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Mindfulness Therapy as a New Approach in Clinical Social Work: A Theoretical Review

Prof. Dr. Abdulaziz Albrithen

United Arab Emirates University, UAE

Abstract:

The literature on religion and social work (such as Islam, Christianity, Judaism, Buddhism, etc.) reveals a shift from an initial stage of defining concepts like spirituality to a new stage that moves social work from conceptual levels to practical applications making the profession more unified. These epistemological shifts in the realm of existence reflect the openness of social work to the comprehensive and underlying theories of the human personality that assumes a metaphysical reality. Within these transformations, mindfulness emerged as a central practice of expanding awareness for the purpose of self-observation and knowledge of the surrounding world. Recent studies show that mindfulness can achieve gradual results that begin with and end in awareness (i.e., consciousness problems arise and in consciousness they are solved). This paper attempts to discuss mindfulness therapy in a theoretical framework as a therapeutic model that can be integrated with all cultures, and that can contribute to promoting the clinical practice of social work.

Keywords: Mindfulness, clinical social work, cognition, self-awareness