

## Yoga & Psyche: Psychological Integration Through Yoga

April 22–27, 2018

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This training combines practices of yoga and psychology to bring about psychological, personal, and vocational thriving, spiritual transformation, and joy in your life or that of your clients. In this time of political, ecological, and global change, it can be revolutionary to have powerful and effective tools at your disposal to immediately foster greater balance, health, and happiness. This program—open to everyone interested in exploring these disciplines more deeply in their personal and professional lives—offers a theoretical and experiential exploration of how blending these two complementary modalities supports deep unwinding of trauma in the body, personal and relational healing, and self-awareness. This program teaches teachers and practitioners of yoga, as well as therapists, mental health workers, social workers, nurses, massage and physical therapists, counselors, and anyone who is interested in the exploration of this intersection of traditions in their lives.

The overall purpose and goal of the program is to help professionals learn to use the foundational principles and practices of somatics, trauma treatment, and neuroscience, in skillful combination with yoga postures, breath work, meditation, mindfulness techniques, and visualization for healing, transformation, and joy

- Bring the insights of psychology into your personal and professional practice of yoga, bodywork, physical therapy and any body-oriented system of healing
- Offer deeper psycho-somatic benefits for clients, patients, and those we serve and care for, while learning to use these skills to promote self-care and avoid personal burnout
- Explore the emotional level of asana and how to utilize yoga practice to understand, process, and heal trauma in patients, clients, students, and in oneself
- Enhance therapeutic work across disciplines through the inclusion of yoga

The target professional audience includes psychologists, psychotherapists, counselors and social workers, as well as yoga teachers and committed practitioners.

# Program Schedule

SUNDAY | APRIL 22

7:30–9:00 pm

Overview of Theoretical and Academic Research on Yoga & Psych

Learning Objective

Recognize the academic research done in yoga in relationship to various types of psychological disorders as a foundation of quantifiable research completed to date that forms a basis for our learning

MONDAY | APRIL 23

8:30–9:45 am

Asana Practice with Focus on Using the Psychological Benefits of Yogic Sun Practice (surya namaskar) for its psychological benefits.

Learning Objectives

- Articulate, describe, and share research and techniques to explore Suraya Namaskar (sun salutations), which can bring about measurable psychological benefits.
- Recognize and practice the psychological dimension of Suraya Namaskar practice in an experiential group context.

*(Not eligible for Psych CE credit.)*

10:00–11:30

Overview on Trauma Theory and Techniques, and their Evidence-Based Proven Effects

Learning Objective

Recognize and describe several key findings of recent trauma research and healing methods, including evidence-based research on how these techniques are facilitating the speed, depth, and significant recovery of trauma—ranging from PTSD, complex trauma, developmental trauma, emotional and physical traumas, and everyday trauma

1:45–2:15 pm

Instructor Led Group Experiential Practice on How Gentle Trauma Techniques Can be Combined with Yoga to Create Effective and Quick Benefits

Learning Objective

Recognize and explain how gentle trauma techniques can be combined with yoga to create effective and quick benefits.

*(Not eligible for Psych CE credit.)*

2:15–3:15

Experiential Practice in Dyads of new tools for addressing trauma and integrating it from the morning. Includes instructor/helper supervision and Q&A period following exercise for students to refine practice.

Learning Objectives

Practice and discern the refinements in practicing trauma healing in conjunction with yoga through experiential dyad practice.

*(Not eligible for Psych CE credit.)*

3:15–3:45

Gentle asana/Savasana practice that includes an overview of the day's new material, and reinforces experiential understanding of the new principles and practices

Learning Objectives

Summarize introduction to healing through yoga and psychology/somatics through overview and gentle practice which reinforces the new learning of the day.

