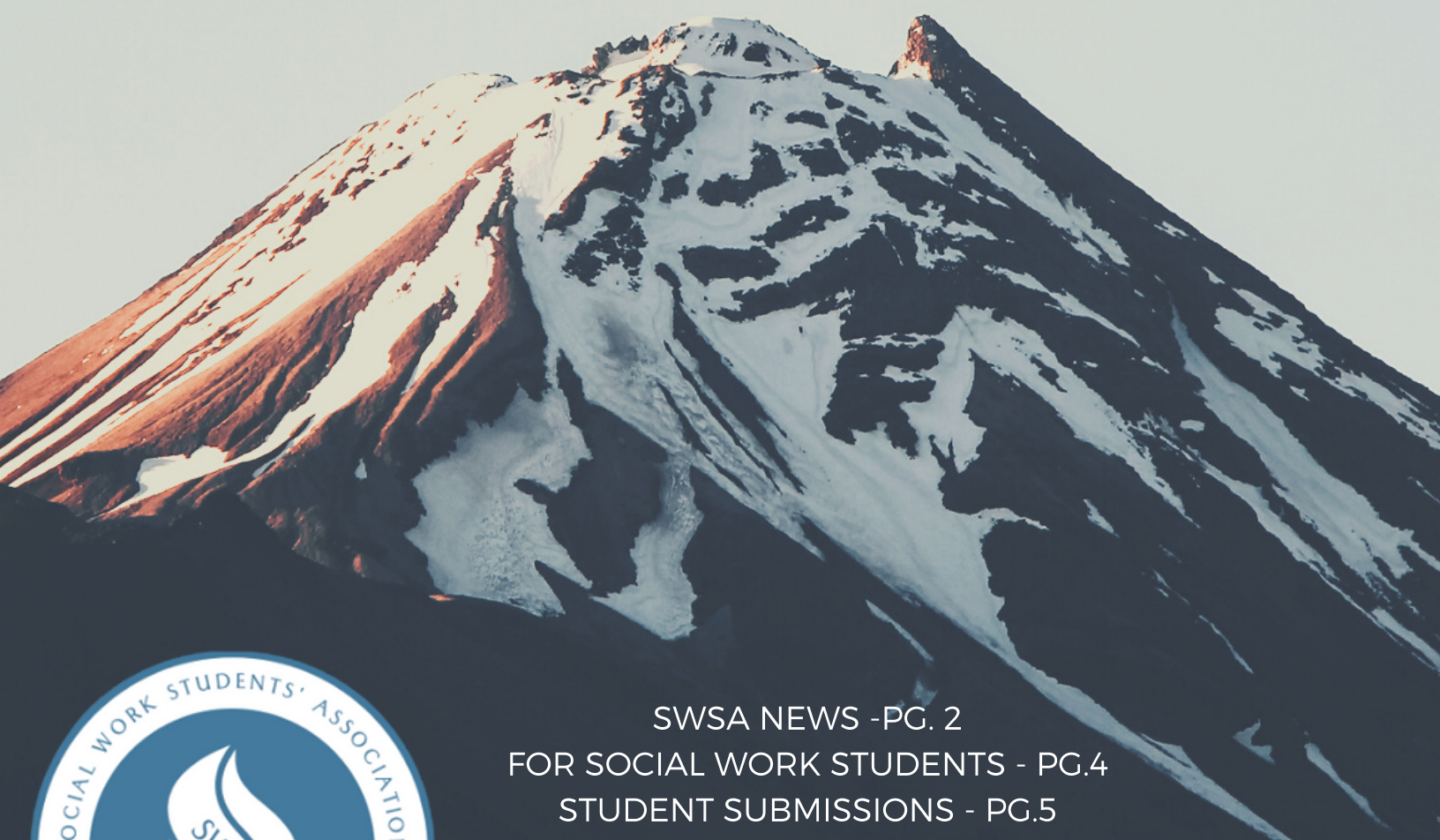


APRIL 2022

Social Work Students' Voice



SWSA NEWS -PG. 2

FOR SOCIAL WORK STUDENTS - PG.4

STUDENT SUBMISSIONS - PG.5

UPCOMING EVENTS- PG.12

Our linktree: <https://linktr.ee/UOFMSWSA>



SWSA NEWS

Elections are now over! Congratulations to everyone in their new positions:

Joanne San Juan: Vice Stick

Kadie Borody: Secretary/Accessibility Representative

Sabreen Shahin : Training Coordinator

Lindsey DeGagne: Committee Coordinator

Ameerah Andaya: Social Action Chairperson/Third Year Representative

Kiara Down: Second Year Concentrated Representative

Jordan Barnes: Treasurer/UMSU Representative

Thank you to our the members of our team who are graduating! Your contributions to SWSA are very appreciated! We wish you the best in your future careers.



