

Outline

The Yoga Tradition and Neuropsychology

Yoga, Patanjali and MRI's
The importance of heart rate variability (HRV)
Yoga as a complete system of energy medicine

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 Practices in the Psychotherapy Session

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

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.

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

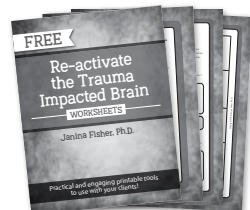
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Bringing Trauma-Informed Yoga

into Mental Health Clinical Practice

TRUMBULL, CT

Monday, December 9, 2019

CROMWELL, CT

Wednesday, December 11, 2019

PROVIDENCE, RI

Friday, December 13, 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)

TRUMBULL, CT

Monday, December 9, 2019

CROMWELL, CT

Wednesday, December 11, 2019

PROVIDENCE, RI

Friday, December 13, 2019

"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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Bringing Trauma-Informed Yoga into Mental Health Clinical Practice

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

Join Joann Lutz, MSW, LICSW, E-RYT, C-IAYT, 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

Joann Lutz, MSW, LICSW, E-RYT, C-IAYT, is a Licensed independent clinical social worker, a certified yoga therapist with the International Association of Yoga Therapists, an experienced registered yoga teacher with the Yoga Alliance, and a certified Ayurvedic Yoga Therapist. She is also certified in EMDR and psychosynthesis. She had a private practice in Northampton, Massachusetts, where she incorporated trauma-informed yoga into groups for combat veterans, clients recovering from psychiatric disorders, and others. She has practiced and taught Integral Yoga for over 35 years, and was a guest teacher at Omega Institute; Harbin Hot Springs; Rowe Conference Center and Sivananda Yoga Retreat, Bahamas, among other venues.

Joann completed 40 hours of trauma-sensitive yoga training with The Trauma Center in Boston, MA. She has been training mental health professionals to bring trauma-informed yoga into their practices nationally and internationally for the past 7 years, bringing this work to universities, conferences, hospitals, ashrams and yoga centers. Her CEU course, "Bringing Yoga into Social Work Practice," was published by the National Association of Social Workers, Ma. Chapter, in 2014. Her paper, "Classical Yoga Postures as a Psychotherapeutic Intervention for Autonomic Nervous System Regulation" was published in *Proceedings of the Yoga and Psyche Conference* (2014), by Cambridge Scholars Press. Her book, *Trauma Healing in the Yoga Zone*, is forthcoming from Handspring Publishers.

Speaker Disclosure:

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

Non-financial: Joann Lutz has no relevant non-financial relationship to disclose.

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

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.



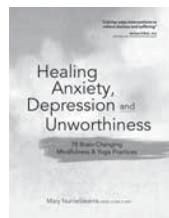
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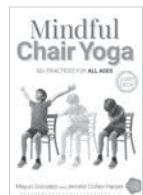


Healing Anxiety, Depression and Unworthiness:

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.



Mindful Chair Yoga: 50+ Practices for All Ages

By Mayuri Gonzalez and Jennifer Cohen Harper, MA, E-RCYT

Mindful Chair Yoga is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.



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 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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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: This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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.

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