

# School Social Work Association of America

## Summer Symposium Session Descriptions



### General Session 1

Nurturing the Nurturer: Trauma, Vicarious Trauma, Burnout, & The School Social Worker

Presenter: *Dr. J.R. Bullard-Batiste, DSW, LCSW-BACS*

School mental health professionals are tasked to serve as the school-to-home liaison. Unique hazards of the workplace for mental health professionals include Burnout and Vicarious Trauma. The pandemic highlighted the already strained mental health professional workforce in ways that specifically need to be addressed with concerted efforts to improve the well-being of mental health providers. Participants will look at "The Costs of Caring" an idea first introduced by Figley (1982) to examine how school social workers can continue to ethically practice their work on a daily basis. This presentation will focus on workforce retention, ethical practice, and strategies to best support the individuals and families they serve via provided tools, discussion, advocacy, and intentional ways to utilize wellness as a major tool of our practice.

### General Session 2

Extinguishing Burn Out

Presenter: *Tynisha Jointer, LCSW, M Ed.*

Join us for an explosive hour of tips, strategies and best practice to avoid burnout. Self care is not selfish but in a helping profession we can easily put the needs of others ( students, teachers, admins, family) over our personal needs. In this session we will explore the 7 domains for self care and create I statements to effectively communicate your needs.

### Breakout A1

A Responsibility to Renew: Regulation and Restoration Through Mindfulness and Yoga

Presenter: *Emily Fleming, MAT*

The NASW Ethical Principles (as outlined in the Code of Ethics), states social workers should "behave in a trustworthy manner." This includes a provision stating that "social workers should take measures to care for themselves professionally and personally." As a school social worker, caring for yourself is a responsibility, not just an afterthought or an add-on. In this session, participants will recognize how ethical practices can include regulation and co-regulation strategies such as yoga, mindfulness, and meditation. Participants will demonstrate how these ethical practices can be used as tools to support their restoration and self-regulation, to promote enhanced wellness, mitigating burnout and compassion fatigue in all areas of their lives.

Participants will discover various yoga and mindfulness strategies, and identify how they might use them to support their own well-being and in their work with students through co-regulation.





## Breakout A2

### Part 1: Developing Cultural Inclusivity in Play Therapy with Black Children

Presenter: *Dr. April Duncan, DSW, LCSW, RPT-S*

The recent racial justice movement has further highlighted the need for play therapists' to recognize the unique needs of Black children. A core ethical component for a play therapist is to display cultural inclusivity in their work with marginalized communities. But what exactly does that mean? This training will challenge the play therapist to evaluate the way they treat and view the behaviors of Black children in and out of the playroom. Additionally, attendees will learn how to apply important cultural factors when engaging Black children in individual, family and group play therapy.

## Breakout B1

### Encountering our Shadow Selves.... Locating yourself on the Compass

Presenter: *Diana Rarich, MSW, LCSW and Sonja Ford, LCSW*

Consider equity through the lens of Glenn Singleton's Courageous Conversations Compass, and investigating our shadow selves as it impacts and shows up in our work with colleagues and students. This session will be a chance to engage in meaningful reflection and journaling, as well as conversation about how to negotiate some of these challenging scenarios.

## Breakout B2

### Part 2: Effective Play Therapy Assessment & Diagnosis with Black Children

Presenter: *Dr. April Duncan, DSW, LCSW, RPT-S*

When working with Black children, clinicians often overlook race-based stressors which may result in incorrect diagnoses and ineffective treatment. Therefore, it is imperative that play therapists develop this lens when treating Black children, including culturally appropriate screening tools, understanding important cultural factors, collaborations with caregivers, and prioritizing the therapeutic relationship. This workshop will explore the use of play therapy as an assessment tool for effectively assessing and treating the mental health needs of Black children. Participants will also discuss the use of play therapy in parent consultations and family play therapy to also build bridges with caregivers to aid in more effective treatment.

## General Session 3

### What science is teaching us about happiness. The Power of a Positive Psychology Theoretical Framework in School Social Work Assessment and Intervention.

Presenter: *Vicki Robinson, LCSW*

There has never been a time when it has been so challenging to be a kid and thus never a more challenging time to teach and influence children in effective ways. Simply stated, everyone we meet wants to be a little happier than they are. When diseases of despair are ever increasing nationwide, we need to understand the science behind happiness. As social scientists, we have access to compelling research which explains which character traits, beliefs, and habits work to increase happiness and well-being and the why behind their effectiveness. This knowledge has come about because of modern technologies that help us view the pathways of the brain along with better evidence-based research methods and practices. Knowing and then teaching these keys principles by breaking them down into simple and organized components will not only foster hope in others but increase our own capacities for joy, hope, job satisfaction, and overall well-being.



## General Session 4

### Sustainable Self-Care: Strategies for Bringing Integrity and Consistency Into Your Self-Care Practice

Presenter: *Emily Fleming, MAT*

One of the key values listed in the Ethical Principles of the NASW's Code of Ethics is "integrity". Additionally, the preamble to the code of ethics states, "Professional demands, challenging workplace climates, and exposure to trauma warrant that social workers maintain personal and professional health, safety, and integrity." Self-care is easy to practice when we feel stressed or overwhelmed, but can often fall by the wayside when life feels less stressful. In fact, a study published in the Fall 2018 edition of *Advances in Social Work* found that of the social workers served in the study "engage only moderately in professional and personal self-care." (Miller et al., 2018) In this session, participants will analyze how their own wellness impacts the work they do with others and how it compares to the guidance from the NASW Code of Ethics. Through experiential tasks, participants will explore ways to promote their own self-care to better understand how to translate self-care to their clients through guided journaling, group discussions, and exploration of simple tips and practices. Both consistency and sustainability will be discussed in relation to social work ethics.

## Breakout C1

### Time for a Reboot: Nature as Healing Practice

Presenter: *Jamie Lynn Langley, LCSW*

"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul." John Muir (1912)  
Muir expressed above what many have described as the "healing balm" that nature provides. In recent years, the research has become full of all the wondrous impacts of nature for our health and wellness: physically, mentally, and emotionally. These healing benefits can be utilized by school social workers by integrating nature with services provided. In this one-hour presentation, Jamie will introduce concepts for including nature as part of the healing process, including briefly identifying the theoretical basis (roots) and exploring supporting research (trunk) for incorporating nature as part of social work practice. As time allows, Jamie will also describe some nature-based activities (branches) that can be utilized for diverse ages to improve emotional wellness for those we work with as well as ourselves. "

## Breakout C2

### Mindfull VS Mindful- Adverse effects of Mindfulness

Presenter: *Tynisha Jointer, LCSW, M Ed.*

Mindfulness practices and mediation can come easy for some but for those of us whose minds are full mindfulness/ meditation can cause more harm than help. In this session, we will explore the harms of mindfulness and meditation when trauma/ traumatic experiences have occurred.

## General Session 5

### Rising Strong and Wholehearted Living

Presenter: *Diana Rarich, MSW, LCSW*

Moving through the rumbling, to the reckoning into the revolution is a constant journey for school social workers. We are often in the arena for our students or within systems that want to write stories of defeat. In this session we will discuss strategies for rewriting brave new endings and join this conversation about how to rewrite our stories, in curiosity and with clarity of our values. Session will be led by Certified Daring Way Facilitator Diana Rarich.