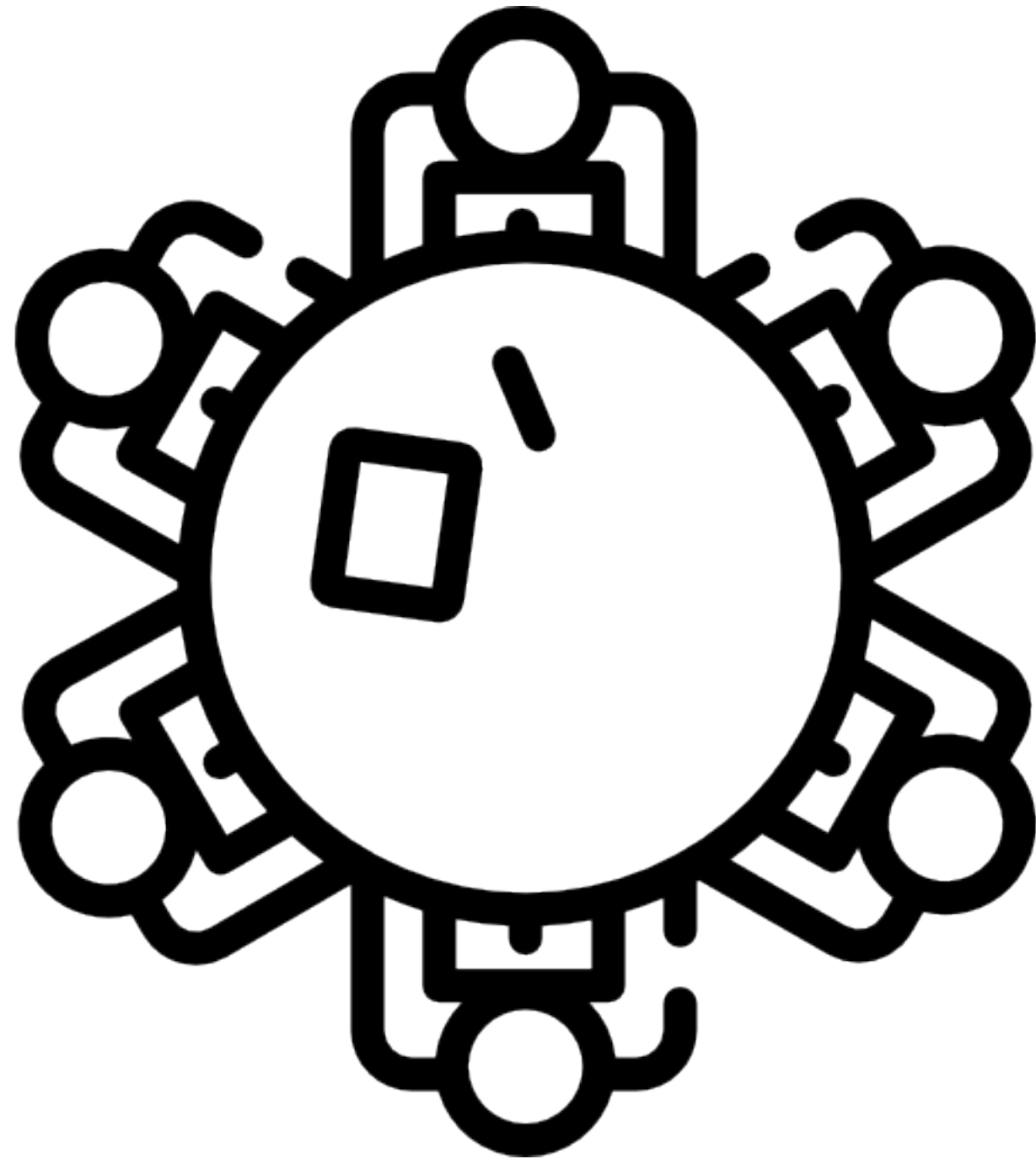




Advanced Seminar I

Fall 2026 Week 02 for SOWK 590

Agenda

Plan for week 03

SLED: Safety, Well-Being,
and Self-Care

Mindfulness activity

Learning contracts and
reminders

Practice Learning
Reflection Group

Learning Objectives

- Students consider safety, well-being, and self-care, and how these aspects relate to their practice.
- Students will actively practice a mindfulness activity.
- Students will recognize the shared experiences of their peers in the practicum and be able to utilize the group as a method for sharing and problem-solving.

