

Advanced Seminar I

Fall 2025 Week 04 for SOWK 590

Agenda

Plan for week 04

FLED: Restorative Justice
Practices

Mindfulness activity

Practice Learning
Reflection Group

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 actively practice a mindfulness activity.
- Students consider self-care/burnout prevention and how they relate to their practice.

Faculty

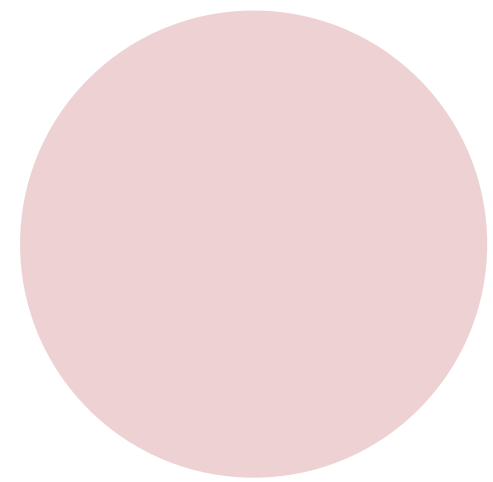
Student Led Discussion

Restorative Justice Practices

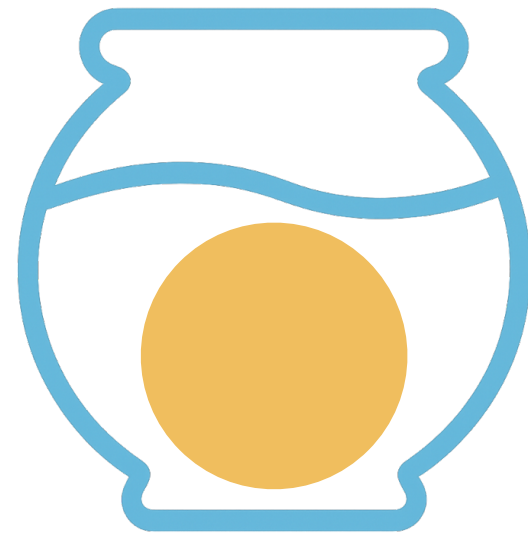
Moved to Week 06
~~Self-Care and Burnout Prevention~~

Varieties of Circle Formats

Different Methods of Facilitation

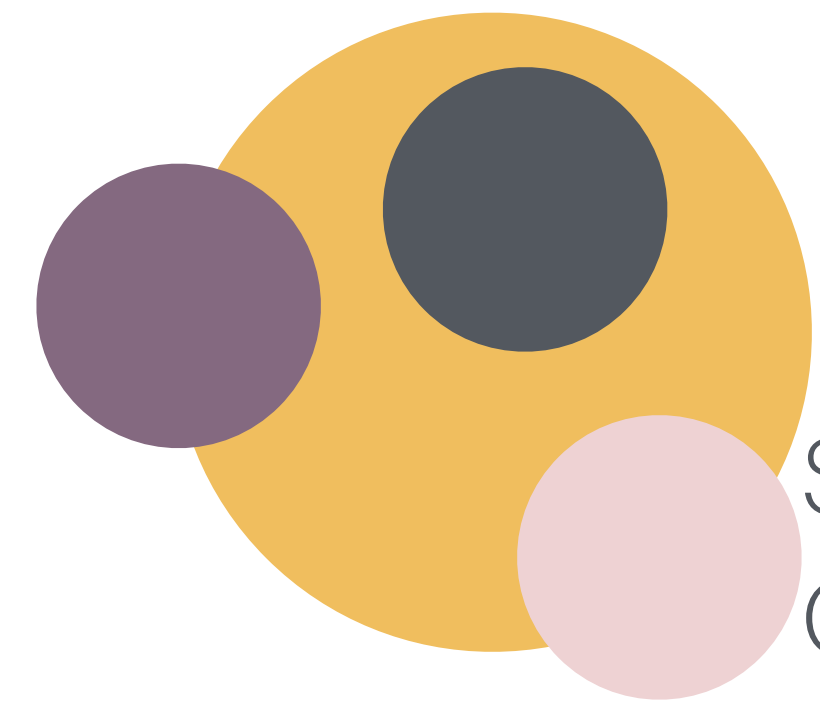
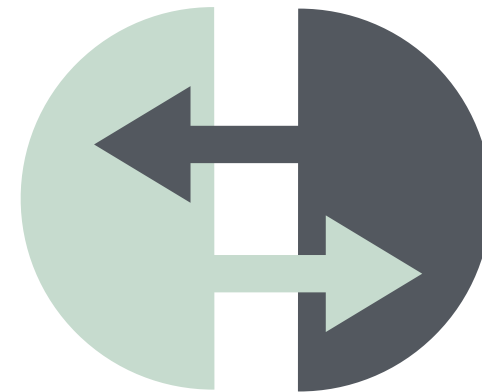


