

Leigh Burrows
College of Education, Psychology and Social Work



Research Biography

Leigh has a background in teaching, counselling, consultancy and research in primary, secondary, special and higher education.

She has worked with teachers and leaders in variety of research and professional learning contexts, including mainstream and Steiner/Waldorf schools across Australia and in New York, a community college in New Hampshire and a university in Macau, China.

In her teaching, research, professional learning provision, consultancy and counselling she has in recent years been particularly interested in 'safeguarding', 'empowering' and 'healing' mindfulness so its potential benefits can be tailored to individual needs and situations.

Leigh coordinates the graduate certificate and Masters in Wellbeing and Positive Mental Health and the graduate certificate in counselling vulnerable children and young people. She also coordinates and teaches in a range of undergraduate and post graduate topics in wellbeing, mindfulness and therapeutic and trauma sensitive teaching and learning.

Employment

Senior Lecturer

College of Education, Psychology and Social Work
Flinders University
1 Jan 2019 → 31 Dec 2019

Project Officer Wellbeing and ARC Research

South Australian Department for Education
Australia
1 Jan 2008 → 1 Jan 2010

Project Officer Learning Difficulties

South Australian Department for Education
Australia
1 Jan 2000 → 1 Jan 2007

Secondary English and Special Education Teacher

South Australian Department for Education
Australia
1 Jan 1997 → 1 Jan 1999

year 5/6 teacher

Willunga Waldorf School
1 Jan 1995 → 1 Jan 1996

Research outputs

Debate: Innovations in mindfulness for young people need to take more account of their unique needs if they are to live up to their potential

Burrows, L., Nov 2022, In: Child and Adolescent Mental Health. 27, 4, p. 424-426 3 p.

Empowering mindfulness for women

Burrows, L., 13 Apr 2021, London: Routledge, Taylor & Francis. 157 p.

Safeguarding Mindfulness in Schools and Higher Education: A Holistic and Inclusive Approach

Burrows, L., 2018, London, United Kingdom: Routledge, Taylor & Francis. 139 p. (Focus)

I feel proud we are moving forward": Safeguarding mindfulness for vulnerable student and teacher wellbeing in a community college

Burrows, L., 1 Jan 2017, In: The Journal of Adult Protection. 19, 1, p. 33-46 14 p.

Safeguarding Mindfulness Meditation for Vulnerable College Students

Burrows, L., 1 Feb 2016, In: Mindfulness. 7, 1, p. 284-285 2 p.

Inner Alchemy. Transforming dilemmas in education through mindfulness

Burrows, L., 23 Apr 2015, In: Journal of Transformative Education. 13, 2, p. 127-139 13 p.

I've got a red beast in me, I know it!

Burrows, L., 2015, In: BACP Children and Young People. June, p. 20-22 3 p.

Students with autism need targeted attention: not a cage

Burrows, L., 2015, 2 p.

Opening Pandora's box*: the contribution of mindfulness to individual and institutional being and becoming in Steiner-inspired education

Burrows, L., 2014, *Teachin with Spirit - New Perspectives on Steiner Education in Australia*. Immortal Books, p. 163-172 10 p.

Spirituality at Work: The Contribution of Mindfulness to Personal and Workforce Development

Burrows, L., 2014, *Workforce Development: Perspectives and Issues*. Springer , p. 303-316 14 p.

Transforming 'the red beast' within through mindfulness and therapeutic storytelling: a case study

Burrows, L., Dec 2013, In: Australian Journal of Guidance and Counselling. 23, 2, p. 172-184 13 p.

Making Space for Mindfulness

Burrows, L., 2013, In: Dialogue. 30, p. 30-32 3 p.

Shadow Play: Mindfulness and Reflection in Waldorf Education

Burrows, L., 2013, In: RoSE - Research on Rudolf Steiner Education. 4, 1, p. 142-159 18 p.

Transforming anger in the classroom into wisdom through mindfulness: a case study

Burrows, L., 2013.

'Feeling real': it's like putting my hand through a wall into another world

Burrows, L., 2011, Brisbane: Post Pressed.

Fostering the wellbeing for learning connection

Warren, J., Koen, S. & Burrows, L., 2011, *Mental health and wellbeing: Educational perspectives*. Shannon Research Press, p. 53-61 9 p.

'I saw myself reflected in an institution for the first time': making academic and personal learning in teacher education visible through an e-portfolio. A case study of a graduate teacher

Burrows, L., 2011.

Placing Relational Wellbeing at the centre of our concern

Burrows, L., 2011, *Schoolink*, 17, 3, p. 1-2 2 p.