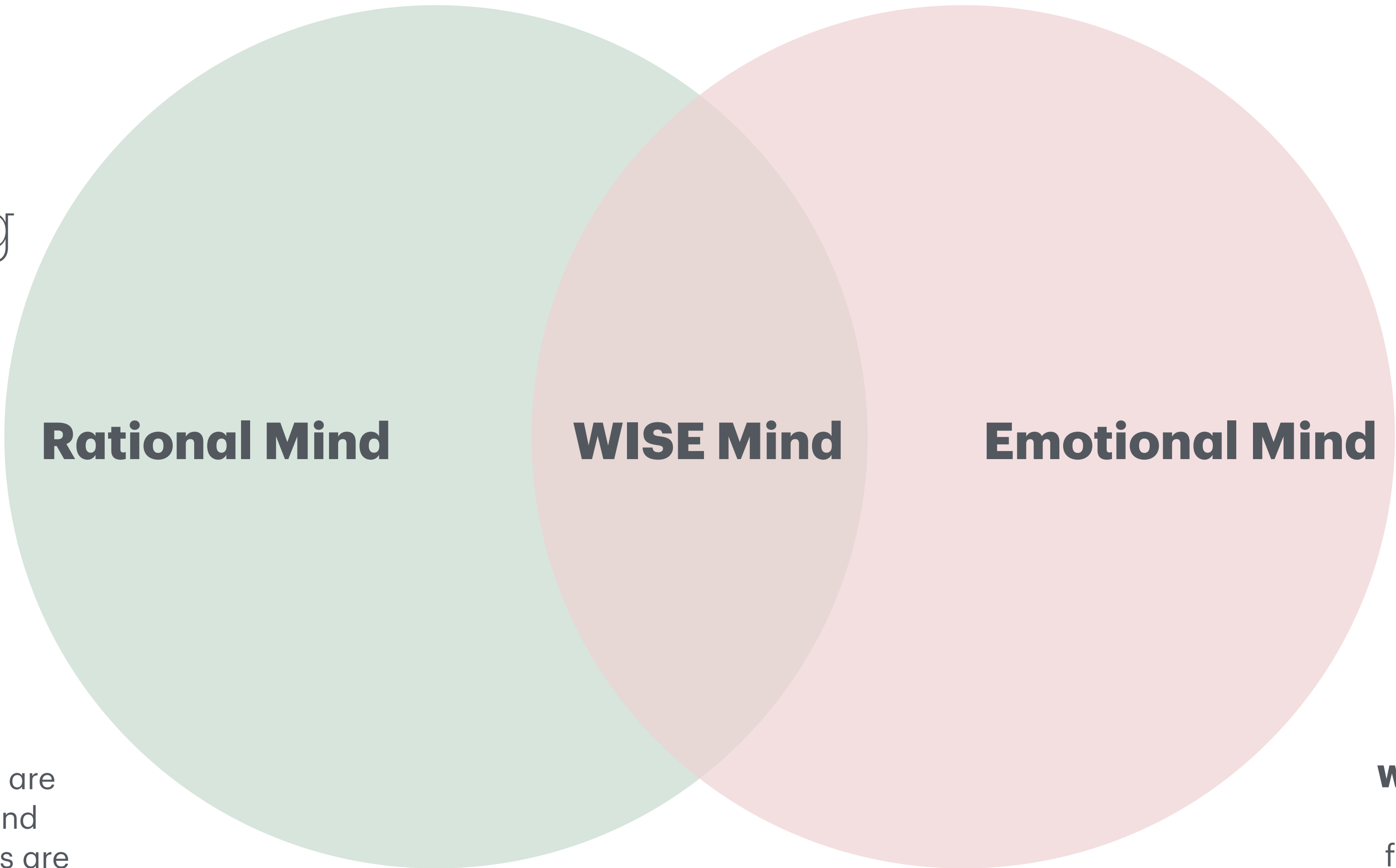


Safety,
Well Being, Self-Care



Mindfulness Activity

DBT Skills Training
Handbook
(Linehan, 2015)



Reasonable Mind Is:

Cool
Rational
Task-focused

When in reasonable mind, you are ruled by facts, reasons, logic, and pragmatics. Values and feelings are not important.

Emotion Mind Is:

Hot
Mood-Dependent
Emotion Focused

When in emotion mind, you are ruled by your moods, feelings, and urges to do or say things. Facts, reasons, and logic are not important.

