



Yoga for Trauma

A Survivor's Perspective

Sunday, July 30th, 2017 – 1pm – 4pm

HAP Enterprises – 351 Rhode Island Avenue, Rochester, PA 15074

As a trauma survivor, Paula Soto LSW, ERYT, YACEP discovered yoga to be instrumental in her own recovery, because it addressed debilitating factors that were not improved by talk therapy and medication. You will learn skills to assess for and address trauma without your client having to talk about, or even report, the trauma until they have developed the resilience and readiness to do so. You will also gain some simple yet powerful skills to protect yourself from secondary trauma. *This training satisfies pre-requisite for Trauma Foundations Mentoring Groups.*

This training is developed primarily for mental health professionals and people of related professions (social service, criminal justice, education, etc.). Yoga teachers who have an interest in collaborating with the mental health profession will also find this information to be of value.

NASW-PA Chapter is a co-sponsor of this workshop. 3 CEs will be awarded for completion of this course.

CEs are available to Registered Yoga Teachers through Yoga Alliance.

NASW has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapist (Section 48.36) and Professional Counselors (Section 49.36) by the PA State Board of Social Workers, Marriage & Family Therapists and Professional Counselors."

To learn more or to register, please visit: www.IntersectionsWellness.com