Basic Circle



Fishbowl
(Witness)
Circle

Feedback Circle



Small
Group
Circles

Popcorn
Circle



Spiral Circle



Wheelhouse Circle

Full Value Contract

Use kind words
and actions, no
discounting

Give and
receive honest
feedback

Hold no
grudges,
let it go

We practice safety
first, emotional
and physical

We are a group
with group and
individual goals



5	I feel fantastic!
4	I feel well.
3	I am ok, but I feel a little off.
2	I am not well. I just need time.
1	Emotional, leave me alone, check in with me later.

5 Point Scale

End of the
Day Group



One thing I did well today was

One thing I need to work harder at is

Popcorn positives

Everybody gets one

Specific examples seen during the day

Personal goal check-in

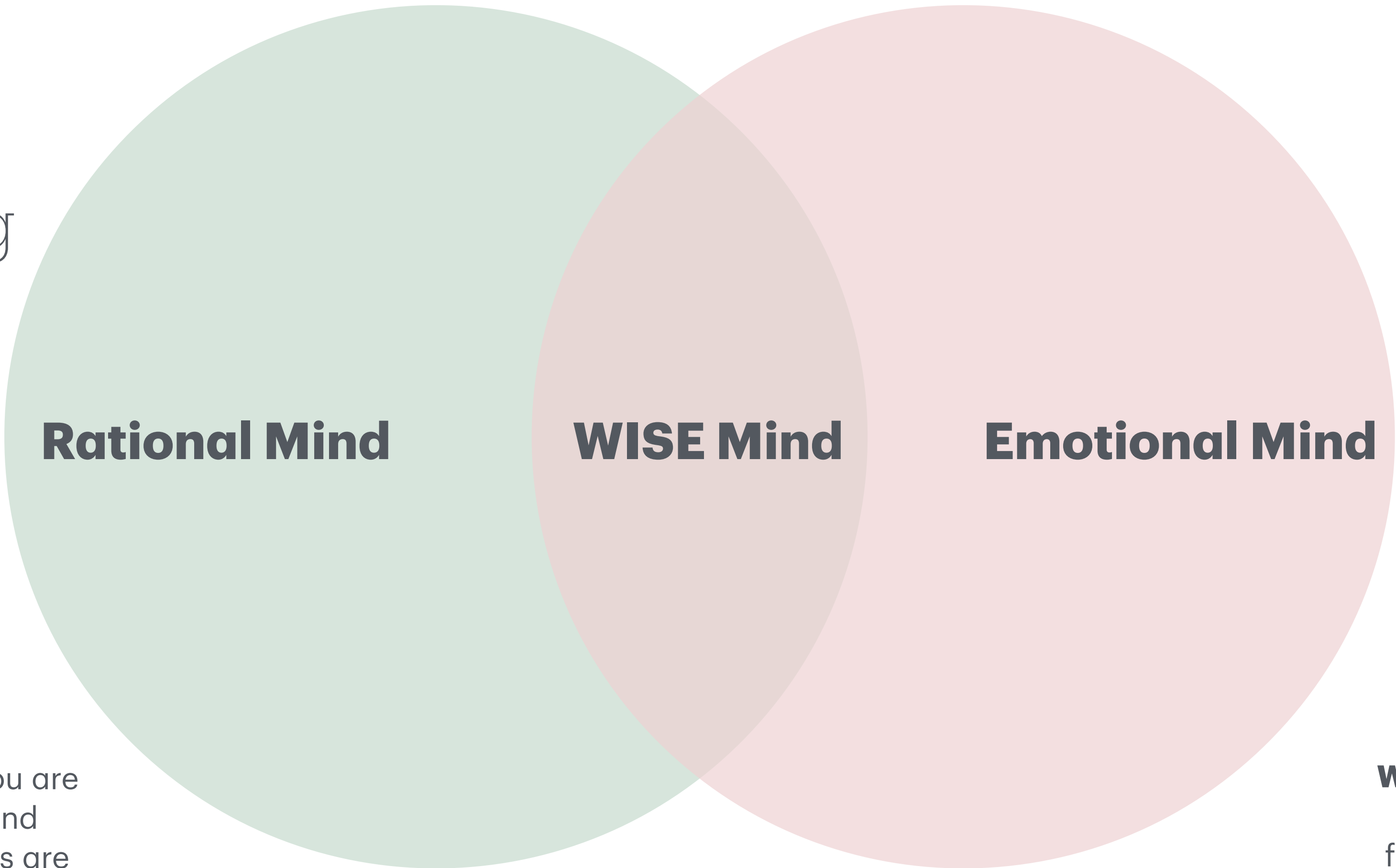
Rate yourself

Group gives honest feedback

How can you work toward your goal next time?

