

Outline

The Promise of Yoga for Treating Trauma

Trauma prevalence
Adverse childhood experiences
Socio-cultural impacts of trauma
Yoga research outcomes with veterans
Higher retention, satisfaction and acceptability rates with yoga
Why embodiment in psychotherapy treatment matters
Risk and limitations of research

Bring Traditional Yoga Components to Contemporary Trauma Treatment

The 4 pillars and 8 limbs
Focus on rejuvenating the body
Moral and ethical conduct considerations
Established observances, including contentment and self-study
Emphasis on internal and external purification
Ascension of energy/vitality through asana and pranayama
Ability to focus perception and mind on what is happening in the body

Bring Practical Neuroscience Applications to Contemporary Trauma Treatment

Brainwaves and patterns and their interface with yoga practices
The Triune Brain
Left and right brain functions in understanding trauma
Managing anxiety with a focused attention meditation method

 [Case Example](#)

Yoga as a Therapy Tool

Teach the brain and body to work in harmony
Learn to stretch some parts of the body and relax other parts
Yoga's impact on controlling the effect of the brain on the body
Diffuse vital, healing energy throughout the body

 [Case Example](#)

Yoga Nidra (Changing States of Consciousness)

Conscious entry into non-REM sleep
iRest (Integrative Restoration)
Core principles
10 tools
8, 15, and 30-minute script examples of practice sessions

Trauma-Sensitive Yoga Scripts; Physical Movements and Forms

Expand capacity for self-awareness and self-regulation
Standing, seated, supine, and prone postures and forms with supports
Shifting relationship with self to foster patience, internal sense of safety, a felt sense of control, and personal agency
Key themes in trauma-informed yoga for individual and group work

Experiencing the present moment (example with Tadasana/Mountain pose)
Making choices (example with simple neck rolls)
Taking effective action (Example with present moment awareness and making changes)
Creating rhythms (example with cat pose/form and exploring rhythm between movement and breathing)

Chair-Focused Trauma Yoga

Focused meditation
Seated neck rolls/seated shoulder circles
Seated mountain
Sun breath
Seated twists
Seated forward folds

Facilitating a group therapy session

Informed consent
Match goals with postures and forms
Provide resources

Target Audience:

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

Objectives

1. Explain why embodiment in psychotherapy matters and how to incorporate it successfully into treatment with traumatized clients.
2. Determine effective ways to help trauma clients focus their perception and mind on what is happening in the body as a result of the trauma.
3. Evaluate trauma's effects on the brain and how to use yoga to mitigate them.
4. Apply Yoga Nidra and iRest scripts to help trauma clients achieve impactful states of relaxation and restoration
5. Utilize the key themes of trauma-informed yoga appropriately in both individual and group sessions.
6. Practice various yoga postures and movements, including chair-focused trauma yoga, in preparation to use them in sessions with clients.

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- Get access to areas of the brain locked out by trauma
- Release the destructive imprints of trauma through internal and external purification
- Teach the body and brain to work in harmony
- Help clients achieve impactful relaxation and restoration through the principles and tools of iRest, a program created from Yoga Nidra.
- Successfully use key themes in Trauma-Informed Yoga in both individual and group sessions

"The challenge of recovery is to reestablish ownership of your body and your mind — of your self. This means feeling free to know what you know and to feel what you feel without becoming overwhelmed, enraged, ashamed, or collapsed."


- Bessel van der Kolk, *The Body Keeps the Score*

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YOGA FOR TRAUMA

Help Clients Gain Control Over Their Bodies and Minds, Activate Healing Processes, and Release the Negative Imprint of Trauma

The impact of trauma is so profound that it is felt not just in the mind, but in the body as well. Survivors carry the effects of the traumatic events in their tissues, negatively affecting their ability to rest, to remember and process, and to achieve a state of regulation. To successfully work with these clients, you need to utilize embodied practices that incorporate mind-body connection into your clinical practice. Mounting evidence points to yoga as a complimentary tool that you need in your arsenal to effectively work with trauma survivors.

Michele Ribeiro has been using yoga and mindfulness with trauma survivors for over 20 years, and she wants to show you how to reenergize your own work. Find out how simple yoga poses and techniques can be introduced to help clients become aware of and then remove traumatic imprints through mind-body purifying processes. Teach clients how to send revitalizing, healing energy throughout their body. Discover the benefits of Yoga Nidra and how to help clients reach this state of relaxation and restoration. **This seminar is your “how-to” guide for incorporating evidence-based yoga poses and techniques into your practice in a manner that is effective, ethical, and appropriate for your scope of practice.**

You do not have to be a yoga therapist to apply what is learned in this seminar to your own trauma work. You only need to have a desire to see transforming healing occur in the lives of your clients.

Speaker

Michele D. Ribeiro, EdD, CGP, is a Licensed Psychologist, Certified Group Psychotherapist, Certified Yoga Instructor and a Children/Teens Meditation Course Teacher. She has been applying mindful awareness as a therapist and teaching mindfulness as a skill to clients presenting with trauma, depression, anxiety, ADHD, eating disorders and addiction issues for over 20 years.

Dr. Ribeiro began her yoga studies in 1997 and completed advanced yoga training in India at numerous yoga centers and ashrams including the Indian Yoga Institute, Prashanti Kuteeram in Bangalore, the Yoga Study Center in Rishikesh, the Ramamani Iyengar Memorial Yoga Institute in Pune, India and at the Iyengar Yoga Center of New York in NYC. She has written on mindfulness for the “Group Psychologist Newsletter” and assisted with editing journal articles on yoga and ALS in the *Journal of Alternative and Complementary Medicine*.

Dr. Ribeiro has a private consulting practice, works as a psychologist and instructor at Oregon State University and is co-owner of the Iyengar Yoga Center of the Willamette Valley in Corvallis, OR. She has taught yoga, mindfulness practices, and biofeedback at various universities, schools, and conferences throughout the United States and abroad while working as a psychologist for Semester at Sea. She serves on the planning committee for the new Yoga Certification program, is on the steering committee for expanding Contemplative Studies, and is co-leader for a Mindful Living and Learning Community, all at Oregon State University.

Speaker Disclosures:

Financial: Michele Ribeiro is in private practice. She receives a speaking honorarium from PESI, Inc.

Non-financial: Michele Ribeiro is a member of the American Group Psychotherapy Association.

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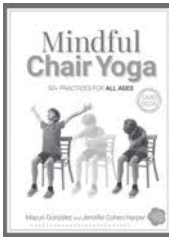
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7:30 Registration/Morning Coffee & Tea

8:00 Program begins

11:50-1:00 Lunch (*on your own*)

4:00 Program ends

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By Mary Nurriestearns, MSW, LCSW, RYT

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By Jennifer Cohen Harper, MA, E-RYT and Mayuri Breen Gonzalez

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