

MINDFULNESS IN SOCIAL WORK

“FROM AUTOPILOT TO
CONSCIOUS ACTION”

MONDAY, 23. 2. 2026 - LECTURE ROOM 9
(SLOVENIA)

9:00

Registration for subsidised student meals

Kampus, Pivovarniška 6

10:30–11:30

At Faculty of Social Work

Topniška 31

- Welcome by Dean of Faculty of Social Work (Mojca Urek)
- Welcome by host organiser (Petra Videmšek, Borut Petrović Jesenovec): Basic outlines of BIP
- Warming up: introduction (who we are) (Petra Videmšek)

11:30–12:00

Coffee break

12:00–12:45

Is it possible to do nothing in social work? Petra

Videmšek and Stella Belaj

12:45–13:45

Lunch break

13:45–15:45

Workshop: Being in contact

(body-mind integration for modern-day humans)

Tea Vuga

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TUESDAY, 24. 2. 2026 (SLOVENIA + CZECK REPUBLIC)

8:00–18:00

Mindfulness trip

8:00 Meeting point: Železna cesta 8, DM Shop

Mindful Photography

Primož Rakovec

Application and training of mindfulness mini-techniques and mindful walk technique

Monika Chrenková, Věra Malík Holasová and Czech students

- Structure: working in groups and in pairs
- Time: approx. 2 hours incl. breaks
- Tools: paper notebook for notes (do not use mobile phones)

WEDNESDAY, 25. 2. 2026 - LECTURE ROOM 7 (CZECK REPUBLIC + FINLAND)

9:00–10:30

Supervision & mindfulness and the use of mindfulness techniques in supervision

Monika Chrenková and Věra Malík Holasová

10:30–11:00

Coffee break

11:00–12:30

Reflection on the training of mindfulness techniques and their contribution not only in social work

Monika Chrenková, Věra Malík Holasová and Czech students

12:30–14:00

Lunch break

14:00–15:30

Positive psychology: Mindfulness as a way to support work and overall well-being

Kaisa Vuolukka

- Simple Group Exercises: Strengths in Action, Meaningful Moment Reflection ect.

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THURSDAY, 26. 2. 2026 - LECTURE ROOM 8 (FINLAND + THE NETHERLANDS)

9:00–10:30

Acceptance and Commitment Therapy (ACT)

Kaisa Vuolukka

- Exercise 1: Values Compass (10–15 minutes)
- Exercise 2 (Alternative): Passengers on the Bus

10:30–11:00

Coffee break

11:00 – 12:30

Taking care of oneself, well-being, ownership of life, values, social network

Andries Scherpenzeel and Roelf van Herwijnen

12:30–13:30

Lunch break

13:30–15:30

Workshop: Taking Ownership (Self-Leadership)

Roelf van Herwijnen and Andries Scherpenzeel

FRIDAY, 27. 2. 2026 - LECTURE ROOM 9

9:00–10:30

Students' presentation of takeaway messages

10:30–11:00

Coffee break

11:00–12:30

Wrap up the whole week and goodbye

12:30–13:30

Lunch



FSD

UNIVERSITY OF LJUBLJANA
Faculty of Social Work

PROJECT LEAD:
PETRA VIDEMŠEK