Mindfulness Activity

DBT Skills Training
Handbook
(Linehan, 2015)



Rational Mind Is:

- Cool
- Logical
- Task-focused

When in your rational 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 the left brain and the right brain together
- The middle path

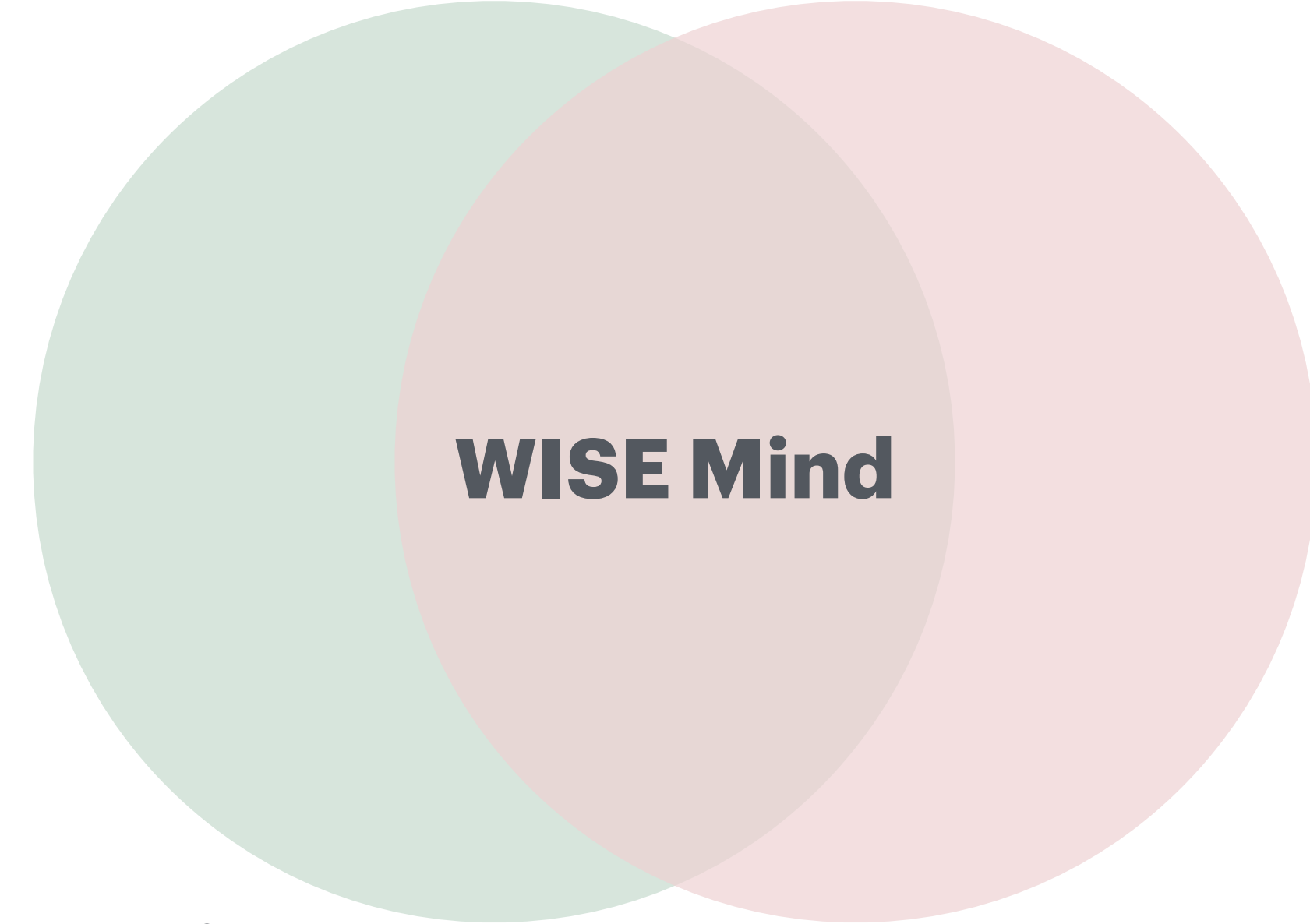
Mindfulness Activity

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.

Practice Learning Reflection Group

Group Check-in Question:

What is something you learned 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 client's information confidential