Paint Night!

Paint night was a success. Thank you to Ash Gole for hosting this event!

Thank you to everyone who came out!



For social work students

The Poverty Awareness & Community Action workshop (PACA)

is an experiential learning activity that uses role play and discussion to deepen awareness of the impacts of poverty and social welfare systems. Participants role play as members of different family units living on a lower income to develop empathy for those experiencing poverty. After the role play, participants discuss what they've learned through targeted reflection activities and plan ways to integrate their new learning into their studies, work or volunteering

[.https://umanitoba.ca/community-engaged-learning/poverty-awareness](https://umanitoba.ca/community-engaged-learning/poverty-awareness)

McCall MacBain Scholarships at McGill

The McCall MacBain Scholarships at McGill are Canada's first comprehensive, leadership-driven scholarships for master's and professional degree studies. The scholarship program brings together a diverse group of scholars who aspire to *lead with purpose* – those who have demonstrated leadership potential and an inner drive to make a positive impact in other peoples' lives.

<https://mccallmacbainscholars.org/about/>

A scenic landscape of a mountain valley with a lake reflecting the peaks. The mountains are dark and rugged, with some greenery on the slopes. The lake is calm, creating a clear reflection of the mountains and the sky. The overall tone is serene and majestic.

STUDENT SUBMISSIONS

Thank you to everyone who submitted.

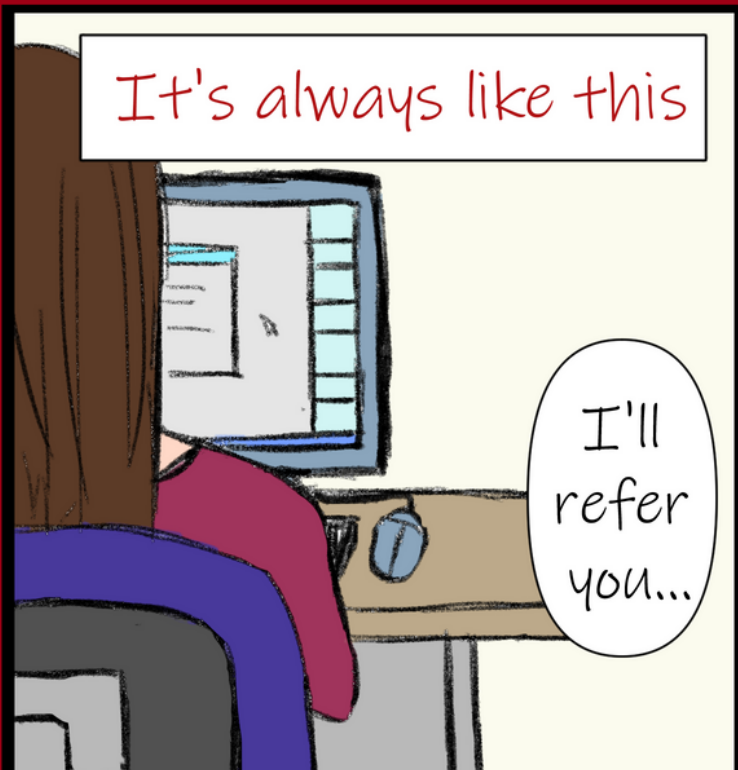
Physically Unavailable: a reflection on role strain in disabled caregivers

Freddy Routhier (he/they), Northern School of Social Work Campus, 4th Year
Bachelor of Social Work

a comic Freddy drew this year as a assignment reflecting on diversity in families mainly focusing on their own experiences as a disabled person

