

Mindfulness in Social Work

Summary

Occupational stress, compassion fatigue and professional burnout present a major problem for the social work profession. Social workers need to be given a tool to help them cope with profession challenges. Mindfulness is a way of taking of yourself that can prevent and reduce the symptoms of these syndromes. In addition to reducing stress, mindfulness also helps to develop skills necessary for social work and meaningful relationship with client's. Numerous studies have shown a variety of benefits of including mindfulness in social worker education.

Key words: mindfulness, professional burnout, compassion fatigue, social workers, education of social work students