UTA School of Social Work

School of Social Work Weekly Newsletter
April 5, 2024 Spring Semester

Inside this Issue

- **Event Spotlight** *New*
- **Social Justice Spotlight** *New*
- **Opportunities** *New*

SOCIAL JUSTICE Spotlight

INCLUSIVITY

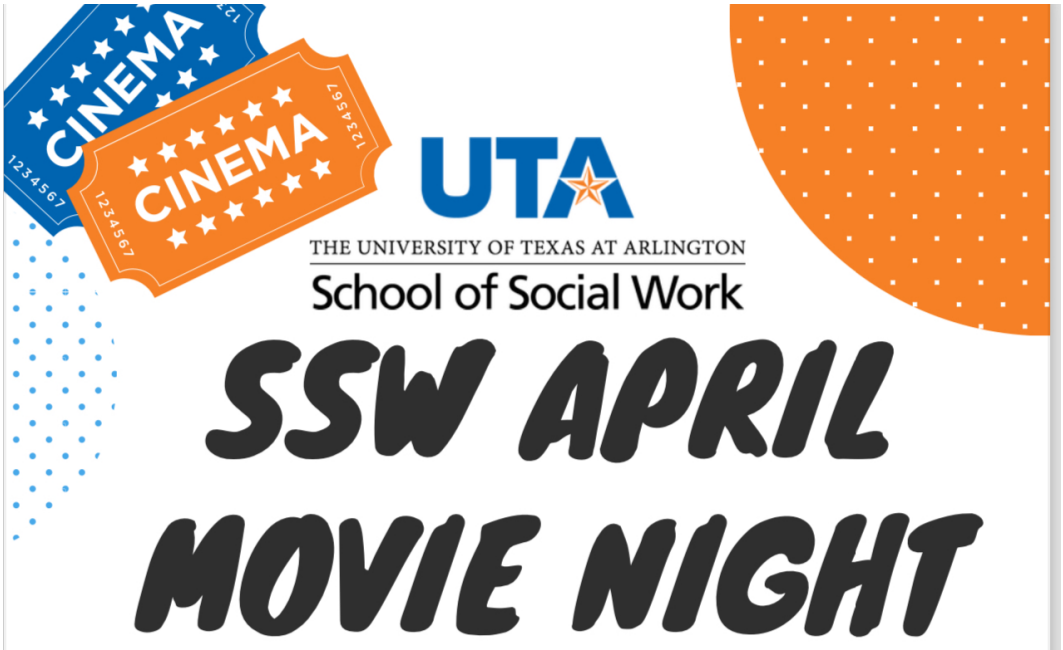
QUIET ROOM
LOCATED IN THE SOCIAL WORK SMART HOSPITAL

Inclusivity refers to creating an environment where everyone feels welcomed, respected, and valued regardless of their background, beliefs, or identity. The University of Texas Arlington promotes valuing and respecting all individuals within its core value statement and the school of social work adheres to this philosophy in the overall framework of the program.

Offering a Quiet Room for students to retreat to for prayer, meditation, or being with their thoughts supports inclusivity by providing a space where individuals of different faiths or those seeking moments of reflection can practice their beliefs or engage in personal introspection without feeling excluded or pressured to conform to a specific ideology or practice. This allows for diversity in religious and spiritual experession within a community or organization like ours at The University of Arlington School of Social Work.

We would like to invite you to view and experience the Quiet Room anytime you are led to do so.

Event Spotlight

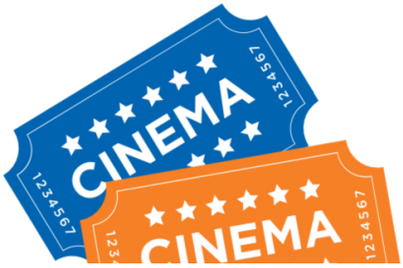


"ON THE BASIS OF SEX"

APRIL 25TH, 6-8PM
SWSH ROOM 132

AFTER-FILM PANEL DISCUSSION HOSTED BY THE COMMUNITY & ADMINISTRATIVE PRACTICE COMMITTEE

If you require any special accommodations for this event please contact allison.tomlinson@uta.edu



Important Dates

- **Apr 5th**: Summer Field Application closes
- **Apr 8th**: Lunar Eclipse 2024
- **4/17 - 4/23:** Celebrate Earth Wk
- **April 30th**: Last Day of Classes
- **May 8th**: Last Day to get Field Hours
- **May 2nd - May 8th:** Finals Week
- **May 10th**: Commencement Ceremonies

Student Spotlight

Hello Friends!

