

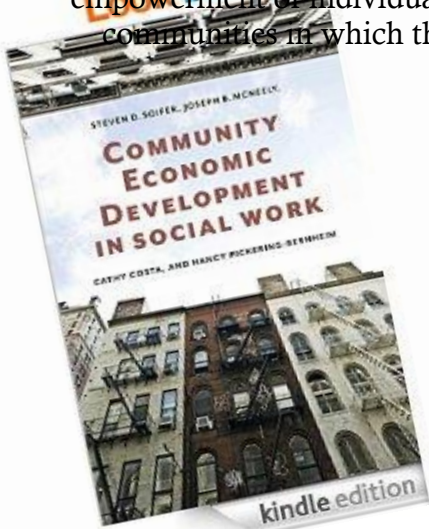
December 2014/January 2015

Monthly Newsletter

University of Memphis Department of Social Work



Dr. Steven Soifer, Chair of the Department of Social Work, recently published a book: *Community Economic Development in Social Work* (cover pictured below). Published by Columbia University Press. Community economic development (CED) is an increasingly essential factor in the revitalization of low- to moderate-income communities. This cutting-edge text explores the intersection of CED and social work practice, which both focus on the well-being of indigent communities and the empowerment of individuals and the communities in which they live.



Thank you for reading the December/January edition of the Social Work newsletter! If you win an award, start a study, want to promote a community event for social workers or other individuals, or anything else you feel is relevant, please send the information to Dr. Susan Elswick at selswick@memphis.edu. Thank you and happy holidays!

Catherine Clubb-Brown,
Newsletter Manager

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Feeling sad this winter? It may just be that time of the year.

“Melancholy were the sounds on a winter’s night.” – Virginia Woolf, *Jacob’s Room*

Seasonal affective disorder (SAD) is a type of depression that is related to the changes in seasons. The symptoms of SAD commonly begin in the fall and continue through the winter months. Symptoms include: low energy, irritability, heavy, “leaden” feeling in arms or legs, oversleeping, overeating, drop in libido.



It is normal to feel down from time to time, but if you feel depressed for multiple days at a time and can’t get motivated to do the activities you normally enjoy, see your doctor.

Although the exact cause of SAD is unknown, one important factor seems to be sunlight, or lack thereof. The decrease of sunlight in fall and winter might disrupt our biological clocks, leading to feelings of depression.

5 remedies for SAD:

- 1) Get outside and soak up the sun as much as you can. Even on cold and cloudy days outdoor light can help. Bundle up and take a long morning walk—this is most effective within the first two hours of waking.
- 2) Make your environment sunnier and brighter. Open the blinds during the day and sit near windows. Invest in a “dawn simulation” clock that slowly brightens like the rising sun.
- 3) Try a new centering activity—yoga, meditation, massage. Stretching, breathing, and the power of the human touch are often underrated, but have immense healing influence.
- 4) Get out of the darkness for a while by taking a trip to a warm, sunny locale.
- 5) Schedule social activities throughout the winter. When you feel depressed, social engagement can be daunting, but social support and friendship are some of the best ways to curb depression and loneliness.

Remember, the dark months of winter can seem foreboding, but it will be spring before you know it. “In the depth of winter I finally learned that there was in me an invincible summer” –Albert Camus

Additional resources:

<http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/definition/con-20021047>

http://seattletimes.com/html/health/2024905188_onhealthsadxml.html

<http://www.mentalhealthamerica.net/conditions/sad>

Job Openings

Check out these career opportunities in the greater Memphis area

Daybreak Treatment Center is a free standing partial hospitalization program dedicated to child and adolescent treatment utilizing Dialectical Behavior Therapy (DBT). Established in 1992, the facility is Tennessee State licensed, accredited by the Joint Commission and provides a Tennessee State approved educational program.

Daybreak currently has many positions open and is recruiting health care professionals to join their team. Applicants would be expected to take clients ranging in age from 8 to 18. These positions are permanent part-time and can be structured on a contractual or employee based model.

Reimbursement, compensation and benefits are also negotiable based on training, experience and professional goals

Application materials must include:

1. Cover letter outlining training and clinical experience with children and/or teens; a statement of preference for work with children, adolescents or both; a description of education, training and clinical experience in Cognitive Behavior and/or Dialectical Behavior Therapy; your career interests, and goals for the next three years.
2. Curriculum vitae
3. Two letters of recommendation from individuals-preferably supervisors-familiar with your clinical work
4. A clinical work sample, such as an assessment report, case formulation, treatment plan, publication, etc.

Materials can be submitted to Dr. Garry Del Conte, Psy.D. (drd@daybreaktreatment.com)
Incomplete or partial submissions will not be considered. Applications will be accepted until the positions are filled. For additional program information visit their website:
www.daybreaktreatment.com.

Additional Job Postings

Are you a new graduate seeking employment?
Looking for a new job within the social work field?

Don't forget that you have access to many local and current job postings when you visit the Career Center for the Department of Social Work. Tons of great information is just a click away! Visit the Career Center for the Department of Social Work today at <http://deptofswrkuofmemphis.wordpress.com/>.



Current Topics in the Psych Field

Eat mindfully (and with gratitude) this holiday season.

“Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.” – Jon Kabat-Zinn

Mindfulness is an essential element of Buddhist practice which is often employed in psychology to alleviate troubling conditions such as obsessive-compulsive disorder and anxiety, and to aid in the prevention of drug relapse and depression.



Mindfulness is all about being aware of your thoughts, emotions, and physical sensations in the present moment. With practice, you learn to free yourself of negative, habitual patterns of thinking, feeling, and acting.

Mindful eating brings the principles of mindfulness to the dinner table. When we are purposefully aware of our eating we chew slowly, deliberately noticing the sensations and our responses to those sensations. We eat quietly. We notice our mind wandering and we purposefully bring our attention back to the meal. With practice, we become aware of hunger and satiety and allow our bodies to dictate when we should eat and when we should stop.

Emotional eating and binge eating are leading causes of obesity. Mindfulness at the dinner table combats those triggers.

It takes 20 minutes from the time you start eating for your brain to send out signals of fullness. This holiday season eat slowly. Enjoy the company around the table. Put down your fork between bites and share stories. Slowing down over a holiday meal gives your body time to feel full and your spirit time to be thankful.

Additional resources:

<http://www.thecenterformindfuleating.org/principles>

<http://www.nytimes.com/2012/02/08/dining/mindful-eating-as-food-for-thought.html?pagewanted=all>

<http://www.sciencedaily.com/releases/2009/08/090803185712.htm>

Don't be a stranger!

Please send submissions to the Newsletter

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Department of Social Work

Department of Social Work

fostering ongoing professional development, preparing students as critical thinkers

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