

Advanced Seminar I

Fall 2025 Week 04 for SOWK 590

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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

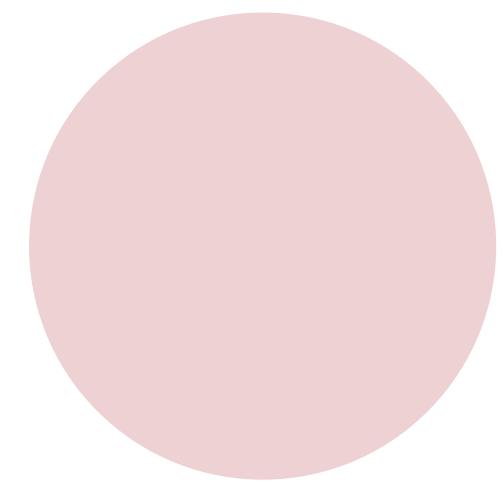
Student Led Discussion

Restorative Justice Practices

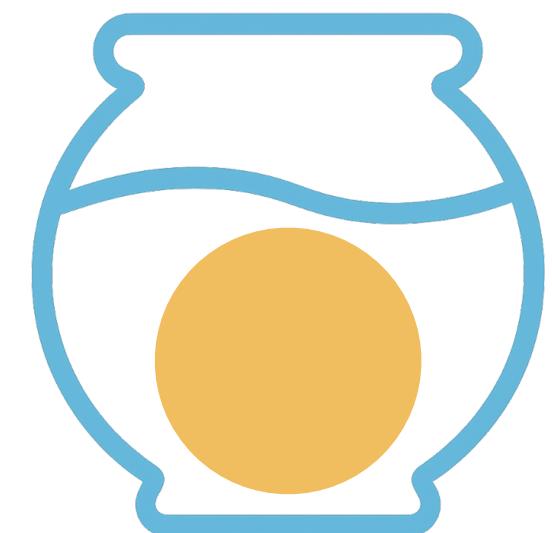
Moved to Week 06
Self-Care and Burnout Prevention

Varieties of Circle Formats

Different Methods of Facilitation



Basic Circle

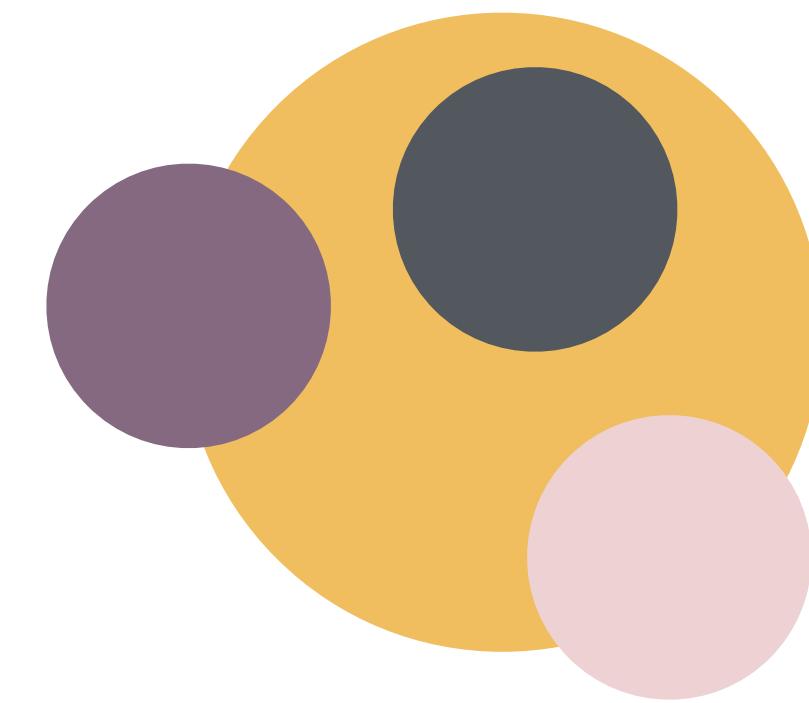
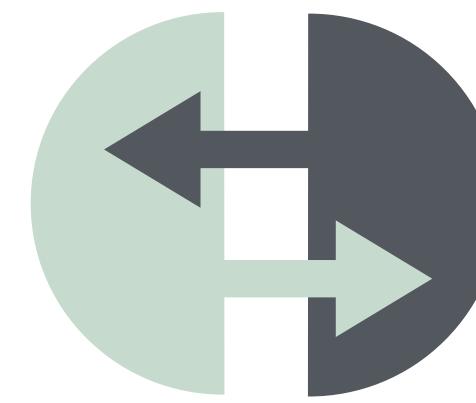


