

Trauma Healing and Thriving Through Integrating Somatic Experiencing and Yoga: An In-Person and Online Training

November 10-11 – 10:00 - 5:30
Yoga Tree Potrero Hill. 1500 16th St, San Francisco

Trauma is a topic in psychology and mental health that only in the past two decades has been the focus of important new psychological theories, understandings, and innovative approaches to trauma healing. The evidence-based research that has become available through science, neuroscience, mindfulness, and somatic psychology, is offering a more nuanced understanding of how “trauma” can effect the masses and is not limited to Post Traumatic Stress Disorder symptoms. The research has led to many now evidence-based approaches that involved body-centered therapy techniques that teach effective tools to help with trauma healing in the mind and body. Somatic Experiencing® is at the cutting edge of trauma treatment practices worldwide. Yoga is now scientifically shown to be almost universally to be beneficial for all levels of not only physical, but mental health, and has a demonstrated positive healing impact on many clinical diagnoses. This training offers a depth exploration of how integrating these two modalities supports the effective healing of trauma in the body, relational healing, and well-being.

Teachings are appropriate for health care professionals as well as the general public. Health care professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients. CE credit is awarded for instructional time only and does not include extended yoga sessions or silent sitting or walking meditation, meals, etc.

CE credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC) which is co-sponsoring this program. The Spiritual Competency Resource Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center maintains responsibility for this program and its content. SCRC is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association. For questions about receiving your Certificate of Attendance, contact Mariana Caplan, PhD, MFT at mariana@realspirituality.com. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com