*(Not eligible for Psych CE credit.)*

## TUESDAY | APRIL 24

- 8:30–9:45 am Asana Practice with a focus on Resourcing in Therapy and Yoga practice as drawn from Peter Levine’s Somatic Experiencing Method  
Learning Objective  
Explain, through experiential asana practice, the psychological/somatic practice of Resourcing as drawn from Peter Levine’s Somatic Experience Method  
(*Not eligible for psych CE Credit*)
- 10:00–11:30 Present through didactic learning, charts, research, and related theories from other key somatic and trauma researchers and training how and why the tool of Resourcing is so effective and how it can be approached through many different vocational angles and in various work settings—including crisis, counseling, physical therapy, bodywork, yoga, psychotherapy.  
Learning Objective  
Recognize and explain, through didactic learning, charts, research, and related theories from other key somatic and trauma researchers and training how and why the tool of Resourcing is so effective and how it can be approached through many different vocational angles and in various work settings—crisis, counseling, physical therapy, bodywork, yoga, psychotherapy.
- 1:45–2:15 Experiential practice in dyads of resourcing and its applications in clinical/counseling professions as well as in yoga teaching/practice. Instructor/helper supervision and Q&A period following exercise for students to refine practice  
Learning Objectives  
Explain through didactic learning, charts, research, and related theories from other key somatic and trauma researchers and training how and why the tool of Resourcing is so effective and how it can be approached through many different vocational angles and in various work settings—crisis, counseling, physical therapy, bodywork, yoga, psychotherapy  
(Continued.)  
(*Partial CE Credit*)
- 2:15–3:15 Key distinctions of when and how much to apply resourcing and other somatic tools taught until now, including understanding when they are beyond the practitioner’s scope of practice and when they can be counter-indicated; includes Q & A period from experiential practices.  
Learning Objective  
Identify key distinctions of when and how much to apply resourcing and other somatic tools taught until now, including understanding when they are beyond the practitioner’s scope of practice and when they can be counter-indicated.
- 3:15–3:45 Summary of the significant tools introduced throughout the day and review how to offer students tools to support their integration and self-care as well as how to guide others to effectively integrate new tools.  
Learning Objective  
Recognize and summarize, though gentle meditative and contemplative practices, the significant tools introduced throughout the day and offer students tools to support their integration and self-care as well as how to guide others to effectively integrate new tools.  
(*Not eligible for Psych CE credit.*)

## WEDNESDAY | APRIL 25

- 8:30–9:45 am Asana practice with a focus on the somatic tools of Pendulation and Titration as articulated through Peter Levine’s Somatic Experiencing Method as through instructor-guided asana and meditative practice.  
Learning Objective  
Recognize and explain the somatic tools of Pendulation and Titration as articulated through Peter Levine’s Somatic Experiencing Method as through instructor-guided asana and meditative practice.  
(Partial CE credit.)
- 10:00–11:30 Presentation through didactic learning, visual aids, and instructor demonstration (with student volunteers) how the somatic tools of Titration and Pendulation builds upon the tool of Resourcing to access, process, and integrate with effective, regulated, gentle, and long-lasting results. Q&A period following demonstration will help students further understand and prepare to practice these new skills.  
Learning Objective  
Explain the somatic tools of Titration and Pendulation builds upon the tool of Resourcing to access, process, and integrate with effective, regulated, gentle, and long-lasting results.  
Q&A period following demonstration will help students further understand and prepare to practice these new skills.
- 1:45–2:15 pm Experiential practice in dyads of Titration and Pendulation and their applications in clinical/counseling professions as well as in yoga teaching/practice. Instructor/helper supervision and Q&A period following exercise for students to refine practice.  
Learning Objectives  
Practice experientially in dyads of Titration and Pendulation and their applications in clinical/counseling professions as well as in yoga teaching/practice.  
(Not eligible for Psych CE credit.)
- 2:15–3:15 Q & A, short somatic/experiential responses to questions in the application of the new skills, and inquire and articulate how to learn the right timing in clinical, yogic, social work, and other vocational settlings to apply these specific skills  
Learning Objectives  
Recognize how to refine these skills through somatic/experiential responses to questions in the application of the new skills, and inquire and articulate how to learn the right timing in clinical, yogic, social work, and other vocational settlings to apply these specific skills.  
(Partial CE credit.)
- 3:15–3:45 Review and integration of the day’s learning through contemplation, visualization, light physical practice, and group sharing  
Learning Objective  
Recognize the day’s learning through contemplation, visualization, light physical practice, and group sharing.  
(Not eligible for Psych CE credit.)

