

## Biographies

**Dawn MacDonald, MSW, RSW**, currently the Director of Strategic Initiatives at the Catholic Health Corporation of Manitoba (CHCM) is an internationally recognized teacher, mentor and trainer of evidence-based Mindfulness Programs and co-creator of the CHCM's Compassion Project.

**David Delay, PhD**, currently an Assistant Professor in the Faculty of Social Work at U of M has a strong interest in the use of mindfulness in the helping class room. His current research explores men's narratives of intimate partner violence reporting with police and probation services and is supported by the Social Sciences and Humanities Research Council of Canada.

## Summary of Workshop

### **Becoming Mindful of Mindfulness – The Values, the Benefits and the Integrity of Practice**

Studies extolling the efficacy of mindfulness are growing exponentially. What does mindfulness have to offer Social Work and Social Workers? From mindful approaches to depression, trauma, anxiety, education, wellbeing, neuro---decolonization, workplace engagement and anti---oppressive pedagogy, the lure of offering mindfulness and engaging in its practices are extremely enticing. But is mindfulness for every client? This highly experiential workshop exposes participants to new perspectives on mindfulness with a focus on further developing skills and strategies to meet suffering, our own and that of those we serve, with compassionate presence. We'll explore the latest research and the emerging evidence on training and take a good look at the benefits of one's own scope of practice.