

Houston Bruns Speaker Series

Mind-Body-Spirit (MBS) Self-Care and Well-Being in Social Work Practice

FREE EVENT 1.5 — Social Work CE's

April 24, 2023

6:30 - 8:00pm



Register in advance for this free event by using the QR code or link
<https://bridgew.zoom.us/join/61234567890>

For more information, please contact the School of Social Work,
Dr. Carol Bonner at c1bonner@bridgew.edu



Despite growing rates of compassion, stress and burnout within the field, the profession continues to struggle with prioritizing the wellness needs of its practitioners and organizations. This experiential session will introduce MBS practices and skills to enhance both personal and organizational well-being.



Pam Szczygiel, DSW, LICSW is an Assistant Professor of Social Work at Bridgewater State University where she teaches theory, practice and field courses within the MSW program. She has 20 years of experience as a clinical social work practitioner and maintains a psychotherapy practice. She has advanced training in psychoanalytic and relational therapies and is also certified as a holistic health coach and a yoga teacher. Her practice, teaching, and scholarship is heavily informed by a relational and mind-body-spirit lens. Along with her colleague, Dr. Taylor Hall, she is involved in an ongoing wellness study looking at BSW and MSW students' mental health and wellness challenges and needs. She designed and currently teaches a MSW social work elective entitled "Self-Care and Well-Being in Social Work Practice."