

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.

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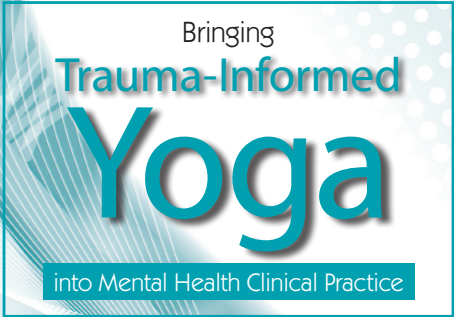
"Yoga teaches us to change our arousal system, our sympathetic and parasympathetic nervous systems and to quiet the brain."

– Dr. Bessel van der Kolk

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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.

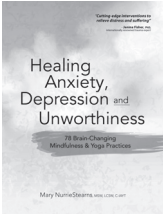
Speaker Disclosure:
Financial: Joanne Lutz is in private practice. She receives a speaking honorarium from PESI, Inc.
Non-financial: Joanne Lutz has no relevant non-financial relationship to disclose.

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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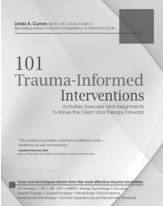


Healing Anxiety, Depression and Unworthiness

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.

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