

Outline

The Yoga Tradition and Neuropsychology

Yoga, Patanjali and MRI's
The importance of heart rate variability (HRV)

Embodied Psychotherapy

The Triune Brain: left out of traditional psychotherapy?
Regulating the brain's trauma center
Tracking body sensation and breathing deeply
A frame of reference from Somatic Psychotherapy
Neuroplasticity and interpersonal neurobiology

Apply Trauma-Informed Yoga Postures in the Psychotherapy Session for PTSD, Anxiety and Depression

The *evidence* in evidence-based yoga practice
Yoga and polarities
Guided script for chair yoga:
5 trauma-informed chair yoga postures
Guiding and integrating the poses into your existing treatment modality (EMDR, Somatic Experiencing, etc).
Chair trauma-yoga:
Tracking body sensation
Gaining self-mastery
Increasing self-regulation
Expanding present-moment awareness
Experience a chair yoga warm up and posture sequence

Yoga and the Breath

Respiration and the autonomic nervous system (ANS)
Breathing techniques to regulate the ANS and calm symptoms of trauma, anxiety and depression
Experience the three-part deep breath and script

Structure of the Embodied Psychotherapy Session or Group

Evaluating the client
Opening the session
Healing polarities:
Inner/outer
Sympathetic/parasympathetic activation
Sensing/action
Cognitive/somatic
Healthy symptoms of trauma discharge
Key points in making referrals to yoga classes

Therapeutic Value of Yoga Nidra (Yogic Sleep)

The benefits of sleeping while awake
Varieties of Yoga Nidra
Guided experience of Satchidananda's Yoga Nidra
Discussion of Yoga Nidra script

Using Meditation

The relaxation response
Mindfulness meditation: open-focused meditation
A guided experience of both styles of meditation
The benefits of meditation in the trauma psychotherapy session

Case Study



Objectives

1. Explore ways that autonomic nervous system dysregulation contributes to PTSD symptoms.
2. Ascertain which symptoms of post-traumatic stress disorder can be decreased through trauma-sensitive yoga practice.
3. Appraise the benefits of bringing yogic deep relaxation (Yoga Nidra) into the therapy session.
4. Devise specific yogic strategies to reduce anxiety and depression.
5. Employ applications of chair yoga and three-part deep breathing methods using scripts and practice sessions.
6. Recommend which clients can benefit from yoga, with which techniques and when they should be used.



Applications of the Adult Attachment Interview

DR. DAN SIEGEL

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Bringing

Trauma-Informed Yoga

into Mental Health Clinical Practice

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Bringing

Trauma-Informed Yoga

into Mental Health Clinical Practice

- Use yogic interventions immediately for trauma, PTSD, anxiety and depression
- Integrate yoga with your treatment modalities
- Offer your clients (and yourself) powerful self-help tools


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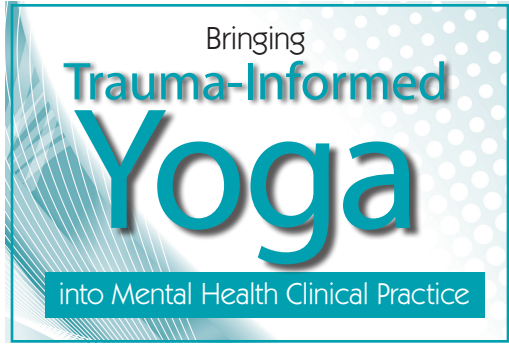
"Yoga teaches us to change our arousal system, our sympathetic and parasympathetic nervous systems and to quiet the brain."

– Dr. Bessel van der Kolk

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Attend this state-of-the-art workshop and discover yoga-based interventions to regulate the autonomic nervous system and learn exactly how to incorporate these interventions into your psychotherapy session.

Join Debra Premashakti Alvis, Ph.D., RYT, for an in-depth training on the principles and practices of trauma-informed yoga, with a special focus on chair yoga postures, yogic breathing exercises, and yoga nidra, the yogic sleep. She is one of the first practitioners to combine yoga with the wisdom of neuroscience and techniques from somatic psychology into a personalized approach for bringing yoga into the session, groups, and yoga classes. The focus of this work is on regulating the client's autonomic nervous system as the groundwork for trauma healing.

Debra trained with Dr. Bessel van der Kolk's The Trauma Center in Boston and will share transformational skills for you and your clients. Learn first-hand why organizations as diverse as the U. S. Army and the U.S. prison system have embraced yoga as an evidence based approach to treat post-traumatic stress disorder, anxiety and depression.

Discover how trauma-informed yoga can improve your clinical outcomes!

Speaker

Debra Premashakti Alvis, Ph.D., RYT is a private practitioner, mindfulness teacher, consultant, and therapeutic yoga educator. Debra offers training and consultation to therapists internationally, helping them to integrate mindfulness and yoga into their clinical work.

In 2005, Debra was initiated into the Integral Yoga tradition and was given her spiritual name, Premashakti, by Sri Swami Satchidanda. She has completed Mindfulness Based Stress Reduction training (MBSR) with Dr. Jon Kabat Zinn, Mandala Teacher Training with Susanne Fincher, and has co-taught with Amy Weintraub, author of *Yoga for Depression*. She leads retreats at spiritual centers around the world. Over three decades of personal contemplative practice support her work as a psychotherapist, presenter, and consultant.

As faculty at the University of Georgia, Debra developed and led the Mind/Body program offering mindfulness and yogic based therapies, continuing education, and a clinical training program based on contemplative approaches. She serves on a research team investigating mindfulness.

Speaker Disclosure:

Financial: Debra Premashakti Alvis is in private practice. She receives compensation as a Professor for the University of Georgia. Dr. Alvis receives a speaking honorarium from PESI, Inc.

Non-financial: Debra Premashakti Alvis has no relevant non-financial relationship to disclose.

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Other Mental Health Professionals • Occupational Therapists & Occupational Therapy Assistants

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Yoga & Mindfulness Therapy Workbook for Clinicians and Clients

By C. Alexander Simpkins, Ph.D. & Annellen M Simpkins, Ph.D.

Bringing together philosophy and science with hands-on exercises, journaling, and charts, this practical workbook is organized with: tools to get you started, clear instructions to guide you in the practices of yoga and mindfulness, and application of the practice for anxiety, stress, depression, trauma, and substance abuse.

101 Trauma-Informed Interventions: Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CACD, CCDPD

This is the workbook that all mental health professionals wish they had at the beginning of their careers. Containing over 100 approaches to effectively deal with trauma, this workbook pulls together a wide array of treatments into one concise resource. Equally useful in both group and individual settings, these interventions will provide hope and healing for the client, as well as expand and solidify the professional's expertise.

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MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

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