

Trauma-informed and Inclusive Yoga Workshop

November 21, 2019:

9 a.m. to 12 p.m. – Catherine Cook-Cottone, PhD

3 Continuing Education Credits for LMSWs, LCSWs, LMHCs, and psychologists

Catherine Cook-Cottone, PhD Licensed Psychologist, Registered Yoga Teacher, Professor at the University at Buffalo (SUNY), and Co-Editor in Chief of *Eating Disorders: The Journal of Treatment and Prevention*. She is also the founder and president of *Yogis in Service, Inc.* a not-for-profit organization that creates access to yoga throughout Buffalo and delivers trauma-informed yoga teacher trainings.

This three-hour workshop presented by Catherine Cook-Cottone (University at Buffalo/YIS), Jessica Bauer Walker (CoNECT), and Sherman Webb (*WIN-Initiative*) will provide an overview of trauma-informed and inclusive yoga and mindfulness practices. Catherine will begin the program with an overview of trauma-informed yoga theory and practice and its fit within a trauma-informed school community. Jessica and Sherman will share principles and practices related to diversity, equity and inclusion through experiential activities, sharing of stories, and dialogue with participants. They will utilize a “popular education” pedagogy, where everyone has a chance to both learn and teach, and discuss how to facilitate mindfulness and yoga practices that support resiliency and liberation within communities who have experienced individual and collective trauma.

Catherine, Jessica and Sherman will discuss an interdisciplinary, community-based “Peace, Love and Power” collective they have co-created with a myriad of other partners (including yoga and meditation teachers, mental health professionals, educators, community organizers, ecologists and artists) to reach families and community members with a community-based, culturally responsive, trauma-informed approach to mindfulness, self-care and healing on an individual, family and community level.

This workshop is appropriate for educators as well as those who interact with children in any capacity; occupational therapist, physical therapist, psychologists, yoga teachers, social workers, pediatricians, etc.

Learning Objectives:

1. Participants will describe the definition of trauma informed yoga as it relates to adverse childhood experiences and delivery of yoga and mindfulness programs in schools.
2. Participants will identify knowledge of evidence-based and developmentally-appropriate mindfulness and yoga interventions that support self-regulation among youth.
3. Participants will utilize principles and practices related to diversity, equity and inclusion through engagement in active experiential activities, sharing of stories, and dialogue with participants.

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