

Laurie K. Brockhaus, MSW, LCSW, C-IAYT

(she/her/hers)

Saint Louis, MO
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PERSONAL PROFILE

I bring together 25 years of experience in education, social work, and mindfulness & yoga instruction, offering a unique set of skills through the integration of those fields. My strengths include teaching, clinical social work practice, program management, and community partnership development. I am a confident and effective teacher of human development, clinical social work skills, trauma-informed practices, and the integration of mindfulness into health, mental health, and educational settings.

EDUCATION

Master of Social Work

May 2008

Saint Louis University, St. Louis, MO

- Specialization in Clinical Practice with Families
- *Honors and Activities*: Inductee, Alpha Sigma Nu (Jesuit Honor Society); Co-president, MSW Student Association; Member, Faculty Recruitment and Review Committee

Bachelor of Science in Education, cum laude

December 1999

Illinois State University, Normal, IL

- Major in Elementary Education; Minor in French
- *Honors*: Inductee, Kappa Delta Pi (Educational Honor Society); Dean's List

LICENSE & CERTIFICATIONS

Eye Movement Desensitization Reprocessing (EMDR) Therapist, Completion of Basic Training, December 2023

Trauma-Conscious Yoga Method (TCYM), Level 1, June 2023

95-hour Registered Children's Yoga Teacher (RCYT), Yoga Alliance, 2021-present

Certified Yoga Therapist (C-IAYT), International Association of Yoga Therapists, 2017-present

Experienced 500-hour Registered Yoga Teacher (E-RYT 500), Yoga Alliance, 2013-present

Licensed Clinical Social Worker (LCSW), License No. 2012019813, State of Missouri, 2012-present

200-hour Registered Yoga Teacher (RYT 200), Yoga Alliance, 2004-present

TEACHING EXPERIENCE

Assistant Professor

August 2024-present

School of Social Work, Saint Louis University, St. Louis, MO

Courses:

- Social Work Practice with Individuals, Families, and Groups
- Social Work Practice with Communities and Organizations
- Human Behavior and the Social Environment
- Antiracism in Social Work Practice
- Advanced Clinical Practice with Individuals
- Dismantling Oppression

Adjunct Faculty**January 2015-May 2024**

School of Social Work, Saint Louis University, St. Louis, MO

Courses:

- Social Work Practice with Individuals, Families, and Groups, online
- Human Behavior and the Social Environment, in-person
- Professional Practice Institute: Integrating Yoga and Mindfulness into Social Work Practice (co-taught with Dr. Susan Tebb), in-person
- Human Development through the Life Span, in-person and online

Yoga Instructor**September 2012-August 2023**

Urban Breath Yoga, St. Louis, MO

Courses and trainings instructed:

- Group yoga and meditation classes
- 200-hour yoga teacher training
- 300-hour yoga teacher training
- Continuing education courses: Ethical and Trauma-sensitive Practices in Teaching Yoga, Teaching Yoga for Youth, Yoga for Emotional Balance

SOCIAL WORK EXPERIENCE**Mental Health Clinician****July 2021-present**

Willett Counseling, St. Louis, MO

- Provide intake and individual therapy to children, adolescents, and adults, utilizing techniques of CBT, ACT, TF-CBT, EMDR Therapy, mindfulness and somatic practices
- Address diverse mental health needs including anxiety, depression, trauma, family and relationship issues, and life transitions
- Develop and maintain treatment plans, progress notes, and accurate records needed for insurance reimbursement

Co-founder and Director**August 2016-August 2024**

The Oxygen Project: Yoga for Youth, 501c3, St. Louis, MO

- Co-founded and direct operations of outreach organization that brings yoga/mindfulness programming to schools and youth agencies, serving approximately 700 youth per year
- Develop and maintain partnerships with schools and community agencies, having served 50+ organizations
- Hire, train, and supervise teaching staff, volunteers, and graduate-level social work students
- Secured and manage over \$200K in grant funding
- Provide professional development courses on integrating yoga/ mindfulness into educational, healthcare, and clinical settings
- Create teaching curriculum that aligns yoga/mindfulness with social-emotional learning competencies, and train instructors in implementation
- Plan and oversee data collection and evaluation of programming
- Plan and oversee fundraising and special events

Manager and Lead Instructor**September 2012-August 2023**

Urban Breath Yoga, St. Louis, MO

- Designed and oversaw curriculum and co-facilitated 200-hour yoga teacher training program
- Created and taught courses related to trauma-sensitive yoga/mindfulness and utilizing yoga/mindfulness toward mental and emotional well-being

