

Practicum Seminar I

Week 03 for SOWK 590.1

Agenda

Plan for week 03

Reminders

Practice Learning
Reflection Group

Mindfulness activity

SLED: Self-Care and
Burnout Prevention

Learning Objectives

- Students will recognize the shared experiences of peers in their practicum and be able to use the group as a method for sharing and problem-solving.
- Students will analyze their practicum experience, reflecting on how it connects to their development and demonstration of competence.
- Students will actively practice a mindfulness activity.
- Students consider self-care/burnout prevention and how they relate to their practice.

Reminders

Be Professional

- **Supervision Requirement:** Students should know that supervision is not optional. It is required weekly and outlined in both the practicum manual and course syllabus. Students must complete a minimum of 13 supervisions this semester to pass.
- **Accommodations:** If you need accommodations, contact

Bianca Chavez
Counselor/Accommodations Specialist
Office: Student Affairs Violet Lumley Rau Center
Phone: (509) 865-8455
Ext: 1742
- **Supervision Agendas:** Some students struggle with content for supervision, but since it's mandatory, we can guide them in creating supervision agendas. I'll attach an example for your reference.
- **Communication:** Students need to respond to emails, texts, or calls within 24-48 hours. If you prefer other guidelines, please feel free to share, and we'll remind students accordingly.
- **Learning Contracts:** Some students are anxious about their learning contracts. We'll be working with them closely, and site visits are planned soon to review contracts and tour practicum sites.
- **Banking of Hours:** Students can bank up to 20 hours, but no more. While some students want to accumulate more hours to finish early, the focus should be on the practicum experience, not just hours.
- **Competing Journal and Hours**

Practice Learning Reflection Group

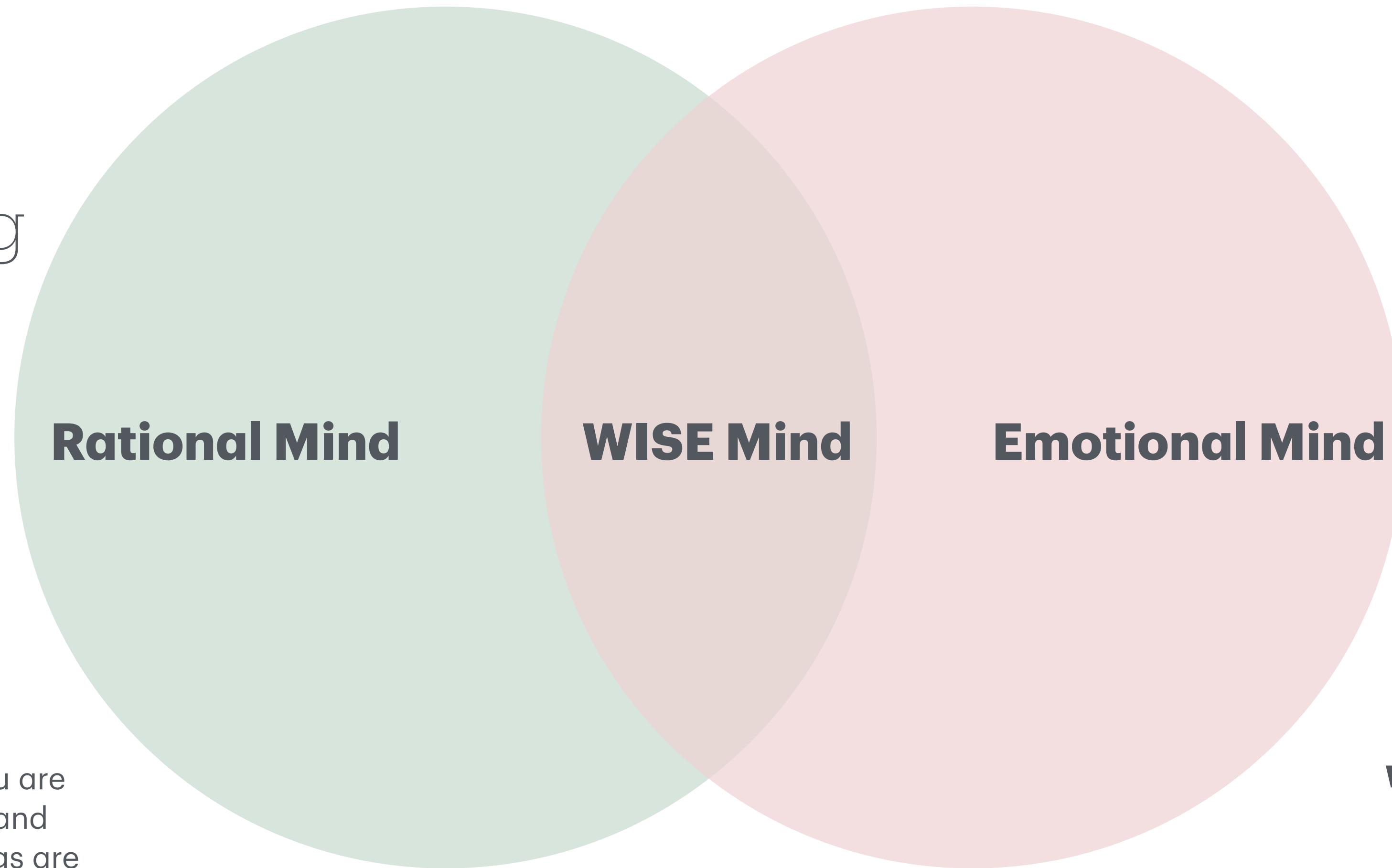
- What are our group norms
- What animal would your practicum have been this last week
- What are some of the things that are happening in your practicums
- What are some of the needs of the clients you are working with
- What is something that has been unexpected so far

