



# NATIONAL CONFERENCE

## Integrating Yoga into Mental Health Care

Professional CEUs are Available

June 30 – July 2, 2017  
Misericordia University, Dallas, PA  
Sandy and Marlene Insalaco Hall

Sponsored by the Misericordia University Social Work Program  
and the Wellfleet Collective



### PROGRAM DESCRIPTION

This groundbreaking event features the first major conference in the U.S. focusing on the topic of yoga and mental health care. It is designed for mental health and rehabilitative health professionals as well as yoga teachers and therapists.

### ABOUT THE WELLFLEET COLLECTIVE

The Wellfleet Collective is an interdisciplinary collaboration organized to support, develop, implement and expand the clinical applications of yoga within mental and behavioral health treatment and deepen the connections within and between the mental health and therapeutic yoga community.

### FOR MORE INFORMATION CONTACT:

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For complete program description, visit us at  
[www.misericordia.edu/yoga](http://www.misericordia.edu/yoga)

Continuing Education Credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

**Social Workers:** CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org), through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 5.5 clinical continuing education clock hours.

**Licensed Clinical Professional Counselors/Licensed Mental Health Counselors:** Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LCPCs/LMHCs in the following states: AZ, AR, CA, CO, CT, DE, DC, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LCPCs/LMHCs completing the program will receive 5.5 continuing education hours of credit.

**Psychologists:** Commonwealth Educational Seminars (CES) is approved by the American Psychological Association (APA) to offer continuing education credit programs. CES maintains responsibility for this program and its content. Psychologists receive 5.5 hours of continuing education credit upon completing this program.

**Marriage and Family Therapists:** Continuing education credit for Marriage & Family Therapists is awarded in the following states: AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IN, IA, KS, ME, MD, MO, MT, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. Marriage and Family therapists completing this program will receive 5.5 CE hours of credit.

### PROGRAM SCHEDULE

#### Friday, June 30, 2017

9:30 a.m.–4:30 p.m.

##### Pre-Conference Workshops

*Nervous-System Informed, Trauma-Sensitive Yoga: The Convergence of Classical Yoga, Somatic Psychotherapy and Neuroscience*

Joann Lutz, MSW, LICSW, E-RYT

*Addressing Anxiety Through the Yoga Tradition and Techniques in Psychotherapy*

Jodi Ceballos, Psy.D., C-IAYT

*Identifying Subtle Breathing Pattern Dysregulations and Healing Them with Yogic Interventions*

Suzanne Ludlum, MS, C-IAYT, E-RYT 500

5:30 p.m.

##### Welcome Reception with Buffet

7:30–9:00 p.m.

##### Discussion Groups by Topic

#### Saturday, July 1, 2017

7:00–8:00 a.m.

##### Yoga Class

9:00–9:15 a.m.

**Introduction to the Conference and to Keynote Speaker Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP**

9:15–10:45 a.m.

##### Keynote Address

*The Love in the Room: Self-Care, Other Care*

Amy Weintraub

11:00 a.m.–12:30 p.m.

##### Workshop with Amy Weintraub

*When Mind-Body Practices Go Wrong: How to Match Clients with the Right Methods*

2:00–5:15 p.m.

##### Workshops

*Addressing Anxiety Through the Yoga Tradition*

Jodi Ceballos, Psy.D., C-IAYT

*Chakra Healing Through Somatic Therapy and Yoga*

Pamela Tinkham, MSW, LCSW, RYT

*The Use of Yoga in Treatment Planning for Substance Use Disorders*

Pam Nickisher, J.D.

*Yoga Therapy with Clients in a Dissociative State*

Suzanne Ludlum, MS, C-IAYT, E-RYT 500

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

8:00 p.m.

*Laughter Yoga with Live Music*

Peggy Tileston, MA, MT-BC, CMSII-BC CLYL

#### Sunday, July 2, 2017

7:00–8:00 a.m.

##### Yoga Class

9:00 – 10:30 a.m.

**Panel Discussion with Workshop Presenters; Q&A**

10:45 a.m.–12:00 p.m.

**Next Steps; Participant Sharings; Closing with Live Music**

**Pre-Conference CEUs: 5.5  
Conference CEUs: 6**