

PRE-CONFERENCE WORKSHOPS (5.5 CEUs)
FRIDAY, JUNE 30, 2017, 9:30a.m.- 4:30p.m.
Each is limited to 25 participants.

Nervous-System Informed, Trauma-Sensitive Yoga: The Convergence of Somatic Psychotherapy, Classic Yoga and Neuroscience, with Joann Lutz, MSW, LICSW, E-RYT

The ancient masters who developed the discipline of yoga, as expressed through the Yoga Sutras of Patanjali, had keen insight into the workings of the autonomic nervous system, which, when dysregulated, is linked to Post Traumatic Stress Disorder, Anxiety and Depression. The application of yogic techniques, along with the teacher/therapist's warm presence, can help to calm the symptoms of these conditions and, over time, help to re-regulate the system.

Joann will review the basic functioning of the autonomic nervous system, as well as major contributions from somatic psychotherapy and neuroscience research, and present a clear framework for working with autonomic nervous system dysfunction through trauma-sensitive chair yoga postures, breathing practices, and yoga nidra (the yogic sleep). We will experience these interventions and practice them from a script, with a partner (Certified yoga teachers/therapists can write their own script). These techniques can be combined with psychotherapy, counseling or rehabilitative practices from any tradition, in an individual session or a group. The workshop is appropriate for individuals with all levels of experience and skill.

Joann Lutz has been training mental health professionals internationally on trauma-informed yogic approaches for the past six years. She has practiced and taught Integral Yoga for more than 40 years and was in private practice as a psychotherapist for more than 20. She completed the 40-hour training in **Trauma-Sensitive Yoga**, developed by Dr. Bessel van der Kolk and staff at The Trauma Center in Brookline, Ma. She is certified in **Ayurvedic Yoga Therapy** through the Sivananda Yoga Vedanta Centers; in **Integral Yoga** (Advanced Certification) with Swami Satchidananda; in **EMDR** and in **Psychosynthesis**. She has taught trauma-sensitive yoga to veterans with PTSD; to participants of an eating disorders program; to individuals recovering from mental health issues; and to crime victims.

Identifying Subtle Breathing Patterns and Their Relationship to Mental Health: Harnessing the Breath For Improved Emotional Self-Regulation, with Suzanne Ludlum, MS, C-IAYT, E-RYT500, YACEP

The way we breathe provides valuable information to the mental health professional that may not otherwise be offered through dialogue with patients. The primary objective of this workshop is to help participants identify subtle breathing patterns in their patients that may reveal deeper emotional states. Participants will learn what exactly the various breathing patterns may reveal in terms of "holding on" to issues, allowing oneself to be with his or her sensations (emotional or physical), or being able to articulate these sensations, thoughts, and feelings. We will cover basic anatomy of the breath and postural imbalances often seen in this population. Participants will learn yogic breathing techniques they can offer patients that can induce a parasympathetic (relaxation) state, thus improving self-regulation, as well as simple exercises to open areas of the body that are often tight, resulting in a restricted ability to breathe fully. Case studies will be presented.

This workshop will have a strong experiential component, allowing participants the opportunity to practice not only identifying these subtle patterns, but to learn breathing techniques that can create an improved sense of emotional balance and equilibrium. Handouts will be provided. Please wear comfortable clothing, as some practices will be on the floor. Bring a yoga mat if you have one.

Suzanne Ludlum, MS, C-IAYT, E-RYT500, YACEP, is a certified yoga therapist in private practice. She works with people who suffer from anxiety, depression, PTSD, and traumatic brain injuries, and conducts trainings for yoga teachers and mental health practitioners. Suzanne is author of *An Imperfect Pilgrim: Trauma and Healing on This Side of the Rainbow* (Balboa Press, 2017). She is owner of Trinity Yoga and Healing in Fredericksburg, Virginia.

Addressing Anxiety with the Use of Yoga Traditions & Techniques, in Psychotherapy, with Jodi Ceballos, Ph.D., C-IAYT.