## THURSDAY | APRIL 26

- 8:30–9:45 am Gentle asana practice focusing on the principles of boundaries, psychological embodiment, and learning to deeply listen to the body, or inner physician.  
Learning Objective  
Practice focusing on the principles of boundaries, psychological embodiment, and learning to deeply listen to the body, or Inner Physician  
(Not eligible for Psych CE credit.)
- 10:00–11:30 Introduce three important principles that help utilize the integrative tools of somatics and yoga: boundaries, embodied practice of the therapist/teacher, and the inner physician—Jangalikayamane in yogic philosophy.  
Learning Objective  
Explain three important principles that help utilize the integrative tools of somatics and yoga: boundaries, embodied practice of the therapist/teacher, and the inner physician—Jangalikayamane in yogic philosophy.
- 1:45–2:15 pm Experiential practice in dyads of working with boundaries, gentleness, timing, and resistance when introducing somatic and psychological practices in clinical/counseling professions as well as in yoga teaching/practice. Instructor supervision and Q&A period following exercise.  
Learning Objective  
Practice experientially in Dyads of working with boundaries, gentleness, timing, and resistance when introducing somatic and psychological practices in clinical/counseling professions as well as in yoga teaching/practice.  
(Partial CE credit.)
- 2:15–3:15 Overview and demonstrate the Yoga & Psyche Method which integrates all of the tools learned in the training into 10 flexible steps that can be practiced and refined.  
Learning Objective  
Practice the Yoga & Psyche Method which integrates all of the tools learned in the training into 10 flexible steps that can be practiced and refined.  
(Partial CE Credit)
- 3:15–3:45 Gentle asana/Savasana practice summarizing and allowing students to experience the Yoga & Psyche Method, followed by a Q & A period.  
Learning Objective  
Practice gentle asana/Savasana and summarize the Yoga & Psyche Method.  
(Not Eligible for Psych CE Credit)

## Friday | April 27

- 9:00–11:00 am Summarize new learning from the training; overview guidelines and discernments for bringing somatic practices into vocational settings. Group closure process where students can articulate and express their own learning and intentions for carrying it forth in their lives.  
Learning Objective  
Recognize new learning from the training; overview guidelines and discernments for bringing somatic practices into vocational settings. Group closure process where students can articulate and express their own learning and intentions for carrying it forth in their lives.  
(Not eligible for Psych CE credit.)

## **Psychology | 11 CE Credits**

Kripalu Center for Yoga & Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Kripalu Center for Yoga & Health maintains responsibility for this program and its content.

All programs eligible for Psychology CE credits are given full credit (excluding breaks/meals) unless otherwise noted in the schedule above.

CE credits for psychologists are only available for workshops or sessions that are at least one hour in length. As an APA-approved sponsor of continuing education, Kripalu Center for Yoga & Health is committed to the identification and resolution of potential conflicts of interest in the planning, promotion, delivery, and evaluation of continuing education. Consistent with concepts outlined in the APA Ethical Principles of Psychologists and Code of Conduct, potential conflicts of interest occur when an individual assumes a professional role in the planning, promotion, delivery, or evaluation of continuing education where personal, professional, legal, financial, or other interests could reasonably be expected to impair his or her objectivity, competence, or effectiveness.

*Note* All programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted on this program's webpage.

## **Social Work | 22.5 CE Credits**

Programs have been approved for Category I Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

## **Massage and Bodywork | 22.5 CE Credits**

Kripalu Center for Yoga & Health is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #450645-08. Kripalu is not recognized by the state of New York to offer continuing education credits through the NCBTMB.

## **Yoga Teachers | 22.5 CE Credits**

Continuing Education credits are granted in accordance with Yoga Alliance standards. See [Yogaalliance.org](http://Yogaalliance.org) for more information. All hours are contact hours

For additional CE information, please visit [kripalu.org/cecredits](http://kripalu.org/cecredits).