Safely Experiencing Being in the Present: 
*Incorporating Trauma Sensitive Yoga (TSY) into Social Work with Clients*

**Friday, April 20, 2018**
9:00 a.m. - 4:30 p.m.  |  Frank G. Pogue Student Center, Room 143  |  6 CEUs
Course costs $75  |  $60 early bird registration by April 10
*Ask about student discount*

Trauma has the capacity to have a debilitating impact. As inquiry and research reveal more about trauma's impact across physical, mental, behavioral and emotional realms, social workers benefit from embracing a range of modalities. It is not uncommon for survivors to experience significant disembodiment: feeling as though they lack or are separate from their body. Some experience their body as unsafe or hostile. Survivor’s enjoyment of a present moment is challenged by being stuck in the past or catastrophizing about the future. Developed at the Trauma Center in Brookline, Massachusetts, Trauma Sensitive Yoga (TSY) uses simple physical forms accompanied by invitational language to allow participants to safely experience being present.

TSY is an empirically validated clinical intervention for complex trauma and chronic treatment resistant post-traumatic stress disorder (PTSD). The TSY program is included in the National Registry of Evidence-based Programs and Practices (NREPP) database published by the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition to yoga, TSY has foundations in Trauma theory, Attachment Theory, and Neuroscience.

**About the Instructor**
Lidia J. Snyder received a Bachelor of Arts and a Masters of Social Work from the University at Buffalo. She is a LMSW and has worked in Child Welfare and Juvenile Justice over the past 20 plus years. She has instructed graduate level courses in Child Welfare and Organizational Behavior. Recognizing the injustice of children passing from the child welfare system to the juvenile justice system and onto adult corrections Lidia became involved with the Prison Yoga Project and Liberation Prison Yoga. Lidia is a Registered Yoga Teacher as well as a Certified TSY Facilitator. She has worked as a professional trainer and consultant with the Center for Development of Human Services and the National Child Welfare Workforce Improvement Project. She teaches traditional Hatha Yoga and Trauma-Sensitive Yoga across Western New York including on site sessions for agencies. Lidia serves as an adjunct Faculty member in the School of Social Work supervising MSW students in nontraditional community settings. She is a Board member of the Erie County Restorative Justice Coalition.

**Course Outline and Schedule**
9:00 - 9:30 a.m.  |  Introductions
9:30 - 10:00 a.m.  |  Brief TSY moment
10:00 - 10:15 a.m.  |  Break
10:15 - 12:00 p.m.  |  Trauma, Attachment and Neuroscience
12:00 - 1:00 p.m.  |  Lunch on your own
1:00 - 2:00 p.m.  |  Interception and disembodiment - what, how and why
2:00 - 2:30 p.m.  |  What is Hatha Yoga and how does TSY differ and why
2:30 - 2:45 p.m.  |  Break
2:45 - 3:00 p.m.  |  Getting to know a few TSY forms
3:00 - 4:15 p.m.  |  TSY experiential group practice session
4:15 - 4:30 p.m.  |  Closing and evaluation

**Learning Objectives**
- Articulate themes and theoretical bases of TSY
- Identify brain architecture and function
- Identify autonomic nervous system function
- Understand how trauma impacts brain and nervous system functionally and physically
- Identify the role of interoception in trauma aftermath
- Identify polyvagal theory and its relationship to post trauma aftermath
- Identify the link between post-traumatic behaviors and appropriate forms

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*Space is limited.* To reserve your spot, contact Beth Zewe at zewe@edinboro.edu or 814-732-1420.