This presentation will cover yoga traditions and techniques that can complement treatment of clients who present with anxiety to psychotherapy sessions. She will discuss:

- 1) yoga-informed psychotherapy as a complementary treatment approach, in conjunction with other evidence-based theories and practices (i.e. CBT, DBT, etc), and as a stand-alone psychotherapy intervention for anxiety.
- 2) integrating yogic philosophy into psychotherapy, such as the 8 limbs of yoga including the yamas and niyamas, and when it might be appropriate to introduce these yogic traditions to psychotherapy clients who present with anxiety.
- 3) providing psycho-education for clients regarding the koshas and the kleshas as another way of looking at and addressing their anxiety, as well as maintaining optimal mental health.
- 4) when it may not be appropriate to venture too far into yoga philosophy with mental health clients with anxiety. Invite in the discussion the extent to which using sanskrit terms may be beneficial or not.
- 5) yogic tools and self-regulation techniques from yoga traditions that can be utilized with clients within session to reduce anxiety when sympathetic nervous system dominance is present.
- 6) strategies for identifying and addressing panic as a symptom using a yoga-informed approach.

Jodi Ceballos is a clinical psychologist, licensed in both California and Texas. She is also a certified yoga therapist (C-IAYT) through the International Association of Yoga Therapists. She has a private practice in California; a teletherapy practice with clients who reside in Texas; is the yoga therapist at a residential adolescent eating disorder center; contracts as a clinical psychologist and family assistance member for a business aviation emergency response team; and is writing and filming an online CEU course for mental health professionals regarding the integration of yoga into mental health practice. She is also on the faculty of the Trauma-Informed Yoga Therapy with Sundara Yoga Therapy in Austin, TX.

Jodi has completed an 800 hour certification through Integrative Yoga Therapy; training in Trauma-Informed Yoga Therapy with Sundara Yoga Therapy in Austin, TX ; the Yoga for Anxiety & Depression training with LifeForce Yoga and aerial yoga teacher certification.

SATURDAY MORNING KEYNOTE SPEECH:

The Love in the Room: Self Care/Other Care, with Amy Weintraub, MFA, e-RYT 500, C-IAYT, YACEP

Can you imagine a brief centering practice at the beginning of a session that even your most yoga breathing-resistant client can achieve? Or leading a universal tone other than Om that vibrates the heart with self-compassion? From the get go, you can help your clients relax, focus, and clear their minds of whatever doesn't support their therapeutic healing from co-occurring disorders like depression and anxiety. Imagine that despite your client's trauma history, she meets your gaze with a smile of renewed hope and commitment to her recovery. There's a moment of shared silence, and you feel the unspoken love in the room. The practices you will learn from the author of *Yoga Skills for Therapists* (W.W. Norton) and *Yoga for Depression* (Broadway Books) will:

- Enhance the therapeutic bond
- Empower your clients manage their mood disorder
- Help your clients to self-regulate and self-soothe
- Refresh and nourish you during your work with clients

Using evidence-based practices and case examples, you will learn how to:

- Assess and identify anxious clients who may benefit from a calming yoga breath like Brahmari Bee breath that is also great for ADHD, OCD, and can lead directly into meditation.
- Assess and identify depressed clients who may benefit from an energizing yoga breath like the Power Hara and an easy, give-the-mind a bone kind of meditation with mantra and imagery that helps you both focus.
- Practice and utilize universal, non-sectarian sounds that can help your clients self-regulate and provide you with tools for your own self-care.
- Learn how to integrate all of these yoga practices into the healing work you do with those you serve.

SATURDAY MORNING WORKSHOP:

When Mind--Body Practices Go Wrong:

How to Match Clients with the Right Methods, with Amy Weintraub.

Have you ever had clients try a mindfulness exercise that made them more anxious, or get emotionally flooded when you asked them to breathe deeply? What about clients who are quick to tell you, "I don't like that breathing stuff!"? If you're applying mind--body practices like pranayama breathing, meditation, mudras, or mantras in your session, it's important to understand which practices are best suited to which conditions, such as depression, anxiety, and disassociated states, and what effects and possible abreactions these practices can evoke. You'll discover how to:

Apply appropriate breathing and meditation practices based on your client's presenting mood and diagnosis

Help clients learn breathing, toning, and hand-gesture practices to self-regulate between sessions.

