



Annual Virtual Continuing Education Conference

Closing Speaker

Thursday, June 8th | Day 2

Getting Back to the Heart of Social Work

The motivation to go into social work practice often comes from an individual's interest to create impact in the world with a deep desire to help others. More specifically, some may choose social work due to personal issues they experienced such as poverty, addiction or mental illness and feel called to help others who may be grappling with the same concerns. As social workers we are also called to eradicate systems of inequity and oppression in all its forms. Over time, social workers may lose the enthusiasm and passion they had for the profession, or experience burnout or compassion fatigue, due to a myriad of reasons.

In this invigorating and energizing closing talk, Dr. Cindy Bautista-Thomas will guide the group through a discussion around remembering who you are, radical self-care, and self-awareness. Self-care strategies will be shared that will encourage social workers to reignite the passion of social work practice.



Dr. Cindy Bautista-Thomas, LCSW, RYT
Co-founder, Velocity Visions, Inc.
Doctoral Lecturer, Department of Social Work
at Lehman College

Cindy Bautista-Thomas, PhD, LCSW, RYT a licensed clinical social worker, social work educator, podcast co-host of Self-Care to Success in 15 Minutes or Less, yoga instructor, mindfulness facilitator, author, mother, wife, master trainer and curator of spaces of healing, transformation, and impact. As co-founder of Velocity Visions, Inc, Dr. Cindy provides dynamic personal and professional development services through experiential workshops in nonprofit, for profit, and government settings. Velocity Visions, Inc. provide workshops, consultancy and coaching around these four pillars: self-care, social emotional learning/emotional intelligence, healing centered practice and diversity, equity and inclusion.



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Dr. Cindy is also a Doctoral Lecturer at Lehman College, Department of Social Work, City University of New York. She obtained her PhD and MPhil from the Urban Education program at the City University of New York, Graduate Center, her MSW from University at Albany, State University of New York, and her BSW from the State University of New York at Stony Brook.

With over 20 years of social work experience in early intervention, child welfare, public schools, higher education and work within nonprofit and corporate entities, Dr. Cindy has provided training and workshop in the areas of toxic stress, leadership development, racial healing, effective communication, burnout prevention, compassion fatigue, vicarious trauma, self-care, mental health, incorporating mindfulness and contemplative practices. She is a contributing author to the best-selling book *Latinx in Social Work: Stories that heal, inspire, and connect communities*. Most recently, she has co-authored the textbook, *School Social Work: A Direct Practice Guide (Second Edition)*.