

SW 6815: Mind-Body-Spirit Approaches & Social Work Practice

Wednesdays 2:30-5pm in-person, Winter 2022

Taught by Caitlin Brown, LMSW, E-RYT 500 (caitlinmb@wayne.edu)

Physical wellness, emotional wellness, and spiritual wellness are essential to building resilient people and communities. This class will give an introduction to holistic practices and approaches to help students become more well-rounded practitioners and community members who are able to think outside the medical model.

You will learn the research behind practices, techniques you can safely use with clients, how & when to refer, settings to use these practices, and how you can use these practices for your own **SELF CARE!**

Topics covered:

- Health Care & Mind-Body-Spirit (MBS) Approaches
- Ethics, Boundaries, & Scope of Practice
- Meditation & Mindfulness
- Body & Somatic-Based Therapies: Yoga, Dance Therapy, Sensorimotor Therapy, Somatic Experiencing, EMDR, Tai Chi, Qi Gong, Progressive Muscle Relaxation, Tapping, Chiropractic, Massage
- Spirituality
- Aromatherapy
- Traditional & Indigenous Healing Practices
- Mind-Body-Spirit Approaches & Health Disparities
- Self-Compassion & Loving-Kindness
- Using MBS Approaches for Self-Care, Burnout & Vicarious Trauma Prevention
- Expressive Therapies: Art, Music & Writing
- Energy Medicine: Reiki, Acupuncture & Healing Touch
- Use of Ritual



SW 6815 is also an elective for the WSU **YOGA & MINDFULNESS** minor.

<https://education.wayne.edu/yoga-and-mindfulness>

Minor Core Courses: HE 6000 Yoga: History, Philosophy, Practice; HE 6050 Mindfulness: Philosophy, Theory, Practice & Research; & HE 6200 Yoga and Mindfulness in Professional Practice