Incorporate simple yoga skills like adapted breathing and meditations in clinical settings, even when clients express cultural, religious, or personal resistance to practicing yoga

Amy Weintraub, MFA, e-RYT 500, C-IAYT, YACEP, is the founder of the LifeForce Yoga Healing Institute and has been a pioneer in the field of yoga and mental health for over 20 years. She is the author of *Yoga for Depression* (Broadway Books) and *Yoga Skills for Therapists: Effective Practices for Mood Management* (W.W. Norton) and numerous articles and book chapters. Amy is involved in ongoing

research on the impact of Yoga on mood. Her evidence-based Yoga protocol for managing mood is used in health care settings globally and is featured on a number of audio-visual products, including the LifeForce Yoga series, an award-winning library of evidence-based yoga and meditation CDs and DVDs for mood management. She maintains an archive of news and research on her web site, www.yogafordepression.com. In addition to her Kripalu Hatha Yoga studies in the US and India, Amy has been trained in Advaita Vedanta Nondualism with Nitya Chaitanya Yati head of the Narayana Gurukulam, iRest Yoga Nidra with Richard Miller, and Internal Family Systems Therapy with Dr. Richard Schwartz.

SATURDAY AFTERNOON WORKSHOPS:

Chakra healing through Somatic Therapy and Yoga-Psychotherapy, with Pamela Tinkham, MSW, LCSW, RYT®

This workshop includes a guided chakra (Yogic Eastern philosophy and mysticism) meditation, the combination of Somatic Therapy, Yoga-Psychotherapy and gentle yoga asana (poses). We will begin by grounding with the guided meditation and then explore the emotional and physical sensations within each chakra. Somatic Experiencing techniques of resourcing, pendulation and titration will be introduced and incorporated into our gentle yoga practice.

Pamela Tinkham, MSW, LCSW, RYT®, is a Licensed Clinical Social Worker, a somatic therapist and a Yoga-Psychotherapist. Pamela's achievements include the completion of SEP (Somatic Experiencing Practitioner) in 2017 at the Somatic Experiencing® Trauma Institute SE™. She holds a Master's degree in Social Work from Fordham University where she graduated with honors, and a Bachelor of Arts degree in Dance from Butler University. She also holds national certifications from The Yoga Alliance, the American College of Sports Medicine, and the American Council on Exercise. She was certified as a Reiki Master in 2010. She is licensed in Connecticut, New York, and Idaho. Her Connecticut clinical license and years of experience enable her to educate and supervise students and entry level therapists.

Bringing Nervous-System Informed, Trauma-Sensitive Chair Yoga and Breathing Practices into Mental Health Care, with Joann Lutz, MSW, LICSW, E-RYT

The ancient masters who developed the discipline of yoga, as expressed through the Yoga Sutras of Patanjali, seem to have had keen insight into the workings of the autonomic nervous system, which, when dysregulated, is linked to Post Traumatic Stress Disorder, Anxiety and Depression.

Joann will review the basic functioning of the autonomic nervous system and present a clear framework for working with its dysfunction through trauma-sensitive chair yoga postures and the three-part deep breath. We will then practice them and experience the benefits. These interventions can be combined with psychotherapy, counseling or rehabilitative practices from any tradition. The workshop is appropriate for individuals with all levels of experience and skill.

Joann has been training mental health professionals internationally on trauma-informed yogic approaches for the past six years. She has practiced and taught Integral Yoga for more than 40 years and was in private practice as a psychotherapist for more than 20.

She completed the 40-hour training in **Trauma-Sensitive Yoga**, developed by Dr. Bessel van der Kolk and staff at The Trauma Center in Brookline, Ma. She is certified in **Ayurvedic Yoga Therapy** through the Sivananda Yoga Vedanta Centers; in **Integral Yoga** (Advanced Certification) with Swami Satchidananda; in **EMDR** and in **Psychosynthesis**. She has taught trauma-sensitive yoga to veterans with PTSD; to participants of an eating disorders program; to individuals recovering from mental health issues; and to crime victims.

Integrating Yoga into Treatment Planning for Substance Use Disorder with Pam Nickisher, J.D.

This presentation explores the value of trauma-informed/sensitive yoga, its distinctions from traditional schools of yoga, and the power of practice within and beyond the context of treatment for trauma and substance use disorders. The particularly intimate relationship between trauma and substance use disorders and the growing relevance and evidence base for the clinical application of trauma-informed yoga as a therapeutic adjunct to traditional cognitive based approaches will also be examined. Attendees will be provided with a sample treatment plan (in accordance with ASAM Dimensions) that can be used at all levels of care, in addition to a resource list of scientific, professional and journal articles for their personal inquiry and to help professionals advocate for the integration of yoga within their specific treatment context.