Fishbowl
(Witness)
Circle



Popcorn
Circle

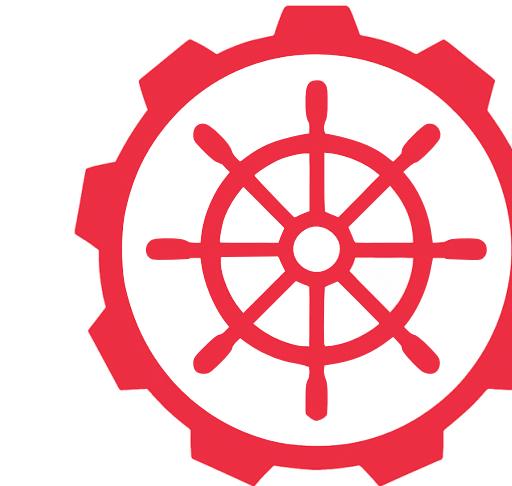
Feedback Circle



Small
Group
Circles



Spiral Circle



Wheelhouse Circle

Full Value Contract

We practice safety first, emotional and physical

We are a group with group and individual goals

Use kind words and actions, no discounting

Give and receive honest feedback

Hold no grudges, let it go



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

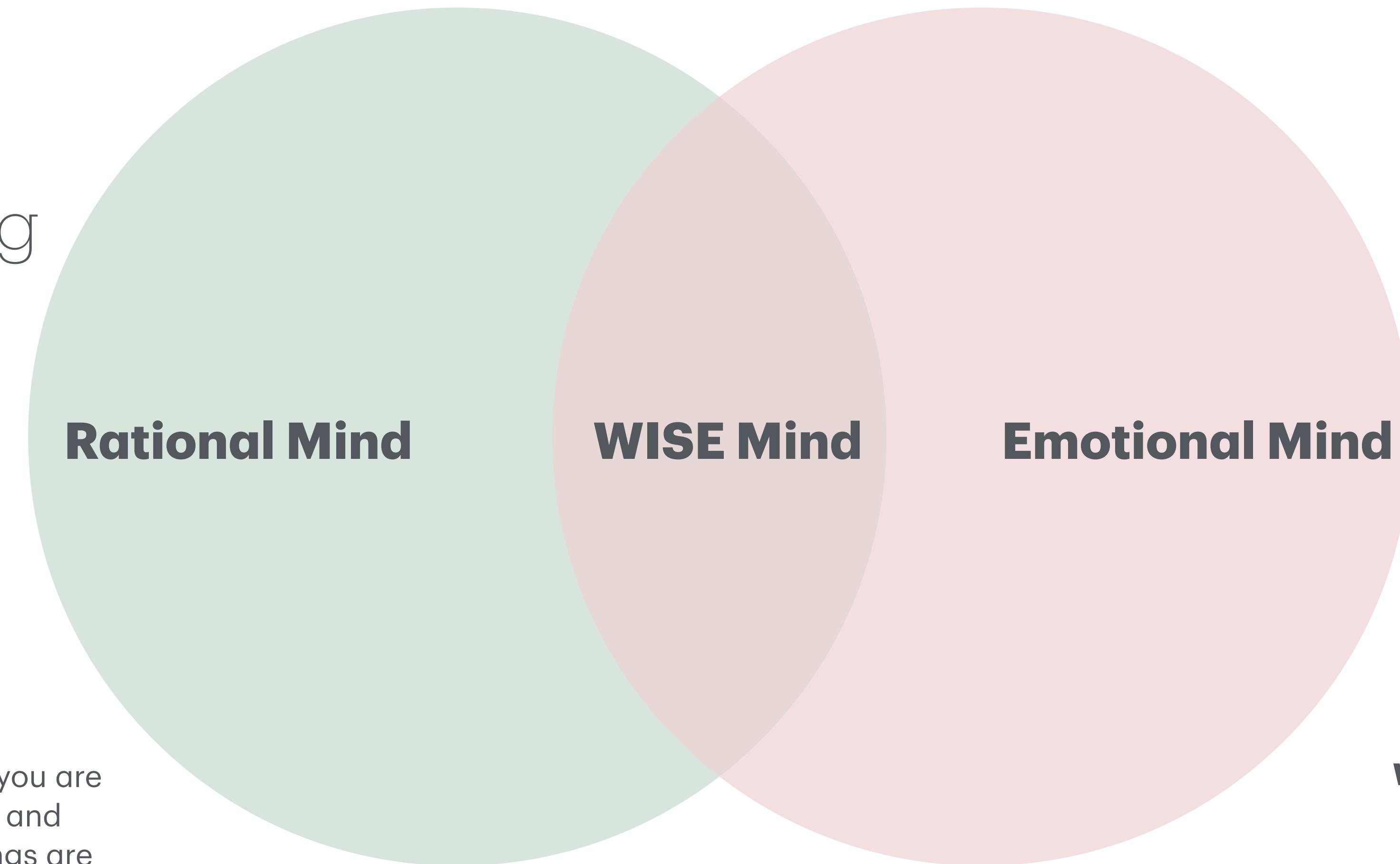
Rate yourself
Group gives honest feedback
How can you work toward your goal next
time?

