

SOWK 265: MINDFULNESS SELF-COMPASSION

Self-care has been identified as one of the overlooked competencies in the social work profession. This course is intended to put the student on a better path to manage stress by teaching specific, concrete tools that can be used to decrease emotional stress and enhance life satisfaction. In this experiential course, students will be instructed in both informal and formal practices of mindfulness and self-compassion and how these practices can be used to provide a foundation of well-being. Course material will consider the latest scientific findings regarding mindfulness and self-compassion.

Credits: 3

Department: [Social Work](#)