Pam Nickisher is the Founder and Executive Director of 7Seeds Yoga, a peer-run, nonprofit organization serving individuals and groups suffering from trauma and substance use disorders. The 7Seeds Yoga Mission is "to nurture awareness and healing of the total being". 7Seeds Yoga provides strength-based, psycho-educational trauma-informed yoga and meditation instruction within the community, treatment and professional settings while focusing on the 7Seeds Yoga vision of "changing minds, one body at a time".™

Pam received her Juris Doctor from Rutgers Law School, a B.A. in Religion from Douglass College, Rutgers University and her CADAC training from Rutgers Center of Alcohol Studies Program. She has a life-long dedication to public service and has been an advocate for children, indigent criminal defendants, and an Americorp volunteer. Pam is presently a Board Member with Central Jersey Legal Services (CJLS), New Jersey Division Mental Health & Addiction Services (NJDMHAS) Behavioral Health Planning Commission, Citizen's Advisory Council, and Outcomes & Data Subcommittees. She has provided Senate testimony regarding the many benefits of trauma informed care systems, and currently volunteers for National Council Alcohol Drug Dependency (NCADD) to build a Recovery Center in Middlesex County. Pam has presented to a diverse range of audiences including state and local governments, local communities and organizations, press events and professional conferences.

Working With Patients in a Dissociative State Within the Framework of Therapeutic Yoga, with Suzanne Ludlum, MS, C-IAYT, E-RYT500, YACEP

This presentation will provide participants with a selection of mind-body practices that have been effective for working with patients who experience dissociation as a result of trauma. Through developing awareness of one's body, breath, and surroundings, continuing with grounding and engagement of somatic experience beginning with small movements, patients can "re-enter" their internal environment in a safe, non-threatening manner. This workshop will have a strong experiential component, allowing participants the opportunity to engage in practices that they can bring into the

therapy room. Techniques can be performed in a chair or on the floor. Please wear comfortable clothing; this presentation is experiential and participants will actively participate in the practice.

Suzanne Ludlum, MS, C-IAYT, E-RYT500, YACEP, is a certified yoga therapist in private practice. She works with people who suffer from anxiety, depression, PTSD, and traumatic brain injuries, and conducts trainings for yoga teachers and mental health practitioners. Suzanne is author of *An Imperfect Pilgrim: Trauma and Healing on This Side of the Rainbow* (Balboa Press, 2017). She is owner of Trinity Yoga and Healing in Fredericksburg, Virginia.

Addressing Anxiety with the Use of Yoga Traditions & Techniques, in Psychotherapy, with Jodi Ceballos, Ph.D., C-IAYT.

This presentation is a shorter version of Jody's Pre-conference workshop. It will cover yoga traditions and techniques that can complement treatment of clients who present with anxiety to psychotherapy sessions. Jody will discuss:

- 1) yoga-informed psychotherapy as a complementary treatment approach, in conjunction with other evidence-based theories and practices (i.e. CBT, DBT, etc), and as a stand-alone psychotherapy intervention for anxiety.
- 2) integrating yogic philosophy into psychotherapy, such as the 8 limbs of yoga including the yamas and niyamas, and when it might be appropriate to introduce these yogic traditions to psychotherapy clients who present with anxiety.
- 3) providing psycho-education for clients regarding the koshas and the kleshas as another way of looking at and addressing their anxiety, as well as maintaining optimal mental health.
- 4) when it may not be appropriate to venture too far into yoga philosophy with mental health clients with anxiety. Invite in the discussion the extent to which using sanskrit terms may be beneficial or not.
- 5) yogic tools and self-regulation techniques from yoga traditions that can be utilized with clients within session to reduce anxiety when sympathetic nervous system dominance is present.
- 6) strategies for identifying and addressing panic as a symptom using a yoga-informed approach.

Jodi Ceballos is a clinical psychologist, licensed in both California and Texas. She is also a certified yoga therapist (C-IAYT) through the International Association of Yoga Therapists. She has a private practice in California; a teletherapy practice with clients who reside in Texas; is the yoga therapist at a residential adolescent eating disorder center; contracts as a clinical psychologist and family assistance member for a business aviation emergency response team; and is writing and filming an online CEU course for mental health professionals regarding the integration of yoga into mental health practice. She is also on the faculty of the Trauma-Informed Yoga Therapy with Sundara Yoga Therapy in Austin, TX.

Jodi has completed an 800 hour certification through Integrative Yoga Therapy; training in Trauma-Informed Yoga Therapy with Sundara Yoga Therapy in Austin, TX ; the Yoga for Anxiety & Depression training with LifeForce Yoga and aerial yoga teacher certification.