions in each chapter ask students to explore their professional and spiritual self in an effort to help them discover and develop their own conscious use of spiritual self which is essential to their effectiveness in practice

**Mindfulness in Social Psychology** Johan C. Karremans, Esther K. Papies, 2017-04-28 Scientific interest in mindfulness has expanded in recent years but it has typically been approached from a clinical perspective This volume brings recent mindfulness research to classic social psychology topics such as romantic relationships prejudice prosocial behavior achievement and self control Written by renowned scholars in social psychology it combines a comprehensive research overview with an in depth analysis of the processes through which mindfulness affects people's daily life experiences It provides theoretical and methodological guidance for researchers across disciplines and discusses fundamental processes in mindfulness including its effect on emotion regulation executive control automatic and deliberative processing and its relationship to self construal and self identity This book will be of particular interest to upper level students and researchers in social psychology health psychology and clinical psychology as well as social work and psychology professionals

*Mindfulness* Alejandro Castro, 2020 The purpose of the study is to examine school social workers working with students in grades 6th through 12th experiences using mindfulness interventions in their school settings Research question What are the experiences of school social workers using mindfulness interventions with adolescents in grades 6th to 12th Methods The researcher obtained permission from the CSUN Master of Social Work Field Education Department to recruit current school social work field instructors The researcher conducted a focus group interview and asked 11 questions to examine their experiences Results The study consisted of three participants two female and one male who expressed their experiences using mindfulness in their school settings Discussion and Implications Mindfulness has positive outcome in helping student regulate and de escalate emotions be self aware have self control and allowing them to practice mindfulness anywhere The results found can be used to promote mindfulness in schools

**Families in Society**, 2004 Cultivating Mindfulness in Clinical Social Work Terry B. Northcut, 2017-03-25 This practice focused resource integrates broad therapeutic knowledge with current neuroscience to present vast possibilities for mindfulness in clinical social work Seasoned practitioners posit mindfulness practice and process as a significant bridge between taking care of self and taking care of others demonstrating its implications for physical and mental health in personal and professional contexts Case studies show timeless concepts e g

acceptance and new mindfulness based ideas e g learned helpfulness in use in individual treatment as well as couples counseling and group interventions Also attesting to the utility of mindfulness across problems settings and practitioner orientations diverse applications are organized along ten robust lenses among them Beginning with the context the mind body conundrum Beginning with the body the neurobiology of mindfulness Beginning with the training training clinicians in essential methods for integrating mindfulness in clinical practice Beginning with the clients mindfully reconciling opposites with survivors of trauma complex traumatic stress disorders Beginning with the symptom incorporating mindfulness in the treatment of substance misuse Beginning with the larger social system mindfulness and restorative justice Clinicians and research professionals particularly interested in psychotherapy treatment and mindfulness practice will find Cultivating Mindfulness in Clinical Social Work not only stimulating and intriguing but also a fresh source of real world wisdom

**Canadian Social Work Review ,2005      Mindfulness-Based Relapse Prevention Program for Treatment of Addictions** Gary Anderson,2015-01-14 Master s Thesis from the year 2007 in the subject Guidebooks Self help and Psychology course Masters of Counselling Psychology language English abstract The construct of mindfulness has become a very strong influence in current changes to interventions in the area of stress reduction depression relapse and is now seen as relevant to addiction relapse prevention This paper explores some of the background materials pertinent to the construct and inclusion of mindfulness in treatment Models of addiction and addiction relapse prevention are then explored leading to the current dynamic modelling Finally the model of Mindfulness Based Relapse Prevention which has been proposed by a number of authors is explored A proposed manual to integrate the previous work in relapse prevention while supporting it with a current model of mindfulness will give shape to this emerging reality building on existing relapse prevention programs and mindfulness based therapy      Visakhapuja ,1976

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