

**Preconvention Institute – Thursday November 7th, 2019 Half-Day
Session 1:00pm – 4:15pm 3.0 CEs**

Regina Trammel

*Integrating Body, Mind, and Soul: The Value and Practice of
Integrating Christian Mindfulness in Social Work Practice*

Abstract: Social workers often work with marginalized populations in high stress environments. An overview of Christian mindfulness along with experiential practice will be provided. Christian mindfulness refreshes the body, mind, and soul of the Christian social worker, increasing our ability to make a difference in the lives of those we serve.

Objectives:

- After completing this training, participants will be able to define Christian mindfulness and distinguish this practice from secular and Buddhist models of mindfulness.
- Gain experiential knowledge of Christian mindfulness practices and how to incorporate them in direct social work practice with individuals, family, and groups
- Understand the research-based outcomes of Christian mindfulness practice and identify how to incorporate them into third-wave behavioral interventions.
- Advance your own self-care practices through mindfulness

Outline:

Mindfulness defined--Its roots in secular and Buddhist-based mindfulness systems.

- Christian contemplative and spiritual direction practices as congruent with mindfulness in clinical and research literature. (Fox, Gutierrez, Haas, & Durnford, 2016; Knabb, 2012; Trammel, 2017) Mindfulness, as often defined in the practice and research literature is the practice of paying attention to the present moment without judgment. As Christians, this

present-moment orientation allows for the Holy Spirit to reveal areas of need within the social work practitioner where God can refresh and heal. (Rosales & Tan, 2016)

- 30 minutes

The importance of integrated view of self: body, mind, Spirit. Feedback loop for each area, one to another. The importance of breath in mindfulness practice. Incorporating breath and verses on breath/life from biblical perspective.– 10 minutes

Body: How stress effects the social worker, God's teaching on stress. Stress management through mindful awareness—paying attention to the body. Concepts wellness prevention, resilience, and empathy (McGarrigle & Walsh, 2011; Shonin, Gordon, & Griffiths, 2014).

- How using mindfulness can help us be more aware of bodies.
- Trauma as stored in body. Parallels to clinical intervention in eating disorders, self-injury, and trauma using
- Dialectical Behavioral Therapy, and integrating Christian mindfulness into this modality. (Wang & Tan, 2016)
- Body scan exercise (Kabat-Zinn, 1990).
- 30 minutes

Mind: Paying attention, present-moment orientation--definition and practice, emotional insights. Resilience-building for social workers through mindfulness and enhancing wellbeing empathy for others, for greater practice effectiveness (Crowder & Sears, 2017; Grant, 2014; Hoffman, 2010)

- How paying attention leads to healing and change
- Minds often distracted and normative to jump from thought-to-thought
- Cognitive Behavioral Therapy and integrating Christian mindfulness into this modality (Pearce & Koenig, 2013).
- Lectio divina exercise
- 30 minutes

Soul: Prayer, letting go, forgiveness, ethical decision-making, and practicing self-care via mindfulness. (Grant, 2014; Hanley, Warner, & Garland, 2015)

- How mindfulness can facilitate forgiveness (Jeter & Brannon, 2017; Johns, Allen, & Gordon, 2015; Webb, Phillips, Bumgarner, & Conway-Williams, 2013)

- Christian mindfulness as self-care and burn-out prevention (Acker, 2012; Taylor & Millier, 2016)
- Christian mindfulness and ethical decision making (Trammel, 2015)
- Centering Prayer exercise
- 30 minutes

Community Practice: Christian mindfulness upholds imago dei – biblical verses shared

- The benefits of mindfulness in leadership (Buller, 2014; Pater, 2014; Raney, 2014)
- Perspective taking and mindfulness (Nelson, Laurent, Bernstein, & Laurent, 2017)
- 10-15 minutes- discussion-based

Research outcomes: on mindfulness from Christian-based intervention. Sharing outcomes recent studies from dissertation and preliminary results of a current study on Christian mindfulness and stress as indicated by heart rate variability -20 minutes.

- 30 minutes

Question and Answer: 15-20 minutes

Bio: Regina Chow Trammel, Ph.D., LCSW, is an assistant professor in the MSW program at Azusa Pacific University. She has spent more than a decade in private practice in the Chicago area, as well as experience in psychiatric and medical social work settings. She is an avid mindfulness practitioner.

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