Wise Mind Is:

The wisdom within each person
Seeing the value of both reason and emotion
Bringing left brain and right brain together
The middle path

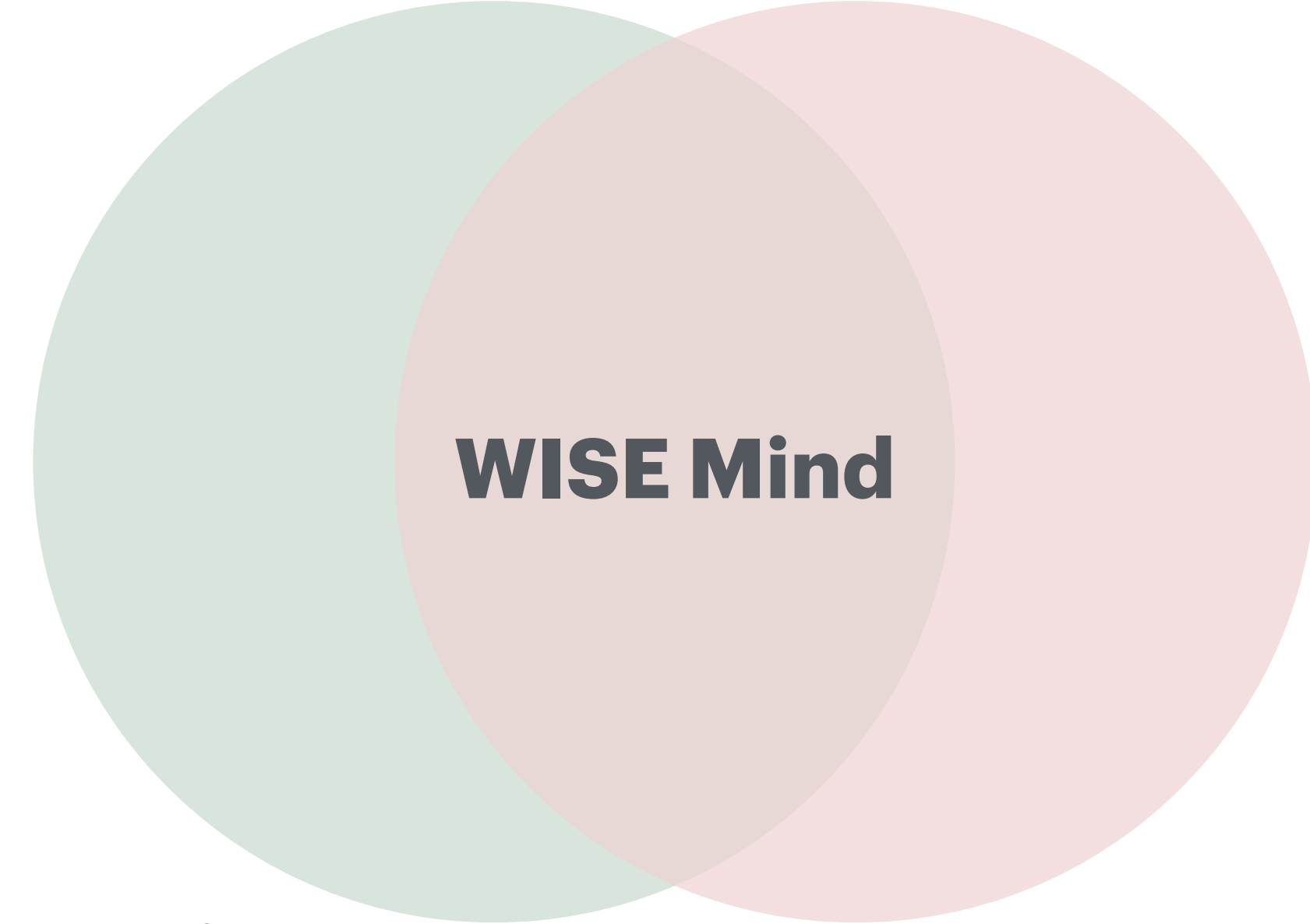
Mindfulness Activity

DBT Skills Training Handbook

(Linehan, 2015)



Photo by [Brannon Naito](#) on [Unsplash](#)



Walking down the spiral stairs

Imagine that within you is a spiral staircase, winding down to your very center. Starting at the top walk very slowly down the staircase, going deeper and deeper within yourself.

Notice the sensations. Rest by sitting on a step, or turn on lights on the way down if you wish. Do not force yourself further than you want to go. Notice the quiet. As you reach the center of your self, settle your attention there-perhaps in your gut or your abdomen.

You should be scheduled for
the first site visit...

Practice Learning Reflection Group

Group Check-in Question:

Give three adjectives that describe how your practicum experience is going.

Practicum Discussion:

- Discuss things going on at your practicums.
- Explore client needs and group problem-solving.
- Share about the work you are doing with your clients.

Group Norms

- We will be respectful of each other
- We will approach our dialogue with an open mind
- We will engage and fully participate
- We will keep our clients' information confidential