My name is Heather and I am currently in the final few semesters before graduating with a Master's of Social Work. I am also currently one of your Student Leaders for graduates. I am single mother to three amazing kids, ages 23, 17 and 13. I have a Bernese Mountain Dog named Huckleberry, which I am training to become an Animal Assisted Therapy dog.

I am a family member of several loved ones who live with mental health and substance misuse disorders and learned through my own life experiences how much this affects everyone. I am passionate about the human experience and helping others, but I learned I first had to take the time to fix myself first before I would be able to help others. I am definitely a work in progress and am still on my own personal journey of introspection and healing. Daily, I learn more about myself and the importance of how I am able to show-up and make a difference in the lives of others and the relationships I have with them.

On my journey, I changed careers to find my life's fulfillment and purpose to work as a licensed chemical dependency counselor for several rehabilitation centers while also continuing getting a masters degree. I had a desire to start a podcast to bring awareness to a community of people who live with mental health and substance misuse disorders, which is called Fixing the Fix. I love hearing the stories of others who have found their own path to recovery and from professionals in the field who offer their expertise and solutions that may help others. This is my way of helping others, giving back, and advocating for a cause near and dear to my heart. I hope to leave a legacy of recovery behind for my own family and show others the importance of healthy relationships and living meaningful lives.

The Subconscious Mind: A Hidden Force

The subconscious mind operates beneath the surface of our conscious awareness, influencing thoughts, feelings, and behaviors in profound ways. Unlike the conscious mind, which is logical and analytical, the subconscious mind is deeply emotional and intuitive. It stores memories, beliefs, and past experiences, shaping our perceptions of the world and ourselves. It is important to be able to sit with yourself and experience your feelings, thoughts and insights and experience healing as a result.

When specifically looking at how our subconscious mind influences our emotional health, there is a direct impact. Negative beliefs and thought patterns stored in the subconscious can lead to anxiety, depression, and other mental health issues. For example, someone who harbors deep-seated beliefs of unworthiness may struggle with low self-esteem and feelings of inadequacy.

Conversely, positive beliefs and affirmations can promote emotional resilience and well-being. By reprogramming the subconscious mind with thoughts of self-love, acceptance, and gratitude, individuals can cultivate a more positive outlook on life and experience greater emotional balance.

Let's look at techniques for harnessing the power of our subconscious mind:

- Visualization: visualization is powerful to help with reprogramming the subconscious mind. By vividly imagining positive outcomes and experiences, individuals can train their subconscious to focus on solutions rather than dwelling on the problems.
- Affirmations: affirmations are positive statements repeated regularly to instill new beliefs and thought patterns in the subconscious mind. By affirming statements such as "I am worthy" or "I am capable," individuals can gradually shift their self-perception and improve emotional well-being.
- Mindfulness: mindfulness practices such as meditation and deep breathing help to quiet the chatter of the conscious mind, allowing individuals to access the deeper realms of the subconscious. By cultivating present-moment awareness, individuals can observe their thoughts and emotions without judgment, facilitating healing and transformation at a subconscious level.

- Hypnotherapy: hypnotherapy involves inducing a trance-like state to access the subconscious mind and enact positive changes. Under the guidance of a trained therapist, individuals can uncover and address deep-seated emotional issues, leading to profound health and personal growth.

The power of the subconscious mind is a potent force that can either hinder or enhance emotional heath. By understanding how the subconscious influences thoughts, feelings, and behaviors, individuals can take proactive steps to reprogram limiting beliefs and cultivate a more positive mindset. By utilizing the techniques references herein, it is possible to unleash the full potential of the subconscious mind and achieve greater emotional well-being. It is not only a journey of self-discovery, but also a transformative path towards lasting emotional health and fulfillment.

Peace & Love,
Heather Rhodes, MSW GSL Intern
The University of Texas at Arlington

Learn More About the Subconscious Mind

Opportunities

APRIL 11-12, 2024

9:00 AM- 5:00 PM

UTA Science Engineering Innovation (SEIR 298) & Planetarium

Use your mobile device to register for the event by scanning the QR code at left. Deadline to register is Friday, March 29!