Mindfulness

Activity

DBT Skills Training Handbook

(Linehan, 2015)



Rational Mind

WISE Mind

Emotional Mind

Reasonable Mind Is:

Cool
Rational
Task-focused

Emotion Mind Is:

Hot
Mood-Dependent
Emotion Focused

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

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.

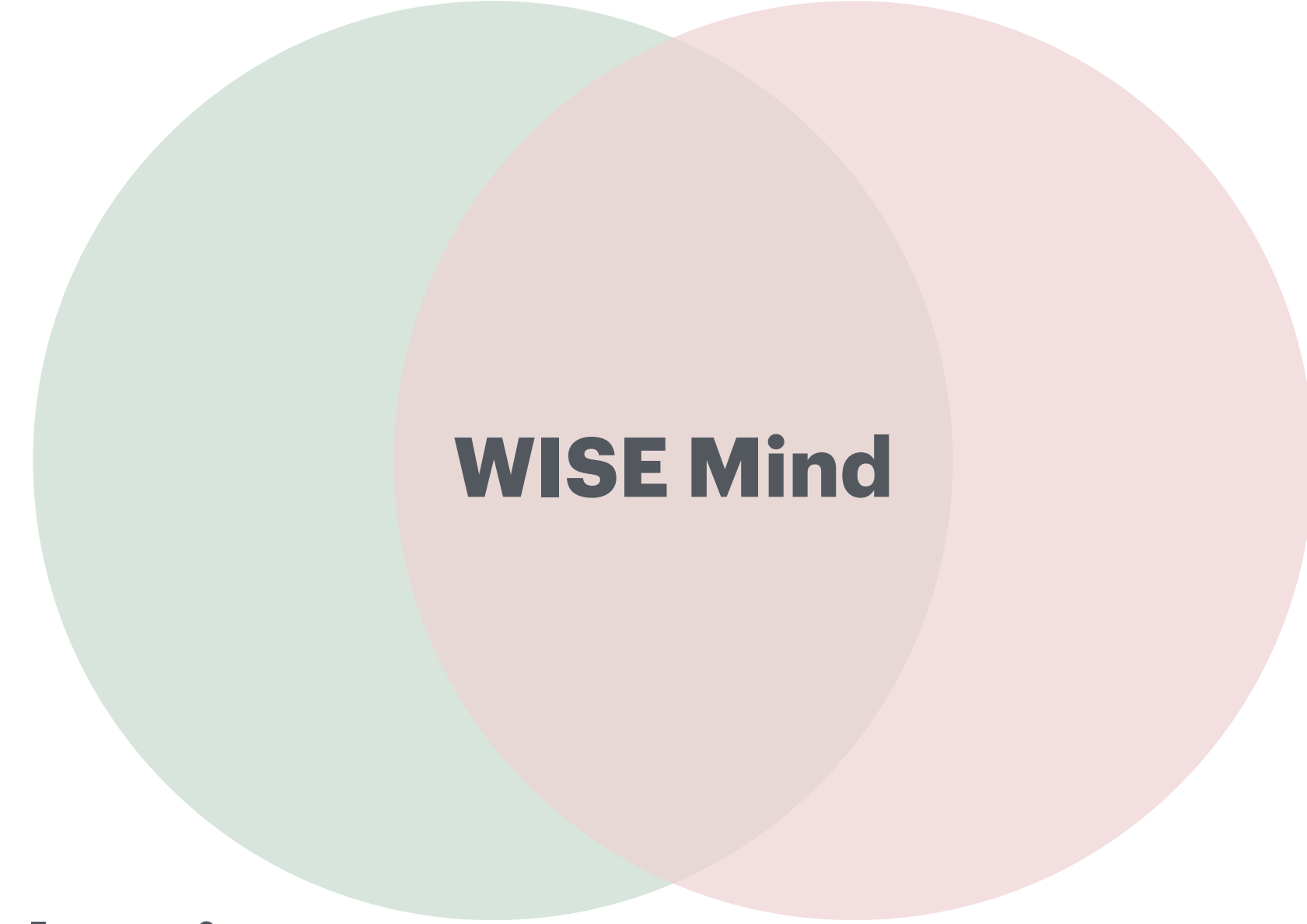
Wise Mind Is:

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)



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.



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

Student Led Discussion

Self-Care and Burnout Prevention