**Integrating Mind-Body Skills into Your Life and Your Therapy Practice:**

**A Skills-Based Training for Mental Health Professionals**

with Robin Carnes, Certified Yoga Therapist

Date: TBD 2 days 10am-5pm

PRICE: $300

**Workshop Description**

The purpose of the experiential workshop is twofold: 1) to offer therapists a variety of easy to adopt, evidence-based, mind-body skills for their own self-care routine; and 2) to assist therapists in skillfully integrating simple, evidence-based mind-body skills into their work with clients. Research shows that daily practice in nervous system down-regulation mitigates the impact of trauma, reduces compassion fatigue and secondary trauma and improves personal resilience. To this end, we will focus on practical, easy-to-learn skills therapists themselves and use to support their own health, as well as use in treating clients who present with trauma-related symptoms. The presenter will offer a scientific framework for these practices, ample experiential practices, and opportunities to practice leading the exercises with other participants.

You will learn:
-How the Autonomic Nervous System is affected by stress and trauma

- How specific mind-body techniques can mitigate the effects of stress and trauma.
-How to practice several simple, evidence-based breathing and guided meditation exercises to enable people to down-regulate their own nervous systems, and thereby enhance sleep, improve mood, increase a sense of control, and improve concentration

-How to effectively introduce breathing and meditation techniques in the therapy office setting
-Key factors in ensuring mind-body practices are trauma-sensitive
-Methods to enhance your own and your clients' self-observation skills
-Mind-body tools to support self-compassion
-Mind-body exercises that people can weave into their busy lives to bring more present-moment awareness and ease.

Participants will receive:

* Scripts for guiding trauma-sensitive breath and meditation exercises
* Recorded trauma-sensitive breath and guided meditation exercises
* Written instructions for doing and teaching trauma-sensitive breath and meditation exercises

The training earns you 12 CEUS . The CEUs are included in the workshop fee.

Appropriate for therapists and health professionals of all backgrounds, wishing to integrate more mind-body skills into their practice. No yoga or meditation experience is necessary. No prerequisites.

 **About the Workshop Presenter**

**Robin Carnes, MBA, E-RYT 500, Certified Yoga Therapist**

For six years Robin Carnes served as the yoga and iRest® meditation instructor for a Defense Department acute PTSD and TBI treatment program at Walter Reed Medical Center. She is a certified iRest yoga nidra instructor, teacher trainer, and a certified yoga therapist. In 2013, her work was honored by the Smithsonian Institute, and she been featured in *Woman’s Day Magazine, The Washington Post, The Huffington Post, Yoga* *Journal* and in the award winning documentary, *Escape Fire: The Fight to Rescue America’s Healthcare*. She is the co-founder of Warriors at Ease, a national non-profit that trains yoga and healthcare professionals to work with military communities. Robin has a private yoga therapy practice focusing on stress and trauma-related conditions in Silver Spring, MD.She is passionate about supporting people of all ages to manage stress, be more resilient, and experience greater ease and tranquility.

**Workshop Schedule:**

The daily schedule will consist of didactic presentations, Q&A, videos, experiential learning, group discussion, and case examples.

Day 1: Focus on Self-Care and Mitigating Compassion Fatigue & Secondary Trauma

10:00-10:25am Introductions, Overview & Objectives

10:25-10:45am Individual Self-Reflection: Self-Care Needs and Goals

10:45-11:45am The Autonomic Nervous System, the Effects of Trauma and Why Mind-Body Techniques Can Support Well-being and Resilience while Mitigating Compassion Fatigue and Secondary Trauma (Lecture)

11:45am-12:00pm Break

12:00-1:00pm Practical Tools for Specific Nervous System Down-Regulation/Self Care: Experiential Session 1

1:00-2:00pm Lunch

2:00-3:30pm Practical Tools for Specific Nervous System Down-Regulation/Self Care: Experiential Session 2

3:30-3:45pm Break

3:45-4:15pm Which Practices for Which Goals? (Presentation and Case Examples)

4:15-4:30pm Self-Reflection: Self-Care Goals

4:30-4:50pm Giving from an Overflowing Cup: Strategies for Self-Care (Presentation and Discussion)

4:50-5:00 Closing Exercise and Completion Day 1

Day 2

10:00-10:20am Opening Exercise, Overview & Objectives for Day 2

10:20-10:40am Checking in; Questions and Comments on Self-Care raised by Day 1 Experience

10:40-11:00am How Personal Practice and Self-Care Informs Work with Clients (Lecture/Discussion)

11:00-11:15am Break

11:15am-12:00pm What Do I Say?: Skillfully Introducing Mind-Body Work to Clients

12:00-12:30pm Which Practices for Which Goals? (Lecture and Case Examples)

 12:30-1:30pm Lunch

1:30-2:00pm Key Principles in Using Mind-body Exercises with Clients (Lecture and Examples)

2:15-2:45pm Experiential Session 3

2:45-4:00pm Practice Teaching 3 Mind-Body Skills

 (Small Groups ~includes a 15 min break)

4:00-4:30pm Debrief Practice Teaching (Discussion)

4:30-4:50pm Goals and Strategies for Integrating Mind-body Exercises into Client Sessions

4:50-5:00pm Closing Exercise and Workshop Completion

**Workshop Objectives**

Specific objectives:

 Participants will be able to:

1. Name 3 key functions of sympathetic and parasympathetic functions of the Autonomic Nervous System (ANS)
2. Name 3 symptoms of a dysregulated ANS.
3. Identify 3 evidence-based mind-body techniques that can help restore regulation to the ANS.
4. Practice 3 simple techniques for down-regulating their own nervous system to improve their own well-being, health and resilience.
5. Teach 3 simple techniques to their clients for down-regulating the client’s nervous system to mitigate the effects of trauma and improve well-being, health and resilience.
6. Know 3 questions that develop a client’s self-observation skills.
7. Demonstrate a grounding technique they can lead their clients in when clients feel overwhelmed or flooded.
8. Choose from a list of mind-body exercises to address their own needs, and to assign to clients for home practice.

**General Workshop Description**

The workshop is designed as both a self-care training and a professional training. It will be limited to 16 participants and is designed to facilitate experiential work, group discussion, and processing of workshop concepts and clinical material. Participants will have ample opportunity to raise their own specific concerns and goals, as well as questions about their clients. Participant feedback will be sought out throughout the two-day workshop.