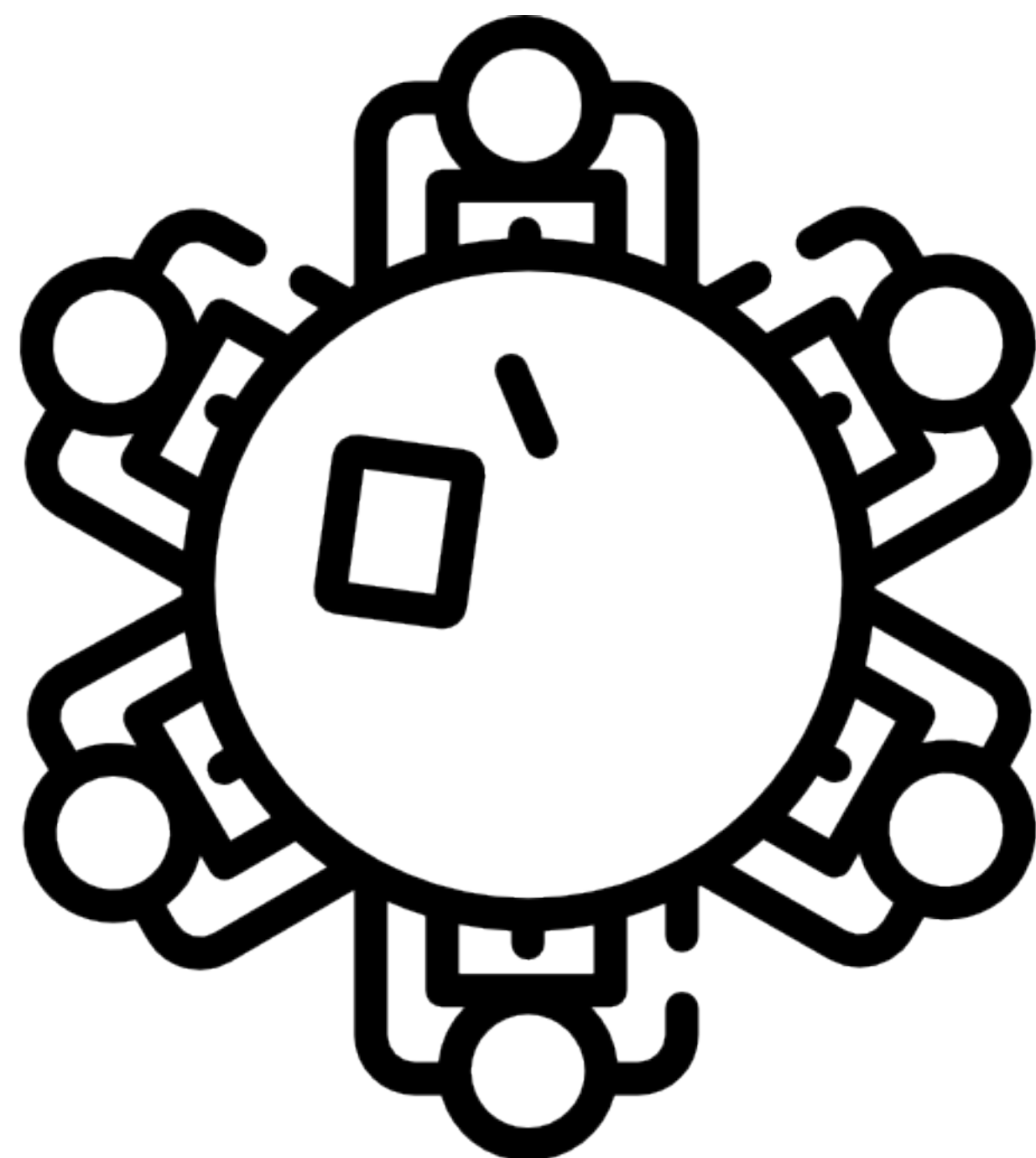




Advanced Seminar I

Fall 2026 Week 08 for SOWK 590

Plan for Week 08

Agenda

SLED: Intersectionality and Identity

Mindfulness activity

Practice Learning
Reflection Group

Learning Objectives

- Students will consider how Intersectionality and Identity can relate to their practice.
- Students will actively practice a mindfulness activity.
- Students will recognize their peers' shared experiences in the practicum and use the group as a method for sharing and problem-solving.

Poi Spinning

A Self Care Activity

- Is inherently mindful
- Re-energizes the brain after long periods of cognitive-heavy tasks
- Gives emotional boost
- Allows for movement metaphor
- Facilitates multi-sensory experiencing
- Involve rhythmic, bilateral movement
- Crosses multiple midlines
- Creates community when spinning with others



Make Your Poi Ball

Pick a pair of socks the style of your choice
Fill up a bag with rice, about $\frac{1}{3}$ to $\frac{1}{2}$ cup

Determine proper length before tying holding knots. A poi should not be longer than the spinner's arm. The best way to determine where to tie the knot (for holding the poi) is to hold the sock at the open end and put your arm straight up. Adjust where you hold the poi until the ball-end is hanging between the elbow and the bicep.



Lori Sirs, DSW, LICSW
Poi Spinning FAQ's

Let's Practice
Learning to spin

- Planes
- Direction
- Timing

Student Led Discussion

Intersectionality and Identity

Practice Learning Reflection Group

Group Check-in Question:

What's something that felt energizing or draining this week?

Practicum Discussion:

- What are some of the things that are happening in your practicums?
- What are some of the needs of the clients you are working with?
- Examples of client work to share with the group?

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