

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

Live Seminar & Webcast Schedule
(Times listed in Eastern)

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

ROANOKE, VA • Wednesday, January 15, 2020

RICHMOND, VA • Thursday, January 16, 2020

NORFOLK, VA • Friday, January 17, 2020

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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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Friday, January 17, 2020

LIVE VIDEO WEBCAST
Friday, January 17, 2020

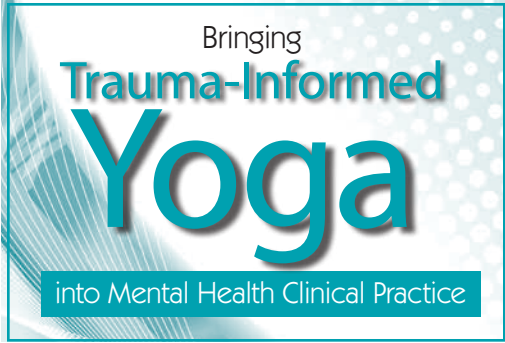
"Yoga teaches us to
change our arousal system,
our sympathetic and
parasympathetic nervous
systems and to quiet the
brain."

– 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

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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on January 17, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$49.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/76534



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

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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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Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

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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

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