UTA Graduate School

UNIVERSITY OF TEXAS ARLINGTON

UTA EDGE Center

UTA Hispanic Serving Institution Initiatives

SAVE THE DATE

CMAS PRESENTS DISTINGUISHED LECTURER

JULISSA NATZELY ARCE RAYA

NATIONAL BEST-SELLING AUTHOR

https://julissaarce.com

04.17.2024 | 6 PM

University of Texas at Arlington
Central Library
702 Planetarium Pl, Arlington, TX 76019

Questions or Requests For Special Accomodations
Contact: cmas@uta.edu | 817-272-2933.

School of Social Work

Student ORG ONLINE FAIR

APRIL 18TH 5:30-6:30

Join us ... for our last
Empowerment Pathways: Student Success
Spring 2024 event

- At the School of Social Work, we have several student organizations that one could join. The organizations are available to both our in person and online students. Please join us to learn more about the Student Organizations that are offered and what they do. The following are organizations we have:
  - African American Social Work Student

Alliance
- Gerontology
- Mavs for Mental Health Awareness
- Phi Alpha (invite only)
- Social Work Council
- Social Workers for Children and Families
- Student Association for Macro Social Work
- Students Coalition Against IPV
- Students for Global Change
- Queer Social Association

Please RSVP by:

Clicking here

OR →

SCAN ME

IPE DISTINCTION CERTIFICATE

Interprofessional Education(IPE) is "when students from two or more professions learn about, from and with each other" (WHO,2010).

Are you graduating and have participated in IPE activities while at UTA? Do you want to be recognized for your hard work?

Apply for an IPE Distinction Certificate and receive a graduation cord!

REQUIREMENTS:

1) Completed at least two IPE activities at UTA
2) Discuss the IPE activities you have participated in
3) Submit a copy of your resume that includes the IPE activities

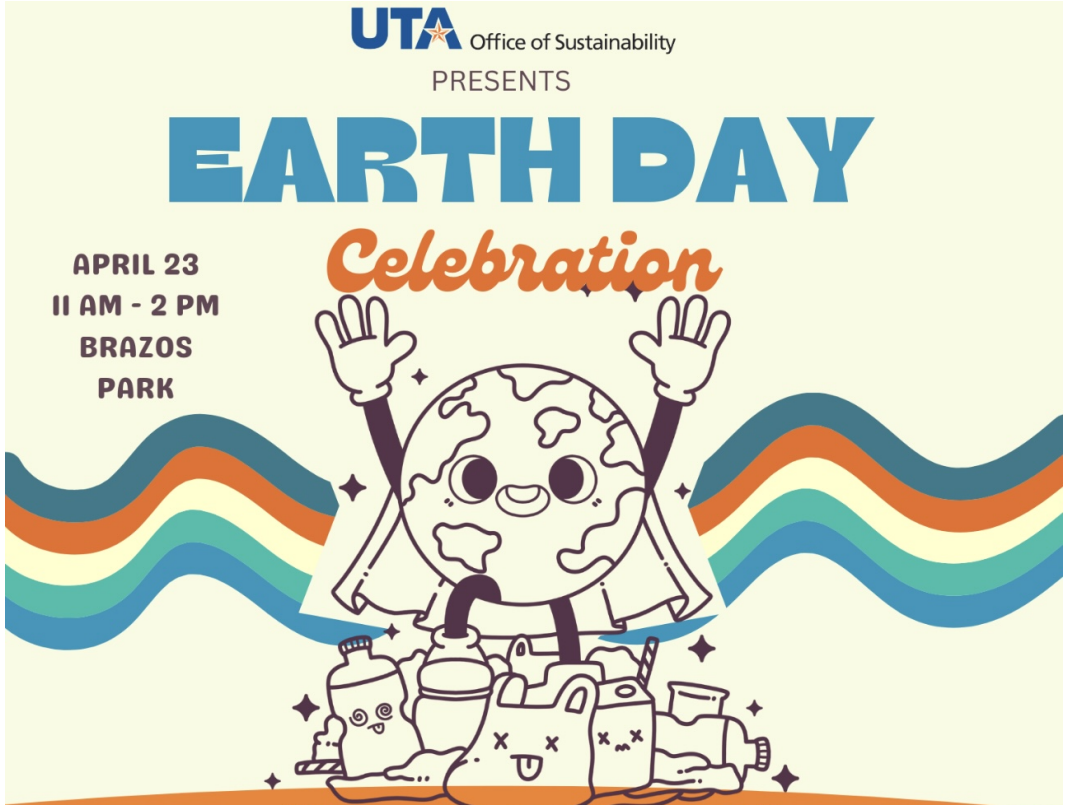
Apply by April 22, 2024!

