

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

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (*on your own*)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Questions?

Call customer service at
800-844-8260

Objectives

1. Evaluate ways that autonomic nervous system dysregulation contributes to PTSD symptoms.
2. Ascertain symptoms of post-traumatic stress disorder which can be decreased through trauma-sensitive yoga practice.
3. Practice trauma-informed chair yoga postures for use in the individual or group psychotherapy session.
4. Determine the benefits of bringing yogic deep relaxation into the therapy session.
5. Specify yogic strategies to help reduce symptoms of anxiety and depression in clients.
6. Apply applications of chair yoga and three-part deep breathing practices into your clinical work, using scripts and practice sessions.

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Bringing

Trauma-Informed
Yoga

into Mental Health Clinical Practice

FREDERICK, MD
Wednesday, November 7, 2018

ROCKVILLE, MD
Thursday, November 8, 2018

FAIRFAX, VA
Friday, November 9, 2018

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Bringing

Trauma-Informed
Yoga

into Mental Health Clinical Practice

- Practice evidence-based yogic interventions for trauma, PTSD, anxiety and depression
- Integrate yoga with your treatment modalities

FREDERICK, MD
Wednesday, November 7, 2018

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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

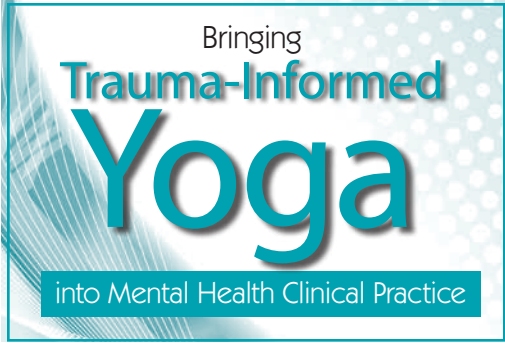
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This workshop also incorporates techniques and theory from trauma studies, somatic psychotherapy and ayurveda. Throughout the day, you will learn the importance of nervous-system regulation to the process of psychological healing.

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.

Through lecture, experiential exercises, video clips, and case studies, you will leave the workshop with the background and tools you need to add trauma-informed yogic interventions to whatever style of therapy you currently practice.

Speaker

Debra Premashakti Alvis, PH.D., C-IAYT, 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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Healing Anxiety, Depression and Unworthiness
78 Brain-Changing Mindfulness & Yoga Practices
By Mary Nurriestearns, MSW, LCSW, RYT

A compassionate and practical workbook that provides 78 brain-changing practices to guide living with meaning and peace. Interactive format with journaling prompts. Step-by-step mindful yoga poses. Clinician treatment notes for each chapter.

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.

Target Audience: Counselors • Psychotherapists • Social Workers • Case Managers
Marriage & Family Therapists • Addiction Counselors • Nurses • Nurse Practitioners • Clinical Nurse Specialists
Other Mental Health Professionals • Occupational Therapists & Occupational Therapy Assistants

Live Seminar Continuing Education Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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.

VIRGINIA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 6.3 contact hours. PARTIAL CONTACT HOURS WILL BE AWARDED FOR PARTIAL ATTENDANCE.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this Intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

WEST VIRGINIA SOCIAL WORKERS: The West Virginia Board of Social Work Examiners can only approve programs held in the state of West Virginia. This course does not qualify for West Virginia social work credits. You will still receive a certificate of completion at the end of the seminar to retain for your records.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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____ Seminar on CD* (audio) \$169.99 (RNA052680)

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____ **101 Trauma-Informed Interventions** book* \$29.99 (PUB045620)

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