



**Coming May, 2020 to the  
Raleigh, NC area!**

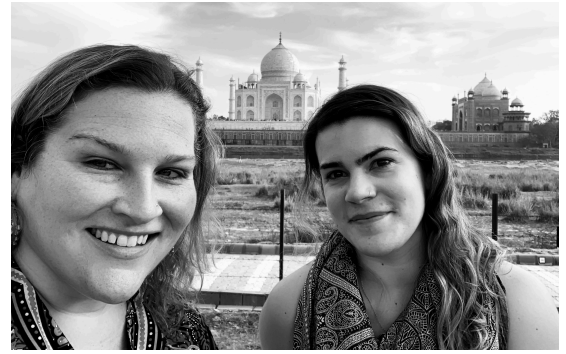
**Trauma-Focused Approaches to Meditation, Breath  
Work, and Yoga-Based Somatic Movement  
in Clinical Settings:  
A Program of Yoga Unchained**

**Presenters: Jamie Marich, Ph.D., LPCC-S, LICDC-CS, REAT,  
RYT-200 & Erin Kelly, LCSW, RYT-200**

**Dates: May 15-17, 2020**

**Times: Friday 1pm-6pm, Saturday 8am-5pm, Sunday 9am-3pm**

**Location: One-Eighty Counseling, P.A., 69 Shipwash Dr., Garner, NC 27529**



Evidence supporting the power of mindfulness meditation, yoga-based strategies, and breath work in clinical settings, specifically as part of embodied strategies for trauma-focused care, continues to mount. This training program enables those with a personal meditation and/or yoga practice the ability to acquire the skills for facilitating these holistic practices within their current scope of clinical work. Although primarily developed for clinical trauma professionals (counselors, social workers, psychologists), we also open the course to corrections workers, and anyone working in the field of addiction recovery. In this course participants will enhance their knowledge of how trauma affects the brain and the body. They will discover and implement the latest clinical and empirical knowledge from helping professions on how meditation, breath work, and yoga/somatic movement can promote healing and recovery. This training program teaches seamless folding of these interventions into any existing strategies for clinical treatment planning within evidence-based models. Attention is paid to individual, group, and community work. Participants will develop the skills to facilitate sequences for embodied healing to reach those who may otherwise not have the chance to benefit holistically from such practices, while also learning when it is most responsible to refer clients elsewhere for yoga-related interventions. This training counts towards Module B of the Certificate of Expressive Arts Therapy program offered by the Institute for Creative Mindfulness.

**Prerequisite: 30 hours experience in a personal meditation or yoga practice. Hours in other holistic practices (e.g., tai chi, Qi gong) may be counted at the discretion of instructors.**

**Cost: \$375 for licensed professionals.**

**This training is approved for the following: 15.75 CE Credits: APA, NBCC**

**There are a limited number of scholarships for this event. See registration website for details.**

**<https://www.instituteforcreativemindfulness.com/yoga-unchained-training-for-helping-professionals-garner-nc.html>**

**Questions: [support@instituteforcreativemindfulness.com](mailto:support@instituteforcreativemindfulness.com)**