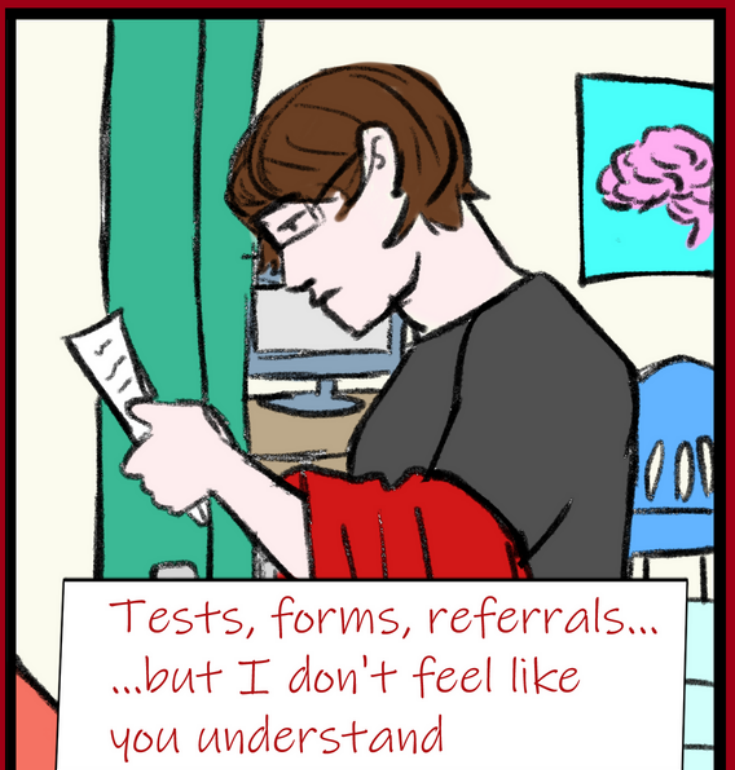


Your blood test results were alright...



It's always like this

I'll refer you...



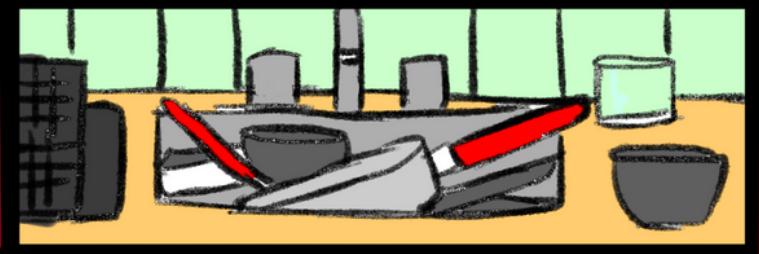
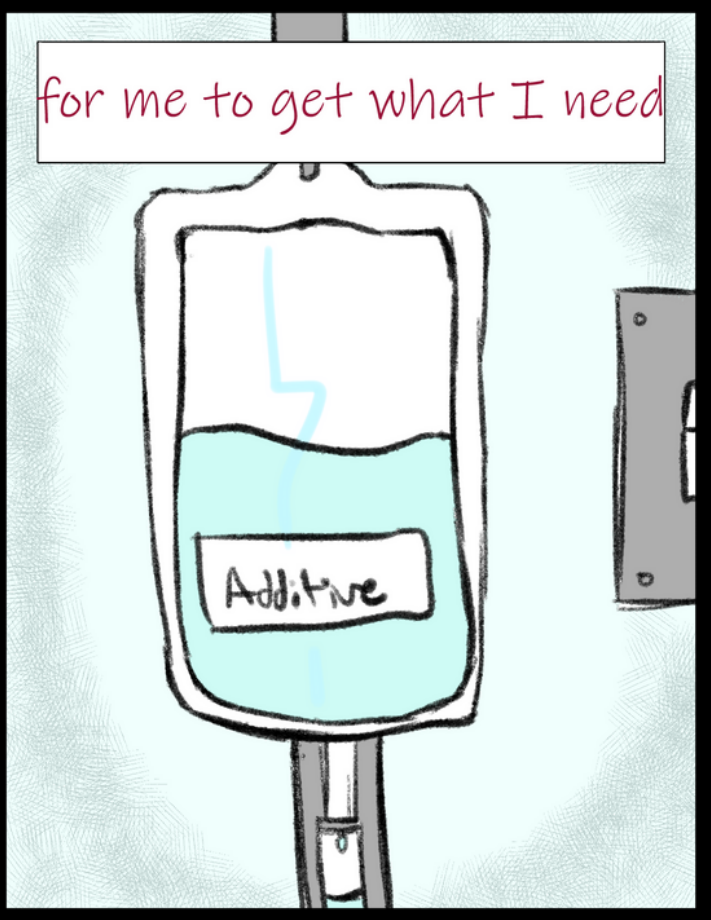
Tests, forms, referrals...
...but I don't feel like you understand

