TRAUMA-RESPONSIVE YOGA

3-DAY INTENSIVE WORKSHOP

For mental health providers, clinicians, trauma workers, yoga instructors and other body-based practitioners

SEPTEMBER 13 - 15, 2019
HAMPTON INN BY HILTON - WATERLOO, IOWA
The University of Northern Iowa is offering a three-day workshop on Trauma-Responsive Yoga. The approach is based on:

1. Elements of Trauma-Sensitive Yoga (developed by the Trauma Resource Center in Boston, Massachusetts).
2. The latest research regarding the effects of trauma and stress on cognitive, emotional and somatic functioning.
3. Clinically-informed best practice approaches for working with highly traumatized and maltreated populations.

**SCHEDULE**

Friday, September 13
8:30 a.m. (registration) - 4:30 p.m.
Lunch: 12:00 - 1:00 p.m.

Saturday, September 14
9:00 a.m. - 4:30 p.m.
Lunch: 12:00 - 1:00 p.m.

Sunday, September 15
9:00 a.m. - 4:30 p.m.
Lunch: 12:00 - 1:00 p.m.

**LOCATION**

Hampton Inn by Hilton
2034 La Porte Road
Waterloo, IA  50702
(319) 233-2044

**REGISTRATION**

Fee for this 3-day workshop is $350 early bird rate (if registered by August 31) fee thereafter is $400. Fee includes relevant workshop handouts. Please note that this workshop is limited to 30 participants.

**REGISTER ONLINE >>**

[csbs.uni.edu/socialwork/2019-trauma-responsive-yoga-workshop](csbs.uni.edu/socialwork/2019-trauma-responsive-yoga-workshop)

**CEUs:**

18 Continuing Education Units (CEUs) will be available for licensed social workers.

**LODGING ACCOMMODATIONS:**

For your convenience, a block of rooms have been reserved at a discounted rate of $104 + tax. Please reserve early to ensure this rate at (319) 233-2044.

You may also visit the following direct link for online reservations:

[bit.ly/HamptonInnUNI](bit.ly/HamptonInnUNI)
LEARNING OBJECTIVES DAY 1
DR. MATTHEW VASQUEZ – University of Northern Iowa

• Conceptualize acute trauma to include brain processes, information processing, and the polyvagal system.
• Identify complex developmental trauma and related default mode networking and collapsing of cortical midline.
• Navigate the effects of stress to include the hypothalamic-pituitary-adrenal axis, allostatic load, and muscle memory.
• Discover the therapeutic effects of social interaction in the group practice setting using an attachment/regulation theory perspective.
• Discuss evidence-based research and the impact of our current research study targeting post-trauma symptoms with yoga-based bodily interventions.

LEARNING OBJECTIVES DAY 2 & 3
TRACI LUDWIG, LISW, ACSW, RYT-200 – Mercy One Behavioral Health & University of Northern Iowa

• Explore the evolution of trauma-responsive yoga and the relevant theoretical underpinnings in neuroscience, attachment theory, and traumatology.
• Recognize the domains of trauma-responsive yoga to include language, choice-making, interoception, shared/authentic experience, and non-force.
• Articulate the anatomy of trauma-responsive yoga forms and the relationship with breathwork.
• Ascerten post-trauma symptoms which can be decreased with the potential benefits of trauma-responsive yoga practices.
• Practice several trauma-responsive yoga forms and scripts to immediately apply in your practice.
• Learn exercises that balance the autonomic nervous system, decrease activity in the default mode network, induce relaxation, elevate body awareness; all useful for your own affect regulation and application as a clinician/instructor.
• Investigate the elements of a trauma-responsive yoga group and potential reimbursement opportunities.
• Trouble-shoot the challenges that may arise with trauma-responsive yoga practices and consideration of special populations.
MATTHEW VASQUEZ, PHD, LMSW

is an assistant professor of social work at the University of Northern Iowa. His current area of research focuses on the effects of body-based interventions (e.g., Tai Chi, Trauma-Sensitive Yoga) on trauma and mental health, along with the evaluation of affiliative, body-based interventions in school settings (e.g., Rainbowdance and Kinnect). His other research interests include the examining the benefits of infusing trauma-informed care practices in residential treatment facilities, in-patient mental health units, and school-based curricula, along with how to effectively educate social workers on the salient neurobiological aspects of trauma. He has presented his research on the effects of trauma and innovative, body-centered clinical approaches to its treatment at both state and national conferences. Dr. Vasquez is affiliated with the Midwest Trauma Services Network of Hubbard, Nebraska, and the International Trauma Center of Boston, Massachusetts.

TRACI M. LUDWIG, LISW, ACSW, RYT-200

is a licensed clinical social worker practicing at Mercy One Behavioral Health, Cedar Falls, IA, and adjunct instructor for University of Northern Iowa Social Work Department. She specializes in treating trauma-related responses ranging from single-incident trauma to complex developmental trauma(s). She has extensive training with somatic interventions, EMDR, and mindfulness practices. She completed an immersive Trauma-Sensitive Yoga program endorsed by the Trauma Center, Brookline, MA. She has been incorporating the artistry of Trauma-Sensitive Yoga both individually with clients, and in the group setting for the past several years. She was one of the first practitioners in the Cedar Valley to be trained in Trauma-Sensitive Yoga. She believes in offering her colleagues and clients cutting-edge, evidenced-based modalities for treating the body and mind that augment clinical practice.