

## 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

### Applying 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. 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 anxiety and depression.
6. Apply applications of chair yoga and three-part deep breathing practices into your clinical work, using scripts and practice sessions.

### 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.

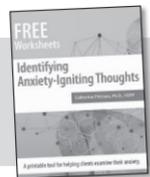
### Questions?

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**FREE** Worksheets

### Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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# Bringing Trauma-Informed Yoga

into Mental Health Clinical Practice

TIMONIUM, MD  
Monday, April 22, 2019

COLUMBIA, MD  
Wednesday, April 24, 2019

ANNAPOLIS, MD  
Friday, April 26, 2019



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# Bringing Trauma-Informed Yoga

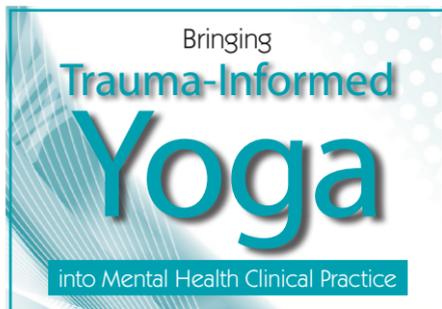
into Mental Health Clinical Practice

- Use evidence-based yogic interventions immediately for trauma, PTSD, anxiety and depression
- Integrate yoga with your current treatment modalities
- Offer your clients (and yourself) powerful self-help tools

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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



Discover yoga-based interventions that can help regulate the autonomic nervous system and learn how to incorporate these interventions into your psychotherapy session.

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.

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

**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.

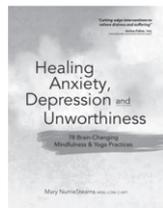
Speaker Disclosure:  
Financial: Joanne Lutz is in private practice. She receives a speaking honorarium from PESI, Inc.  
Non-financial: Joanne Lutz has no relevant non-financial relationship to disclose.

**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

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**\*SAVE by including these products with your seminar registration!**



### 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, CCDDP

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.

#### 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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PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**



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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](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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**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.

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#### PSYCHOLOGISTS:

This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Pennsylvania and South Carolina. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education. 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.

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QUESTIONS? Call 800-844-8260 or e-mail us at [info@pesi.com](mailto:info@pesi.com).

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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

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• **FREE Military Tuition:** PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.

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