Click here or scan the QR code to apply!

Questions?
Contact Professor Tracy Orwig
tracy.orwig@uta.edu

UTA Office of Sustainability

EARTH WEEK
PLANET VS. PLASTIC
Celebrate Earth Week with us!
4/17- Scavenger Hunt
UC Mall from 12pm-2pm.
4/18- Volunteer at the Compost Site
Compost site from 3pm-5pm
4/22- Bracelet making
UC Mall from 12pm-2pm.
4/23- EARTH DAY CELEBRATION
Brazos park from 11am-2pm
INSTAGRAM:
@GOGREENUTA


UTA Office of Sustainability
PRESENTS
EARTH DAY
Celebration
APRIL 23
11 AM - 2 PM
BRAZOS
PARK

PLANET VS. PLASTIC

THIS YEAR, EARTH DAY FOCUSES ON MINIMIZING PLASTIC POLLUTION IN OUR SURROUNDINGS.
JOIN US IN CELEBRATING OUR PLANET AND DISCOVER UTA'S EFFORTS IN CREATING A SUSTAINABLE ENVIRONMENT!

T-shirts • Food trucks • Giveaways • Activities • Music

INSTAGRAM:
@GOGREENUTA

UTA School of Social Work

SURVIVOR LINK Building Networks of Support

VIOLENCE PREVENTION & SAFETY PLANNING COMMUNITY POLICY

Discover safety planning strategies and risk assessment approaches to improve social work and community practice

SPRING SESSION

PART 3 OF 3

SAFETY PLANNING
Learn the different strategies and services that policy makers can take to empower survivors

RISK ASSESSMENT
Understand how Social Workers assess current policy to identify community opportunities

JOIN US
APR 17
@4PM CST
via Microsoft Teams

Require special accommodations? Contact Dr. Rachel Voth Schrag at rachel.vothschrag@uta.edu

In Partnership With AmeriCorps ASU School of Social Work Arizona State University

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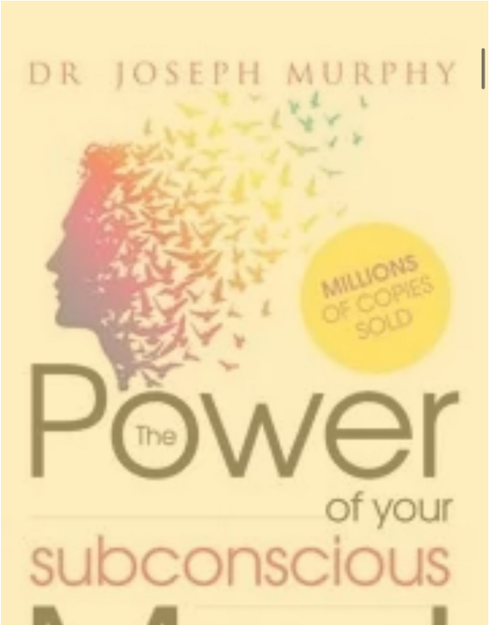
Book of the Week



The Power of your Subconscious Mind
by Dr. Joseph Murphy

This week the newsletter team focused on inclusivity and promoting inclusion in our community with the Quiet Room by allowing everyone to have a be involved in the *Social Justice Spotlight*. The importance of feeling included in a community we are a part of where we feel accepted for who we are and having a safe space to understand our own human experience and how it connects to the power of our subconscious minds as it was pointed out in the *You Matter* section.

Dr. Jospeh Murphy changed the lives of people all over the world by writing, couseling, teaching and speaking to thousands of people for nearly fifty years.

Born in 1898, he was educated in Ireland and England. In the preface of this title, Dr Joseph Murphy asserts that life events are actually the result of the workings of your conscious and subconscious minds. He suggests practical techniques through which one can change one's destiny, principally by focusing and redirecting this miraculous energy. Years of research studying the world's major religions convinced him that some great Power lay behind all spiritual life and that this power is within each of us.

Heather Rhodes
MSW Student – Graduate Student Leader
The University of Texas Arlington

Available on Amazon

My name is Traecia Nichols, I am the Student Success Coordinator for the School of Social Work. In my role I work with students who are facing crises and need help accessing university and community resources. This section will consist of resources that are available to you as a student. If you are in need of resources or have any questions or concerns, please contact me at traecia.nichols@uta.edu.