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.

WISE Mind

Emotional Mind

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.

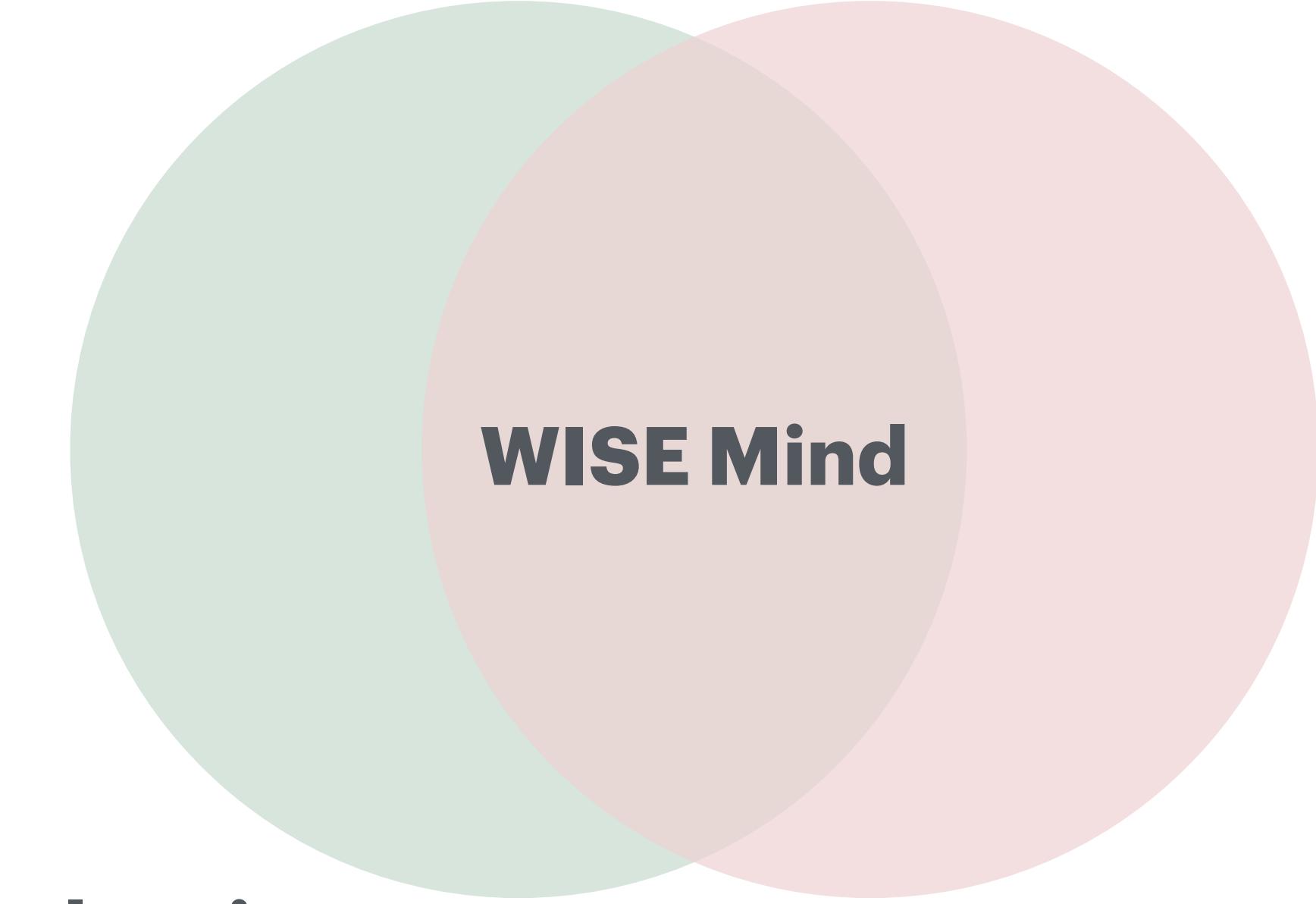
Wise Mind Is:

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)



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.



Photo by Brannon Naito on [Unsplash](#)

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