

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 Practices 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

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THURSDAY

August 13, 2020

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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.

Questions?

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

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The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Emily Krumenauer at ekrumenauer@pesi.com or call 715-855-8167.

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A NON-PROFIT ORGANIZATION CONNECTING KNOWLEDGE WITH NEED SINCE 1979

Bringing Trauma-Informed Yoga

into Mental Health Clinical Practice

TAMPA, FL

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Wednesday, August 12, 2020

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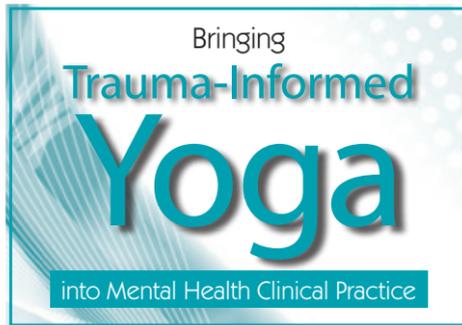
into Mental Health Clinical Practice

- 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)

"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 the field of traumatic stress and author of *The New York Times* bestseller *The Body Keeps the Score*



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. 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.

Seminar & Webcast Schedule (Times 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.

Target Audience

- Counselors • Psychotherapists • Social Workers
- Case Managers • Psychologists • Psychiatrists
- 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.

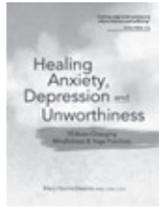


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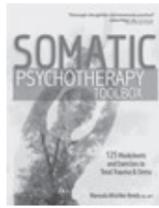


Healing Anxiety, Depression and Unworthiness

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.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on August 13, 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/82884

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.

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

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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.

FLORIDA COUNSELORS: CE credit is available. PESI, Inc. is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 6.25 continuing education credits.

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.

FLORIDA MARRIAGE & FAMILY THERAPISTS: PESI, Inc. is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 6.25 continuing education credits.

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FLORIDA NURSES: PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 6.0 contact hours.

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.

FLORIDA OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an approved provider with the Florida Board of Occupational Therapy Practice. Provider Number: 50-399. This course qualifies for 6.0 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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Psychologists
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. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

FLORIDA PSYCHOLOGISTS: CE credit is available. PESI, Inc., is an approved provider with the Florida Board of Psychology. Provider Number 50-399. This course qualifies for 6.3 continuing education credits. Please enter your license number in the program evaluation after the course to have PESI report your attendance to CE Broker.

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, 2020 - January 27, 2023. 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.

FLORIDA SOCIAL WORKERS: PESI, Inc. is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 6.25 continuing education credits.

FLORIDA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS, AND MENTAL HEALTH COUNSELORS: PESI, Inc., is an approved provider with the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. Provider Number 50-399. This course qualifies for 6.25 continuing education credits. Please make sure to bring your license number to the seminar so that we can report your attendance to CE Broker.

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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We would be happy to accommodate your ADA needs; please email info@pesi.com or call 1-800-844-8260 at least two weeks prior to the seminar date.

SAME DAY REGISTRATION

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

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• **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 (on live seminar and live video webcast tuition). **Advance online registration required.**

QUESTIONS

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