Empowerment Series

Join us for the final Empowerment Pathways event of the semester held **Online** on **April 18th from 5:30 to 6:30 pm**!

This virtual student org fair hosted by the School of Social Work promises to be an enriching experience.

Discover opportunities to get involved, connect with like-minded peers, and learn about the impactful work of our student organizations. Whether you're passionate about advocacy, community service, or networking, there's something for everyone.

Don't miss out on this chance to explore and empower yourself within our vibrant community. Mark your calendars and join us for an evening of inspiration and connection.

RSVP Here

Academic Resources

Graduate Director Office Hours

Meet Dr. Regina Praetorius, LMSW-AP-S, the Director of Graduate Programs at UTA's School of Social Work during her new open office hours.

Options are listed below:

- Wednesdays 2-3pm (SWSH Suite 203/204)
- Mondays 7:30-8:30pm (virtual)

Monday' Virtual Meetings

Academic Advising

Need to meet with an advisor but there's no upcoming appointment available? Drop-in either in person or virtually on Wednesdays. To schedule your 30-minute drop-in time, click the button below. Be sure to select in-person or virtual and your advisor. Remember, drop-in sessions are on a first come basis.

No drop in appointments available? **Visit this page** to find your advisor's power hour where you can always drop in and ask questions, no appointment needed.

Apr 1st: Summer 2024 and Fall 2024 class registration opens

MSW Social Work Mavericks! **Brittany Latcher** joins us as the new academic advisor for **Mental Health and Substance Misuse**.

BSW/BSSUT Social Work Mavericks! **Desiree Warren** joins us as the new academic advisor for **students with the letter set A- H**.

Schedule your appointment here

Field Placements

- **Apr 5th** - Summer Field Application closes.
- May 8th- Last Day to get hours
- Field forms are available here!
- Field FAQ
- If you are having technical difficulties with Tevera please email sswfield@uta.edu and include a screenshot of the issue.

Field Advising

This is an opportunity for you to ask questions, similar to Office Hours for faculty!

BSW and BSSUT Students

- Field Advisor: Vanessa Caraveo
- 1st & 3rd Thursday | 3pm - 4pm
- **Join your field advisors' power hour here</>**

Advanced Children & Families, Advanced CAP, Advanced Aging & Advanced Health

- Field Advisor: Monica Brown
- 1st & 3rd Wednesday | 4pm - 5pm
- **Join your field advisors' power hour here**

Advanced Mental Health/Substance Misuse

- Field Advisor: Sharon Martin
- 1st & 3rd Thursday | 3pm - 4pm
- **Join your field advisors' power hour here**

View all field advisors and power hours here

Undergraduate & Graduate Student Leader (USL/GSL)

USLs & GSLs serve as advocates and communication facilitators for BSW & MSW students, fielding questions about all aspects of the school experience, including advising, field, registration, orientation, scholarships, deadlines, program policies, and more. You may reach out to your USL / GSL by email or Teams.

If you do not know who your assigned USL is, you may email Emily Rappaport (emily.rappaport@mavs.uta.edu) or Jackie Flores (jackie.flores@mavs.uta.edu).

If you do not know who your assigned GSL is, you may email Makita Johnson (mxj1622@mavs.uta.edu) or Andrea Moreno (axm7516@mavs.uta.edu).

Click here to meet our USLs

Click here to meet our GSLs

Licensing

- If you're in your final semester and want to get started on applying to ASWB to take the LBSW or LMSW licensing exam, click here to request the Dean's Letter for Licensure, which UTA will send to ASWB. More info can be found on the ASWB site and our SSW licensure page.
- **There's lots of great updated information about licensing in the Student Success and Advising Course on Canvas—Check it out!**
- Interested in the LCDC? Scroll to the end of this Licensure webpage and click on the Texas LCDC Licensing 2021 PDF for a chart that shows how different education levels can prepare you for the LCDC.

UTA Resources

UTA Academic Calendar

Evidence-Based Research Guide

Webinar Library

UTA Counseling & Psychology Services

SAR Center

Free Windows Apps with Student ID

SSW Writing Resources

Suicide Prevention Lifeline

Emergency Assistance Fund

Rental Assistance Program

Survivor Support Group

Free & Confidential HIV Testing

UTA/Tri-C Food Pantry Distribution

CAPS

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

Follow UTA School of Social Work on: