

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.

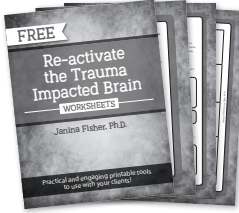
HAVE A SEMINAR IDEA?  
A MANUSCRIPT TO PUBLISH?

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If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at [ekrumenauer@pesi.com](mailto:ekrumenauer@pesi.com) or 715-855-8167.

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Bringing  
**Trauma-Informed  
Yoga**  
into Mental Health Clinical Practice

**WHITE PLAINS, NY**  
Monday, February 10, 2020

**PLAINVIEW, NY**  
Wednesday, February 12, 2020

**NEW YORK, NY**  
Friday, February 14, 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)

**WHITE PLAINS, NY**  
Monday, February 10, 2020

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Wednesday, February 12, 2020


**NEW YORK, NY**  
Friday, February 14, 2020

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

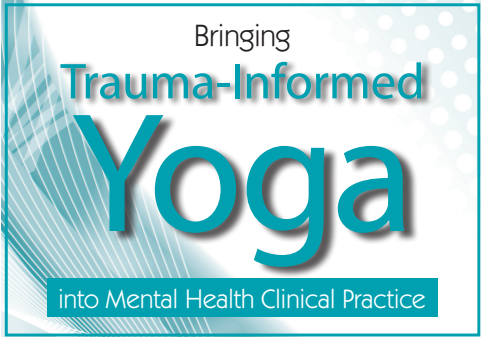
– Dr. Bessel van der Kolk  
The world's leading expert in trauma

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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: 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

**Hassle-Free Cancellation Policy:**  
If you contact us before the event date, you can exchange for a self-study package on the subject (CE credits 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.



**Seminar on DVD or Digital Format:** You can purchase a self-study package on the subject and you and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. If purchasing the digital format, you will receive an emailed order confirmation which contains your login instructions to access the recorded seminar, electronic handouts and online post-test. Order today by using the order form on this brochure or by calling 800-844-8260.

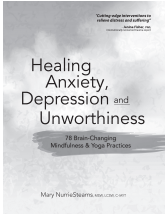
PESI, Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel.  
**Limited seats available; advance online registration required.**



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,

**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.

**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 [cepsi@pesi.com](mailto:cepsi@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.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

**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.

**NEW YORK ADDICTION PROFESSIONALS:** This course has been submitted to OASAS for review.

**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.

**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.

**NEW YORK COUNSELORS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Mental Health Counselors. #MHC-0033. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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.

**NEW YORK MARRIAGE & FAMILY THERAPISTS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Marriage and Family Therapists. #MFT-0024. This activity will qualify for 7.5 contact hours. Full attendance is required; no partial credits will be offered for partial attendance.

**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:** 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, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

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.

**NEW YORK PSYCHOLOGISTS:** This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

**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 #1855, 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: 04/30/2018 - 04/30/2020. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

**NEW YORK SOCIAL WORKERS:** PESI, Inc. is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0008. This activity will qualify for 7.5 contact hours. 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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- ☐ **\$24.99\*** *Healing Anxiety, Depression and Unworthiness* book (PUB085500)  
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\*Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR

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**All registrations must be prepaid.**

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### ADA NEEDS

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### SAME DAY REGISTRATION

Walk-ins are welcome but admission cannot be guaranteed. Contact us for space availability if registering within one week of seminar.

### TUITION OPTIONS

**Advance registration required.** Cannot be combined with other discounts.

• **FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge on live seminar tuition for veterans and active duty military personnel. *Limited seats available; advance online registration required.*

• **\$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, first come, first serve.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to [www.pesi.com/students](http://www.pesi.com/students) for details.

### QUESTIONS

Visit [pesi.com/faq](http://pesi.com/faq) or contact us at [pesi.com/info](mailto:pesi.com/info)

### OTHER WAYS TO REGISTER

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