even when they
figure it out



It will still be another
half a year

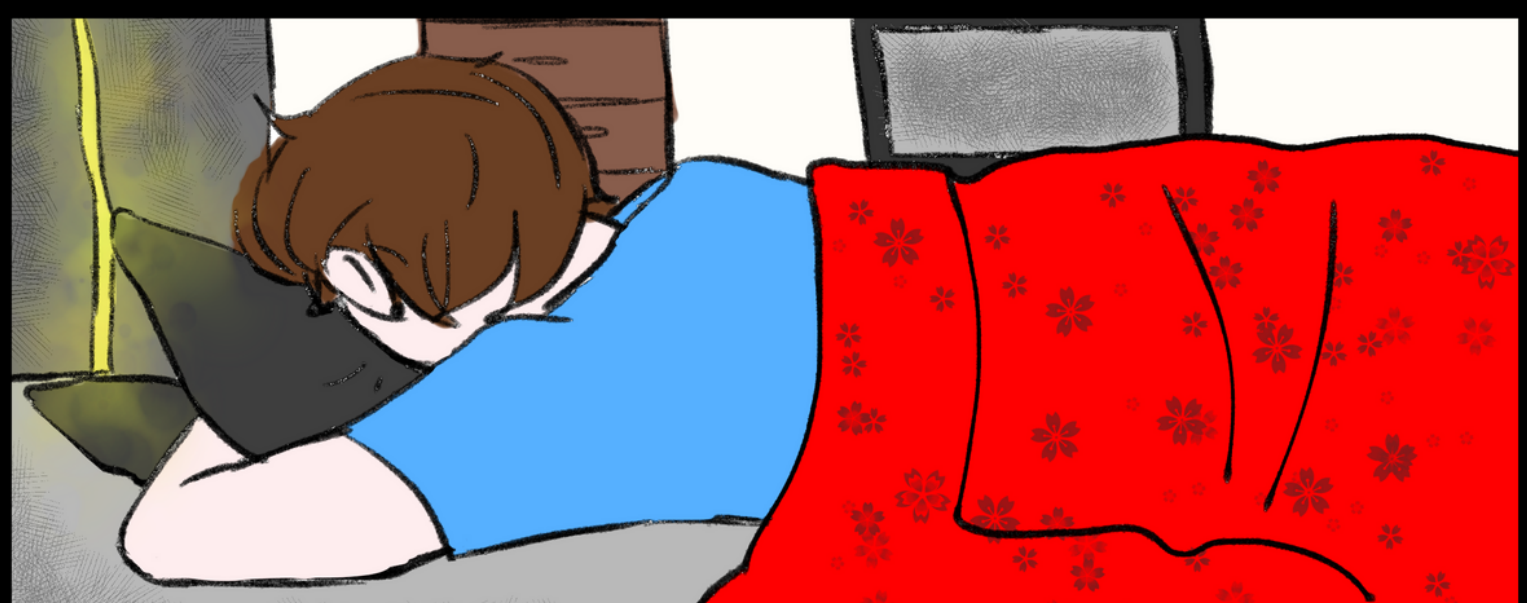
for me to get what I need

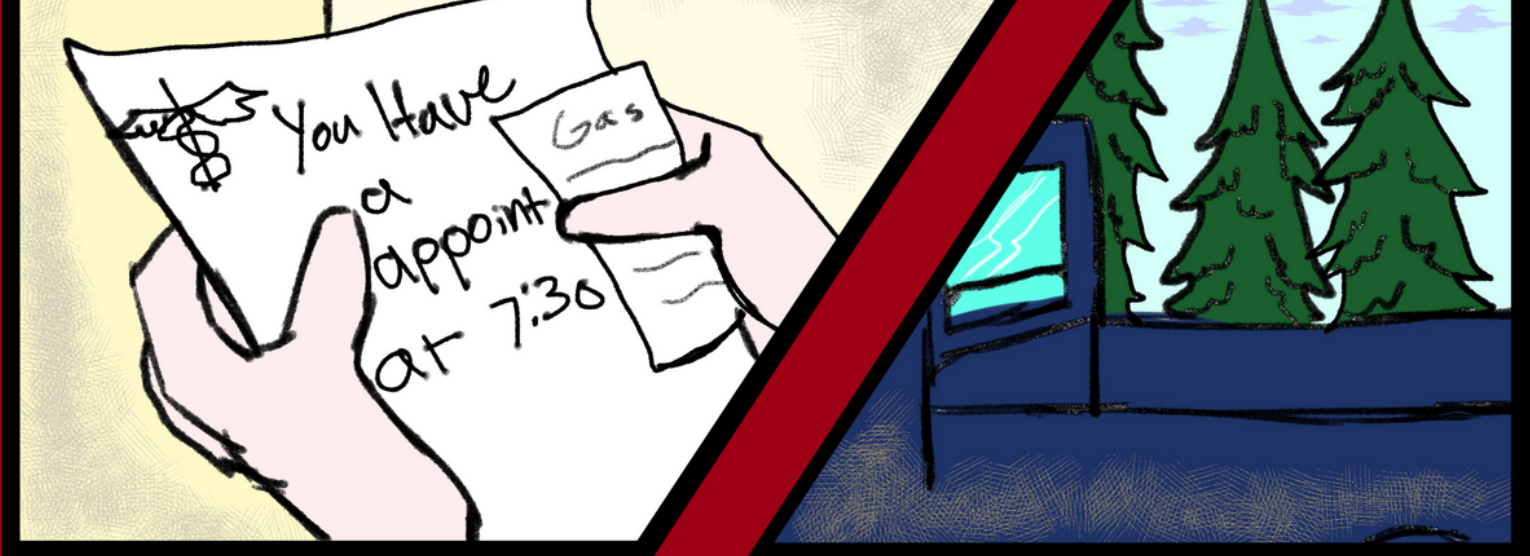


Life doesn't slow down



But I'm so tired





Remind yourself:



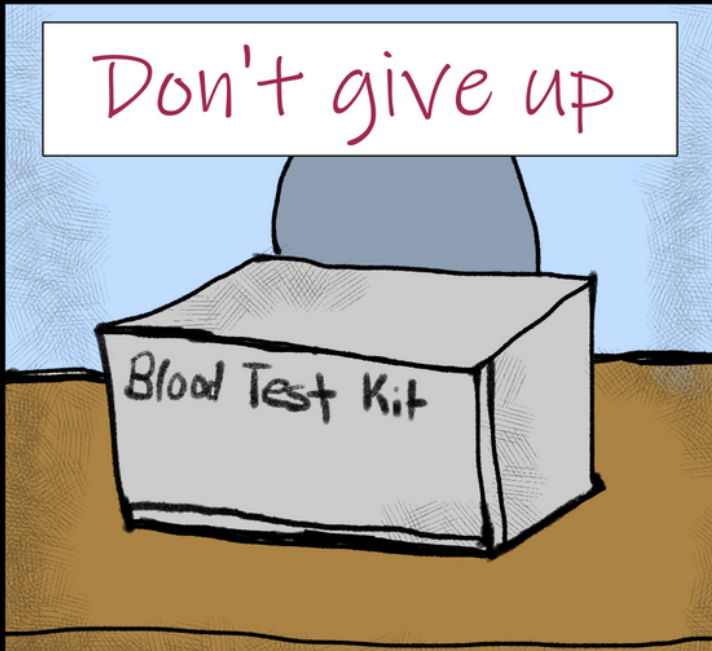
You're not alone



It's okay to be frustrated. It's okay.



Don't give up



Keep fighting



ON THE ROOF BY JEFF GOBEIL

Sitting on the roof
Just beyond the glass
I've been sitting on my own for years
When I face away
It's like nothing's changed
I need someone like me who feels the
same

I'm not a role model
I've never taught a thing
Who would listen to me anyways?
I need you here with me
At least somebody
Someone on the roof with me

Sitting on the roof
Just beyond the glass
I've been sitting on my own for years
And I face away
So that nothing's changed
I need someone like me who feels the
same

MAKING A CASE FOR MINDFULNESS, A TRAILER BY SIMA CHOWDURY

Link available in our linktree!



