



NATIONAL CONFERENCE

Integrating Yoga into Mental Health Care

June 30 – July 2, 2017
Misericordia University, Dallas, PA
Sandy and Marlene Insalaco Hall

Sponsored by the Misericordia University Social Work Program
and the Wellfleet Collective



PROGRAM DESCRIPTION

This groundbreaking event features the first major conference in the U.S. focusing on the topic of yoga and mental health care. It is designed for mental health and rehabilitative health professionals as well as yoga teachers and therapists.

ABOUT THE WELLFLEET COLLECTIVE

The Wellfleet Collective is an interdisciplinary collaboration organized to support, develop, implement and expand the clinical applications of yoga within mental and behavioral health treatment and deepen the connections within and between the mental health and therapeutic yoga community.

FOR MORE INFORMATION CONTACT:

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Center for Adult and Continuing Education
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Email muconf@misericordia.edu
For complete program description, visit us at
www.misericordia.edu/yoga

Continuing Education Credit for this program is awarded by Commonwealth Educational Seminars (CES) for the following professions:

Social Workers: CES, provider #1117, is approved as a Provider for Social Work Continuing Education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. CES maintains responsibility for the program. ASWB Approval Period: 10/5/15 through 10/5/18. Social Workers should contact their regulatory board to determine course approval. Social Workers participating in this course will receive 5.5 clinical continuing education clock hours.

Licensed Clinical Professional Counselors/Licensed Mental Health Counselors: Commonwealth Educational Seminars (CES) is entitled to grant continuing education credit for LCPCs/LMHCs in the following states: AZ, AR, CA, CO, CT, DE, DC, FL, GA, HI, ID, IL, IN, IA, KS, KY, ME, MA, MO, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. LCPCs/LMHCs completing the program will receive 5.5 continuing education hours of credit.

Psychologists: Commonwealth Educational Seminars (CES) is approved by the American Psychological Association (APA) to offer continuing education credit programs. CES maintains responsibility for this program and its content. Psychologists receive 5.5 hours of continuing education credit upon completing this program.

Marriage and Family Therapists: Continuing education credit for Marriage & Family Therapists is awarded in the following states: AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, ID, IN, IA, KS, ME, MD, MO, MT, NE, NH, NJ, NM, NC, OR, PA, RI, SC, SD, TN, TX, UT, VT, VA, WA, WI, WY. CES maintains responsibility for this program. Marriage and Family therapists completing this program will receive 5.5 CE hours of credit.

PROGRAM SCHEDULE

Friday, June 30, 2017

9:30 a.m.–4:30 p.m.

Pre-Conference Workshops (5.5 CEUs)

Nervous-System Informed, Trauma-Sensitive Yoga: The Convergence of Classical Yoga, Somatic Psychotherapy and Neuroscience

Joann Lutz, MSW, LICSW, E-RYT

Addressing Anxiety Through the Yoga Tradition and Techniques in Psychotherapy

Jodi Ceballos, Psy.D., C-IAYT

Identifying Subtle Breathing Pattern Dysregulations and Healing Them with Yogic Interventions

Suzanne Ludlum, MS, C-IAYT, E-RYT 500

5:30 p.m.

Welcome Reception with Buffet

7:30–9:00 p.m.

Discussion Groups by Topic

Saturday, July 1, 2017

7:00–8:00 a.m.

Yoga Class

9:00–9:15 a.m.

Introduction to the Conference and to Keynote Speaker Amy Weintraub, MFA, E-RYT 500, C-IAYT, YACEP

9:15–10:45 a.m.

Keynote Address

The Love in the Room: Self-Care, Other Care

Amy Weintraub

11:00 a.m.–12:30 p.m.

Workshop with Amy Weintraub

When Mind-Body Practices Go Wrong: How to Match Clients with the Right Methods

2:00–5:15 p.m.

Workshops

Addressing Anxiety Through the Yoga Tradition

Jodi Ceballos, Psy.D., C-IAYT

Chakra Healing Through Somatic Therapy and Yoga

Pamela Tinkham, MSW, LCSW, RYT

The Use of Yoga in Treatment Planning for Substance Use Disorders

Pam Nickisher, J.D.

Yoga Therapy with Clients in a Dissociative State

Suzanne Ludlum, MS, C-IAYT, E-RYT 500

Bringing Nervous-System Informed, Trauma-Sensitive Chair Yoga and

Breathing Practices into Mental Health Care, Joann Lutz, MSW, LICSW, E-RYT

8:00 p.m.

Laughter Yoga with Live Music

Peggy Tileston, MA, MT-BC, CMSII-BC CLYL

Sunday, July 2, 2017

7:00–8:00 a.m.

Yoga Class

9:00 – 10:30 a.m.

Panel Discussion with Workshop Presenters; Q&A

10:45 a.m.–12:00 p.m.

Next Steps; Participant Sharings; Closing with Live Music

REGISTRATION FORM Integrating Yoga into Mental Health Care • June 30 – July 2, 2017

Registration Fees (Indicate choices; fill in blanks with amounts.)

Pre-Conference Workshop: \$100.00 (Choose one.)

- Joann Lutz, MSW, LICSW, E-RYT \$ _____
- Jodi Ceballos, Psy.D., C-IAYT \$ _____
- Suzanne Ludlum, MS, C-IAYT, E-RYT 500 \$ _____

Early Bird Conference Registration Fee if paid in full by May 1, 2017: \$150.00 \$ _____

Conference Registration Fee after May 1: \$180.00 \$ _____

(Conference registration fees includes welcome reception with buffet on 6/30.)

CEUS (Optional): \$25.00 \$ _____

_____ Pre-Conference CEUs

_____ Conference CEUs

_____ Pre-Conference and Conference CEUs

(Pay for CEUs only once.)

Meal and Lodging Options (vegan and gluten-free options will be available):

Breakfast 7/1 & 7/2, lunch 7/1, and two-night stay 6/30 & 7/1: \$99.00 \$ _____

Breakfast 7/1 & 7/2, Lunch 7/1, and three-night stay 6/29, 6/30, & 7/1: \$129.00 \$ _____

Lodging Only Options (Two-Night Stay 6/30 & 7/1): \$75.00 \$ _____

(Three-Night Stay 6/29, 6/30, & 7/1): \$105.00 \$ _____

(Overnight accommodations consist of a single air-conditioned bedroom with a shared bathroom and seating area.)

Total Due: \$ _____

Saturday walk-in registrations are available for \$100.00; \$75.00 for students. (Lunch not included.)

Name

Organization/Business

Address

City State Zip

E-mail (Registrations are confirmed by e-mail.)

Telephone Day Telephone Evening

Enclosed is my check in the amount of \$ _____ made payable to Misericordia University.

Please charge fees to my

- VISA®
- Mastercard
- Discover® Card

Card Number Expiration Date

Name as it appears on the credit card Card Holder's Signature

Card Holder's Address

Please mail or fax registration form to:
Misericordia University
Center for Adult and Continuing Education
301 Lake Street
Dallas, PA 18612
570-674-6232 (fax)

Confirmation: Registrations are confirmed by email no later than two (2) weeks before the conference.

Cancellation: If cancellation is made up to five (5) working days before the conference begins, a full refund less a \$50 processing fee will be given.



**MISERICORDIA
UNIVERSITY**