MSWSA meeting minutes – November 13, 2013

5:30 p.m. meeting was called to order by MSWSA President, Karissa Martin. A sign in sheet was passed around for members to sign.

New business: Karissa called for a vote on the amended MSWSA Constitution and By-laws that have been provided to the membership for review. Changes have been made to increase inclusivity of advanced standing students in elections, to be held in August of the academic year vs. the previous spring. The amended version was passed with no “nays”.

Karissa reminded the students about MSWSA dues, which are $1, payable to Treasurer Paige Melton, who will send students the membership form via email.

Two t-shirt designs were offered as possibilities. The selection will be finalized by 12/3/13 and we will begin taking orders at the 12/3 meeting and holiday dinner.

The Turley Food Drive is in full swing. We have already filled the bug tub once and donations are being stored in 3J34. Drs. Byers and Havig will accept donations in class and the collection tub will remain in J hallway through the last week of the semester. The food drive will culminate at the 12/3 holiday dinner – people who bring 2 or more items to the dinner will be entered in a drawing for door prizes. We are especially requesting high-protein foods such as PB, can meat, and beans.

Lori Franklin was introduced and provided a talk on Mindfulness-based CBT. She gave an overview of the “third-wave” of CBT, her own journey of learning and using mindfulness in practice, and lead the group in several exercises focused on mindfulness and relaxation. She provided several suggested books for those interested in learning more:

*Cognitive and Behavioral Theories in Clinical Practice* by Kazantis, Reinecke, and Freeman

*Mindfulness-based Cognitive Therapy for Depression* by Segal, Williams, and Teasdale

*The Mindfulness-based Stress Reduction Workbook* by Stahl and Goldstein

*Mindfulness for Beginners and Full Catastrophe Living* by Kabat-Zinn

*Acceptance and Commitment Therapy: The Process and Practice of Mindful Change* by Hayes, Strosahl, and Wilson