Practising relational mindfulness in school communities

Burrows, L., 2011, *Mental health and wellbeing: Educational perspectives*. Shannon Research Press, p. 213-223 11 p.

Relational Mindfulness in Education

Burrows, L., 2011, In: *Encounter: Education for Meaning and Social Justice*. 24, 4, p. 24-29 6 p.

Building the capabilities of school communities to improve their wellbeing: Report 1. An Australian Research Council Linkage Grant Project

Lawson, M. J., Askeel-Williams, H., Wyras, M., Burrows, L., Skrzypiec, G., Gregoric, C., Slee, P., O'Toole, P., Owens, L. & Le Lant, C., May 2010, Adelaide South Australia: Centre For Analysis Of Educational Futures, Flinders University. 44 p.

I just want friends: a 'relational wellbeing' approach to providing school support for a young person with Asperger Syndrome

Burrows, L., 2010, In: *Journal of Student Wellbeing*. 3, 2, p. 1-11 11 p.

Opening Our Minds to New Ideas and Slowing Us Down to Consider Our Options: Practicing Relational Mindfulness to Assist with Relational Complexity

Burrows, L., 2010, *SERUpdate*, 20, 2, p. 18-19 2 p.

Restoring the pathways to relational wellbeing and learning for a young person with autism and relational trauma

Burrows, L., 2010.

Towards a 'spirited' approach to wellbeing for children who challenge the system

Burrows, L., 2009, In: *Curriculum Perspectives*. 29, 3, p. 73-76 4 p.

Max and the knight: how a therapeutic story provided a connection point for child, family, school, human service agencies and community

Burrows, L., 2008.

Recreating the Circle of Wellbeing

Burrows, L., 2007, Adelaide: Department of Education and Childrens Services (DECS).

Wellbeing: a core principle on which to build teacher pre-service teacher program development and delivery

McCallum, F. & Burrows, L., 2007, *Education Connect*, 8, p. 9-11 3 p.

Spiritual Wellbeing

Burrows, L., 2006, *Education Connect*, 7.

Crossing the bridge- emerging understandings of self in special school teachers in Macau

Burrows, L., 2005, In: *Australian Journal of Learning Disabilities*. 5, 10 p.

SQ: Connecting with our spiritual intelligence

Burrows, L., 2005, In: *Gifted and Talented International*. 20, 2, p. 78-81 6 p.

Compassionate Communication with Parents of Children and Young People with Learning Disabilities

Burrows, L., 2004, In: *Australian Journal of Learning Disabilities*. 9, 4, p. 12-20 9 p.

Conference presentations and invited keynotes 2021-2022 (in development, to be continued)

Invited Keynote Speakers for 1st International Conference on Health, Education and Technology (ICHET) 2021 on 30th November 2021. Invited Keynote Speaker for Positive Education South Australia Wellbeing in Schools conference October 2021.

Thesis examination and Peer Review 2021-2022 (in development, to be continued)

PhD thesis examination Edith Cowan University (2021) Mindfulness Peer review for the journal 'Religions' on Mindfulness-multiple reviews

Awards

Dean's Award for Consistent High Quality Teaching in Post Graduate Education (2022) Vice Chancellor's Teaching Award for Pioneering Mindfulness in pre, inservice and post graduate teacher education (2016) Faculty Award for Teaching Excellence for Developing a Relational Pedagogy in Pre and in service Teacher Education (2012) Outside Studies Program Semester one 2021

2021-2022 Consultancies (in development, to be continued)

*Accommodations and Adjustments for students with a trauma background: SACE BOARD: This involved providing advice as to the extent to which there is enough scope and variety in the content of these subjects for the psychological safety of students to be maintained and respected. and further adjustments may be needed. *Review of the Applied Mindfulness for Professionals graduate certificate at Nan Tien University October 2021) This involved providing an assessment on the content of the course and the degree to which it is drawn from a substantial, coherent and current body of knowledge and scholarship. In addition I provided feedback the relevance and fit of the pedagogical approach taken in this course as it relates to the subject learning objectives and on appropriateness of the assessment tasks learning outcomes appropriate to the AQF level.

*Advice, therapeutic art therapy and professional learning support in relation to young people with mental health difficulties: Allenby Gardens Primary School 2022 Woodcroft College 2022 *Professional learning workshops: Adelaide Secondary College of English Scotch College

Press/Media 2021-2022 (in process, to be continued)

Caution Needed With Mindfulness, reporting on MYRIAD UK study: 'The Advertiser' 8th October 2022 Sonia Feldhoff 891 ABC Radio 10th October 2022 Leon Byner FIVEAA Radio