Bringing Trauma-Informed Yoga into Mental Health Care

The Yoga Tradition and Current Developments in Neuropsychology
Yoga, Patañjali, and MRI
Yoga and heart rate variability: Bessel van der Kolk’s discovery
Yoga as a complete system of Energy Medicine
Embodied Psychotherapy
The Triune Brain: which part was left out of traditional psychotherapy?
How yoga regulates the brain’s trauma center
The benefits of tracking body sensation and breathing deeply
A frame of reference from Somatic Psychotherapy
Daniel Siegel’s “Window of Tolerance”
Frontiers of brain functioning: neuroplasticity and Interpersonal Neurobiology

Applying Trauma-Informed Yoga Postures in the Psychotherapy Session for PTSD, Anxiety and Depression
The evidence in evidence-based yoga practice
Guided script for chair yoga
Trauma-Informed chair yoga postures
The script to use for 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 Practical experience of a chair yoga warm up and posture sequence

Yoga and the Breath
The physiology of respiration: gross and subtle
Using breathing techniques to regulate the Autonomic Nervous System and calm symptoms of trauma, anxiety and depression
An experience of the three-part deep breath
Practicum on the three-part deep breath from a script
Evidence-based benefits of bringing yoga into psychotherapy

Structure of the Embodied Psychotherapy Session or Group
Opening the session
Modulating the intensity of the client’s experience
Evaluating the client
Healing polarities
Inner/outer
Sensory/action
Somatic
Sympathetic/parasympathetic activation
Healing symptoms of trauma discharge in evidence-based yoga practice

Therapeutic Value of Yoga Nidra (Yogic Sleep)
The latest proven intervention for PTSD: the latest in the military’s arsenal of treatments
Yoga Nidra basics, the benefits of sleeping while awake
Varieties of Yoga Nidra: the work of Richard Miller, Swami Rama, Swami Satyananda, Swami Satchidananda
Guided experience of Satchidananda’s Yoga Nidra
Guided experience of Atma Satchidananda’s Yoga Nidra

Meditation as Cognitive Therapy
The relaxation response: a focused, mantra-based approach
Mindfulness meditation: open-focused meditation
A guided experience of both styles of meditation
Bring this practical experience of yoga, mindful yoga, and three-part deep breathing practices, to use yogic techniques with, which techniques, and when.

4. Explain the yogic three-part deep breathing practice which is appropriate for the therapy session or group.
5. List 3 benefits of bringing yogic deep relaxation (Yoga Nidra) into the therapy session.
6. Specify 2 yogic strategies to reduce anxiety and depression.
7. Demonstrate hands-on applications of chair yoga and three-part deep breathing practices, using scripts and practice sessions.
8. Explain 2 guidelines concerning which clients to use yogic techniques with, which techniques, and when.

Objectives
1. Explain 2 ways that autonomic nervous system dysregulation contributes to PTSD symptoms.
2. Identify 2 symptoms of post traumatic stress disorder which can be decreased through trauma-sensitive yoga practice.
3. Describe 5 trauma-informed chair yoga postures for use in the psychotherapy session or group.
4. Explain the yogic three-part deep breathing practice which is appropriate for the therapy session or group.
5. List 3 benefits of bringing yogic deep relaxation (Yoga Nidra) into the therapy session.
6. Specify 2 yogic strategies to reduce anxiety and depression.
7. Demonstrate hands-on applications of chair yoga and three-part deep breathing practices, using scripts and practice sessions.
8. Explain 2 guidelines concerning which clients to use yogic techniques with, which techniques, and when.
Join Joann Lutz, MSW, LCSWC, E-RYT, for an in-depth training on the principles and practices of trauma-informed yoga, with a special focus on chair yoga postures, yoga 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.

Joann trained with Bessel van der Kolk’s The Trauma Center in Boston and will share with you transformative skills for you and your clients. 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 yoga interventions to whatever style of therapy you currently practice.

Discover how trauma-informed yoga can improve your clinical outcomes!