**Mindfulness isn't difficult, we just
need to remember to do it.**

- Sharon Salzberg

Making a Case for Mindfulness in Social Work by Siwa Chowdury

I hope everyone in the Faculty of Social Work has a chance to cross paths with Dr.

Michael Yellowbird or at least listens to one of his many talks about the neurodecolonization through mindfulness and Indigenous tradition. A couple of years ago he was featured on a podcast Two Crees in a Pod hosted by assistant professor of social work, Amber Dion, and director of Indigenous Initiative Terri Suntjens at Grant MacEwan University. He dives into the effects on neurobiology when Indigenous traditions are reclaimed. Given his expertise in mindful approaches, mindfulness incorporated into the new curriculum would benefit everyone.

<https://open.spotify.com/episode/1kB7sZ5QLfOTJFd4b3lod>

Recently, Dr. Eric Garland, a clinical social worker in the United States focusing on addiction, published a randomized controlled trial (RCT) study. It demonstrated his Mindfulness-Oriented Recovery Enhancement (MORE) group program reduced chronic pain experienced by patients and opioid abuse more than psychotherapy alone. The results have opened opportunities for social workers to deliver his MORE program outside of the research study to military personnel. MORE is one of many mindfulness group therapy programs available. Since the 1970s, Dr. Jon Kabat-Zinn's eight-week group program Mindfulness Based Stress Reduction (MBSR) has been shown to decrease chronic pain for decades. Dr. Zindel Segal from the University of Toronto and his colleagues in Europe developed Mindfulness Based Cognitive Therapy (MBCT) to treat depression.

As a chronic pain patient my psychotherapists had mindfulness training based on Kabat-Zinn's work as well as Acceptance and Commitment Therapy (ACT). When I left therapy, I supplemented my mindfulness practice by authoring a book called Mindful Meditation:

Meditation and Mindfulness Interventions to Improve Health and Wellbeing

<https://www.amazon.ca/dp/B09NF87WTB>. I provide more details about MBSR, MBCT, MORE, ACT and Dialectical Behavior Therapy (DBT). The other sections contain studies that support using mindfulness and meditation interventions to treat a variety of conditions including anxiety, depression, hypertension, insomnia, brain injury and more.

While I focused on health conditions, from Shorely et al (2012) DBT is proposed to be an effective intervention and prevention therapy for intimate partner violence as people often present with characteristics like borderline personality disorder. The researchers also talk about mindfulness techniques to reduce aggressive behavior specifically for college students. With all the other benefits, mindfulness programs need to be implemented campus wide to manage burnout, increase focus and decrease emotional reactivity, while studying. Researchers Galante et al. (2018) demonstrated "that provision of mindfulness training could be an effective component of a wider student mental health strategy."

Social work's Eurocentric model and lack of cultural diversity results in implicit bias. Mindfulness may increase cultural competency within the faculty and in the field. The

Greater Good Magazine from Berkely discusses three ways mindfulness can reduce implicit bias, the most important being "mindfulness may help us see others as equals," a skill necessary to respectfully relate to clients and colleagues. The article was provided by Max Radly, College of Medicine at the University of Manitoba in their efforts to reduce implicit bias in medicine.

https://greatergood.berkeley.edu/article/item/three_ways_mindfulness_can_make_you_less_biased

The closest mindfulness practice I experienced in social work was in Tammy Nelson's class where she would use a smudging ceremony to set the intention to have a good class, before we started. Indigenous culture focuses attention on relationships between people and the natural world. With the addition of more courses containing Indigenous content, perhaps mindful practices will organically evolve; however, university wide, students, faculty and staff should have access to mindfulness classes to build skills and maintain good health. Developing these skills in social work means we can pass our experiences onto clients and co-workers who may also benefit.

