



SCHOOL SOCIAL WORKERS ASSOCIATION OF MISSOURI

ST. LOUIS REGIONAL
SPRING
CONFERENCE

MARCH 16, 2018





ST. LOUIS REGIONAL SCHOOL SOCIAL WORK SPRING CONFERENCE MARCH 16, 2018

Brought to you by SSWAM with support from:



AM Workshop

8:30-11:45

3.0 CEHs

Integrating Yoga/Mindfulness Techniques into Practice with Youth

presented by Sue Tebb, PhD, MSW, RYT500, C-IAYT and Laurie Brockhaus, LCSW, E-RYT500, C-IAYT

Recognizing a mind-body connection is integral to understanding, and responding to, behaviors of youth who experience short-term and chronic stress. This session will introduce yoga/mindfulness practices and techniques that can be easily and effectively integrated into educational settings to offer youth tools for emotional regulation, stress management, and building resilience. Participants will have the opportunity to discuss, observe, and practice movement, postures, breath work, meditation, and relaxation techniques, offered in a trauma-sensitive manner, that they can immediately put into practice in their work with youth.

About the Presenters: Sue Tebb, PhD, MSW, RYT500, C-IAYT, involved with yoga since the 1970's, but seriously living it for the past ten years, is a social work professor who received her yoga teacher training from East-West Natural Healing and the Himalayan Institute. Strongly believing in the mind/body connection, she is a LifeForce Yoga Therapist Level II, a Certified Integrative Yoga for Seniors Instructor, a Certified Ayurvedic Yoga Specialist and a Relax and Renew Restorative Teacher Level 1.



Laurie Brockhaus, LCSW, E-RYT500, C-IAYT, has been working with youth since 2000, as a classroom teacher and social worker in school and community organizations. Laurie has integrated her knowledge and experiences in yoga, education, and social work practice with youth in co-creating and managing The Oxygen Project, a nonprofit that brings consistent yoga/mindfulness programming to youth in schools and community organizations in underserved areas. She also coordinates yoga teacher training programs at Urban Breath Yoga, instructs yoga trainings relevant to mental health and social service, and is an adjunct faculty member in St. Louis University's School of Social Work.

PM Workshop

12:30-3:45

3.0 CEHs

Self-Care for School Social Workers: It's Not Just a To-Do List!

presented by Courtney Schaefer, MSW, LCSW, RPT-S

Ask any school social worker about her job and answer will include two common themes – she loves her students and the job is overwhelming and stressful; research supports this. Social workers tend to have a higher job satisfaction rate but also have one of the highest levels of burnout. This workshop will provide school social workers with a practical approach to self-care which is manageable. A review of current research will be provided along with resources. There will also be guided self-care activities and guidance on how to start a peer support group. It is the goal of this session that participants will walk away with enough resources and supports to develop and implement their own personal self-care plan.



About the presenter: Courtney Schaefer is a Licensed Clinical Social Worker (LCSW) Supervisor and a Registered Play Therapist Supervisor (RPT-S) who has worked with children and families for over twenty years. Courtney currently has a private practice, [Family and Play, LLC](#) and works as a School Social Worker for Special School District in Jennings, MO. Courtney's specific areas of expertise include issues related to trauma, attachment, death and dying, ADD/ADHD, divorce, school and learning issues, behavior and social skills. She has been trained in TF-CBT, PCIT, MI, and DBT.

Schedule of Events

Location

8:00-8:30 AM Registration, Coffee and Pastries
8:30-11:45 AM Workshop
11:45-12:30 Lunch, PM Registration
12:30-3:45 PM Workshop

UMSL's School of Social Work
Bellerive Hall
3036 Bellerive Dr, St. Louis, MO 63121
[South Campus Map](#), Free Onsite Parking

St. Louis Regional School Social Work Spring Conference

Brought to you by the School Social Workers Association of Missouri

March 16, 2018



With support from:

Conference Location Generously Sponsored by UMSL's School of Social Work:
UMSL's Bellerive Hall | 3036 Bellerive Dr. | St. Louis, MO 63121



Directions to register: Mail a check payable to SSWAM with completed form to:
SSWAM, Attn: Cherise Grandison, 1527 Boardwalk Ave., Florissant, MO 63031



Oxygen Project
yoga.outreach.empowerment



Purchase orders from schools and agencies are accepted; must register by 3/12/2018.

Name: _____

Title: _____

Address: _____

City/State/Zip: _____

Personal Email: _____

Phone: _____

Mailed registrations must be postmarked by 3/9/2018

		Total
SSWAM Member* - Full Day <i>½ Day Rate*</i>	\$50 \$40	
Non SSWAM Member – Full Day <i>½ Day Rate</i>	\$100 \$90	
Retired or Student (with valid school ID) – Full Day <i>½ Day Rate</i>	\$35 \$25	
<p><i>*You must already be a 2017-2018 school year SSWAM member in good standing to receive this rate. Please note, lunch is NOT included for ½ day attendees. Late/Walk-In registration may be available at above prices, however, space and/or lunch NOT guaranteed.</i></p>		

½ Day Registrants, please indicate workshop of choice (circle one)	AM	PM
	Yoga with Youth	Self-Care for SSW

Please specify any special ADA accommodations:

(Must be submitted no later than 3/2/2018)

Full Day Registrants, please indicate lunch preference (circle one)	Regular	Vegetarian

Refund Policy: No confirmation will be sent – receipts will be available at registration desk upon request. All cancellations MUST be in writing. Written requests postmarked before March 9, 2018 will be refunded minus a \$10 administrative fee.

There will be no refunds after March 9, 2018

Conference Questions? Contact: Cherise Grandison, SSWAM Treasurer at treasurer@sswam.org

SSWAM Office Use Only Date Received: _____ Amount Paid: _____
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