1. **Course Description**
   Only incoming MSW students enroll in this mini course. Mini-course Description: Staying connected to body, mind and spirit while helping others is a difficult thing to do, especially for the "new" social worker. This workshop will focus on techniques and practices to encourage self-care, awareness, and prevention of burnout in all social work settings, from IP to CO. Students will learn to: Recognize signs and symptoms of burnout; build in self-care strategies for everyday practice; recognize signs of secondary and vicarious trauma and know when to reach out for help.

2. **Course Goals**

   **Goal 1:**
   Students will learn about how their own stress levels can impact their ability to connect and effectively work with children and families.

   **Goal 2:**
   Everyone experiences stress differently in their body as related to their life experiences both past and present. We are diverse and unique in every way. Trauma cross-culturally can create chronic health issues for individuals, children and families as well as intergenerational trauma and dissociation from self and others. When we work in social work settings we hear and
physically experience these stories on a daily basis and without self-care it can lead to vicarious trauma. This mini course will explore how stress and trauma can impact a person both physiologically and psychologically as well as provide some brief and creative interventions that can be shared with many regardless of access to resources or socioeconomic backgrounds.

Goal 3:
This mini course combines experiential exercises and didactic presentations to introduce students to mindfulness and other self-care techniques. Students will emerge with a basic understanding of self-care practice(s), practical suggestions for how to incorporate them into work and life, and concrete examples of how to use them to decrease work and school related stress. Students will learn skills of self-care, mindfulness and self-reflection.

3. Course Objectives
Upon completion of the course, students will be able to:

1. Students will learn about how their own stress levels can impact their ability to connect and effectively work with children and families.

   10a. IP Interpersonal Practice: Demonstrate the ability to form worker-client alliances, communicate empathetically, help enhance the motivation for change, cultivate hope, and address ambivalence and internal/external barriers to change.

2. Students will practice and demonstrate mindfulness and self-care skills learned during this course while participating in several mindfulness exercises as well as learning about how to recognize signs and symptoms of "burn-out."

   1. IP Interpersonal Practice: Demonstrate professional use of self with client groups and colleagues

Required Book:

Recommended Books & CANVAS Readings:
**CANVAS Readings (Please pick any 5 readings that interest you to read before class):**


**Final Assignment**

Students will keep a brief journal for one week (5 days) following the self-care course reflecting on one of the self-care strategies they learned and how it felt to practice is on a daily basis. This brief journal will be submitted to the instructor for completion of the course and academic credit. Further instructions for completion of this assignment can be found on the CANVAS site for this course.