

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

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

\*Social Workers: Please note that ACE credit is not available for yoga instruction/guided experience activities.

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.

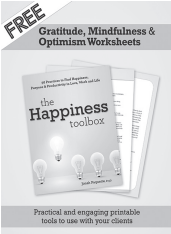
2. Ascertain symptoms of post-traumatic stress disorder which can be decreased through trauma-sensitive yoga practice.

3. Analyze ways that trauma-informed chair yoga postures can be used in the individual or group psychotherapy session.
4. Determine the benefits of bringing yogic deep relaxation into the therapy session.

5. Identify yogic strategies to help reduce symptoms of anxiety and depression in clients.

6. Explain the potential for improved clinical outcomes resulting from incorporating yoga and three-part deep breathing practices.

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Bringing  
Trauma-Informed  
Yoga  
into Mental Health Clinical Practice

PARSIPPANY, NJ  
Wednesday, November 6, 2019

EDISON, NJ  
Thursday, November 7, 2019

PRINCETON, NJ  
Friday, November 8, 2019

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Bringing  
Trauma-Informed  
Yoga  
into Mental Health Clinical Practice

- Evidence-based yogic interventions for trauma, PTSD, anxiety and depression
- The benefits of integrating yoga with your current treatment modalities
- Powerful self-help tools for your clients (and yourself)

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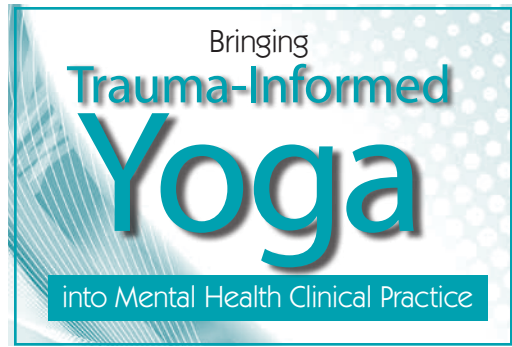
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“Yoga teaches us to change our arousal system, our sympathetic and parasympathetic nervous systems and to quiet the brain.”  
– Dr. Bessel van der Kolk

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Discover yoga-based interventions that can help regulate the autonomic nervous system and learn how to incorporate these interventions for effective client outcomes.

Join Irina Diyankova, Ph.D., RYT-200, for an in-depth training on the principles and practices of trauma-informed yoga, with a special focus on chair yoga practices, yogic breathing exercises, and yoga nidra, the yogic sleep. 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.

You will leave the workshop with the background and tools you need to evaluate the benefits of adding trauma-informed yogic interventions to whatever style of therapy you currently practice.

## Speaker

**IRINA DIYANKOVA, Ph.D, RYT-200**, is a licensed psychologist in private practice in Knoxville, TN and a registered yoga teacher. She specializes in the treatment of complex and developmental trauma, including PTSD, dissociative disorders, and anxiety & mood disorders. Dr. Diyankova completed her yoga teacher training in Subtle Yoga® with Kaoverii Weber In Asheville, NC. Currently, she is studying for the 500 hour yoga teacher certification with the Himalayan Institute in Honesdale, PA. She also completed part of her yoga studies with the Himalayan Institute in Allahabad, India.

Dr. Diyankova received her undergraduate degree in psychology from Moscow State University, and her M.S. in psychology and Ph.D. in counseling psychology from Iowa State University. She has made numerous presentations on trauma and yoga to clinical audiences in the United States, United Kingdom, Mexico, and Russia. She also maintains a blog, healingt.blogspot.com, that highlights the holistic approach she takes to trauma treatment. Learn more about Dr. Diyankova at [www.dr-irina.com](http://www.dr-irina.com)

Speaker Disclosure:

Financial: Irina Diyankova maintains a private practice. She has an ownership interest in Healing Trauma: Yoga for Healing Trauma online classes. Dr. Diyankova receives a speaking honorarium from PESI, Inc.

Non-financial: Irina Diyankova is a member of the American Psychological Association.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

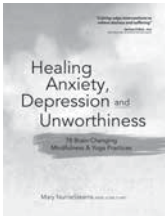
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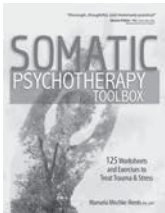


### Healing Anxiety, Depression and Unworthiness

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.



### Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

**Target Audience:** Counselors • Psychotherapists • Social Workers • Case Managers • Psychologists  
Psychiatrists • 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.** After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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](mailto: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 profession's standards.

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**Addiction 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 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.

**New Jersey 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 Practitioners, and 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.

#### Psychologists & Psychiatrists: Psychiatrists

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

#### Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

**Social Workers:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**New Jersey Social Workers:** Bringing Trauma-Informed Yoga into Mental Health Clinical Practice, Course #2193, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 12/20/2018 - 12/20/2020. Social workers completing this course receive 4.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

**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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BRINGING TRAUMA-INFORMED YOGA INTO MENTAL HEALTH CLINICAL PRACTICE

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#### ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

#### WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.

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