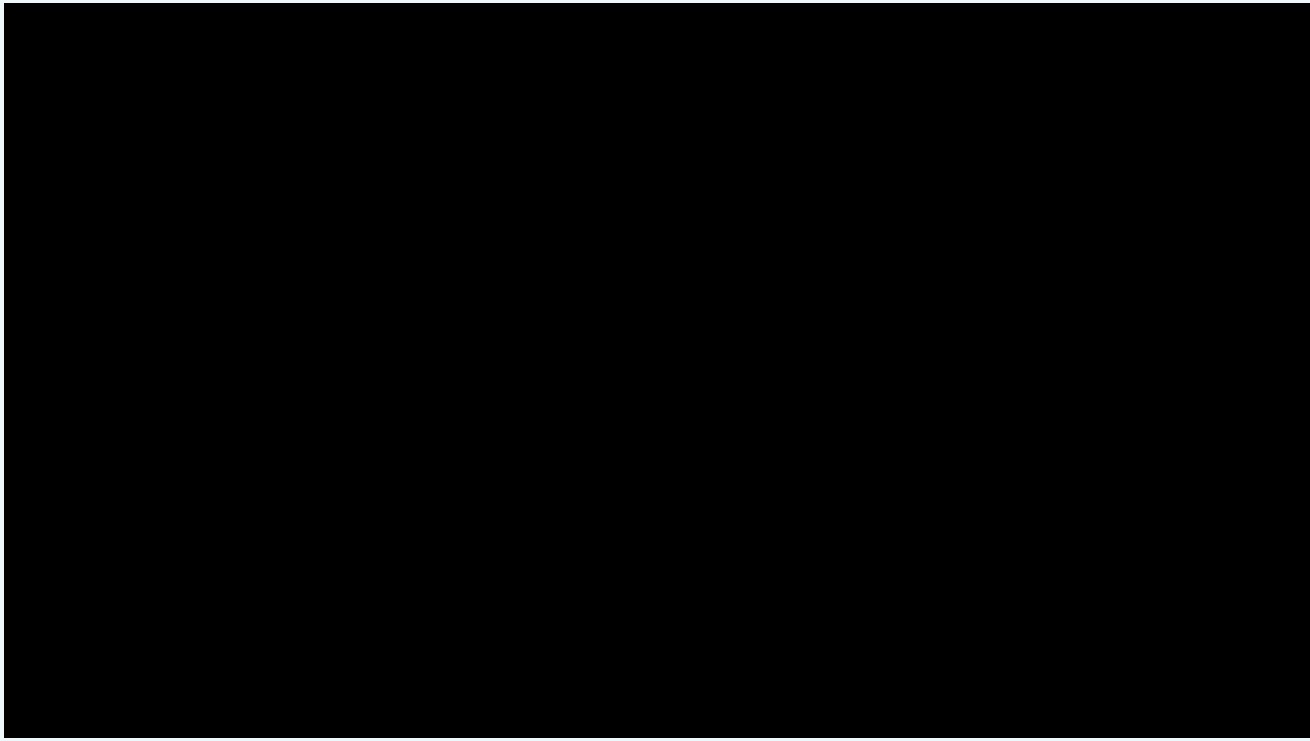
Galante, J., Dufour, G., Benton, A., Howarth, E., Vainre, M., Croudace, T. J., Wagner, A. P., Stochl, J., & Jones, P. B. (2016). Protocol for the Mindful Student Study: a randomised controlled trial of the provision of a mindfulness intervention to support university students' well-being and resilience to stress. *BMJ open*, 6(11), e012300.
<https://doi.org/10.1136/bmjopen-2016-012300>

Garland EL, Hanley AW, Nakamura Y, et al. Mindfulness-Oriented Recovery Enhancement vs Supportive Group Therapy for Co-occurring Opioid Misuse and Chronic Pain in Primary Care: A Randomized Clinical Trial. *JAMA Intern Med*. Published online February 28, 2022.
[doi:10.1001/jamainternmed.2022.0033](https://doi.org/10.1001/jamainternmed.2022.0033)

Shorey, R. C., Zucosky, H., Brasfield, H., Febres, J., Cornelius, T. L., Sage, C., & Stuart, G. L. (2012). Dating Violence Prevention Programming: Directions for Future Interventions. *Aggression and violent behavior*, 17(4), 289–293. <https://doi.org/10.1016/j.avb.2012.03.001>

Interview

with Marleny Bonnycastle by Ken Kozak



Link available on our Linktree!

UPCOMING EVENTS



Graduation is on its way!

To support the class of 2022, we are holding a raffle. The raffle will end on May 6, 2022, and winners will be announced on May 7, 2022. To learn more, check our social media!

@uofm_swsa on instagram!