- Planned and instructed weekly group yoga classes and periodic workshops

Trauma-Informed Care Social Worker

October 2018-January 2021

Gene Slay's Girls and Boys Club, St. Louis, MO

- Field Instructor for MSW practicum students
- Implemented organization-wide trauma-informed care model
- Provided individual and small group social-emotional support to youth with behaviors associated with trauma
- Assessed needs of individuals and families and referred to community resources specific to those needs
- Consulted with direct care providers on behavior management/modification

Therapist, Project Safe Space

August 2015-May 2017

Bilingual International Assistance Services (BIAS), St. Louis, MO

- Provided somatic-based, trauma-focused individual and group mental health therapy to immigrant and refugee youth population in school settings
- Facilitated program intake and post-program assessments with youth participants, family members, and school teachers
- Trained and supervised social work practicum student

Student Support Coordinator, Social Worker

July 2011-July 2013

South City Preparatory Academy, St. Louis, MO

- Implemented short and long-term intervention plans to support students' academic and social-emotional learning and special education service plans
- Developed school wide policies, practices, and staff training on issues such as crisis intervention, violence prevention, and confidentiality, as part of the administrative team
- Collaborated with community partners to implement physical and mental health, character education, and recreational programming
- Developed strategies and initiatives to encourage family involvement
- Recruited, trained, and supervised social work practicum students and volunteers

Community Social Worker

March 2011-May 2011

Catholic Charities Southside Center, St. Louis, MO

- Provided comprehensive case management and advocacy for immigrant and refugee population, including victims of human trafficking
- Conducted outreach and education for social service providers, community organizations and law enforcement on the issue of human trafficking

Youth Education Specialist

August 2008-January 2011

Catholic Charities Southside Center, St. Louis, MO

- Developed and managed implementation of curriculum in after-school programs for K-12th grade students
- Trained and supervised lead teachers, volunteer support staff, and social work practicum students
- Provided educational advocacy and school selection support for immigrant and refugee families
- Participated in process and outcomes evaluations of youth programming
- Created strategic community partnerships with local media, universities, nonprofit organizations, and public, private, and charter schools
- Coordinated family and community events for over 100 participants

PROFESSIONAL PRESENTATIONS

Catholic Charities Southside Center, June 2009, St. Louis, MO, "Integrative Yogic Techniques for Mental Health Professionals", (w/ S. Tebb).

Saint Louis University School of Social Work Continuing Education Program Series, April 16, 2010, St. Louis, MO, "Integrative Mind-Body-Spirit Social Work Practice: Use of Yoga in Health and Mental Health", (w/ S. Tebb).

Care & Counseling, Inc., September 22, 2010, St. Louis, MO, "Integrative Mind-Body-Spirit Practice: Use of Yoga in Health and Mental Health", (w/ S. Tebb).

Midwest Chapter of the National Association of Professional Care Managers, October 22, 2011, Branson, MO, "Using Yoga to Manage Moods With Older Adults", (w/ S. Tebb).

Saint Louis University's School of Social Work Continuing Education Workshop, February 13, 2015, St. Louis, MO, "Integrating Yoga into Social Work Practice". (w/ S. Tebb).

Chestnut Hill Systems Health Fair, September 18, 2015, Belleville, IL, "Integrative Yoga and Mindfulness Techniques into Practice and Self-Care", (w/ S. Tebb).

Yoga Buzz, September 20, 2015, Maplewood, MO, "Trauma-informed Yoga Panel Discussion", (w/ C. Prather, K. Upshur & S. Tebb).

YWCA of Metro St. Louis Annual Pre-service Training, August 12, 2016, St. Louis, MO, "Trauma-informed Yoga for Youth".

Missouri Head Start Training, November 15, 2017, Jefferson City, MO, "Integrating Yoga into Practice with Youth".

Missouri Society for Clinical Social Work, December 9, 2017, St. Louis, MO, "Yoga Techniques for Self-Care and Integration into Clinical Practice" (w/ S. Tebb).

Missouri Children's Trauma Network Training Summit, May 19, 2017, Columbia, MO, "Trauma-informed Yoga".

Midwest School Social Work Conference, School Social Workers Association of Missouri, October 17, 2018, St. Louis, MO, "Integrating Yoga and Mindfulness into Practice with Youth", (w/ S. Tebb).

St. Louis Yoga Week, June 21, 2020, online, "Trauma-sensitive Yoga: Panel Discussion", (w/ M. Dierker and G. Smith).

The Kids Yoga Podcast, online, October 21, 2021, "Empowering Youth with Yoga".

Integrated Behavioral Health Fellowship for Children and Youth, Saint Louis University, May 20, 2022, St. Louis, MO, "Incorporating Mindfulness and Yoga Approaches in Clinical Work with Youth", (w/ A. Howlett, D. Parra, and S. Tebb).