PROFESSIONAL PRACTICE INSTITUTE
Integrating Yoga and Mind/Body/Spirit Techniques into Clinical Social Work
May 16, 17, and 18 2016  9-4pm daily  21 CEH’s

Course Description
This course will explore mindfulness techniques and yoga practices that can be used to complement clinical practice. The instructors will introduce yoga movements, breathwork, and meditation practices that can lessen the symptoms of anxiety, depression, addiction, PTSD and other mental health and health issues. The course will offer the opportunity to discuss, practice, and teach these methods.

Learning Objectives
1. Learn how to apply mind/body/spirit practices into clinical social work practice.
2. Learn specific yoga techniques such as physical movement, breathwork, sound, mudra (hand gestures) and meditation to working with clients experiencing anxiety, PTSD, depression, addiction, and other mental health disorders.
3. Compare yoga philosophy to social work values and ethics.

Presented by
Dr. Sue Tebb and Prof. Laurie Brockhaus, LCSW
Sue Tebb, Ph.D. is a Professor, gerontologist, and certified Life Force Yoga Therapist Level Two instructor. She offers yoga for seniors and a Rest and Renew program through workshops and classes. She has 40 years of social work experience working with health and mental health issues and families across the lifespan.
Laurie Brockhaus, LCSW is a social worker and registered yoga instructor at the 500 hour level. She has worked in clinical social work practice with families and youth in school and agency settings. She has over 10 years of experience teaching yoga. She currently works with Urban Breath Yoga and teaches at the SLU School of Social Work.

May 16, 17, and 18, 2016
9:00 a.m.- 4 p.m.
Check-in begins at 8:30 a.m.
Pre-register by May 12, 2016

21 CEHs

$225.00 SLU Alumni and pre-registered SLU practicum instructors
$250.00 Others or registration at the door.

All programs are held at Il Monastero
3050 Olive Boulevard, St. Louis, MO 63103
Free parking located in front of the building.
Pre-register online and pay by credit card or electronic check.
Pre-register and pay by check the day of the event:
conted@slu.edu or 314.977.6858
Cash or check accepted the day of the event. No credit or debit cards can be accepted the day of the event.

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