

UNC School of Social Work Clinical Lecture Institutes 2017-2018

Friday, October 20, 2017

8:30am–12:15pm (half-day) | 8:30am–4:30 pm (full-day)

Embodied Practices in Trauma Work: Yoga in the Therapy Room, *with Barbara Vosk, PhD, RYT-500*

Individuals who experienced trauma, and especially those with complex PTSD, can become disconnected from their somatic experience, which decreases their ability to regulate internal states. A growing body of research on the psychology and neurobiology of trauma supports the value of yoga practices on healing the physical, visceral and body-based dimensions of trauma.

The first half-day workshop includes research on trauma and yoga, the principles and practices of a trauma-sensitive framework, and experiential practices involving breath and techniques that can be done while sitting or standing.

Yoga mats will come out in **the second half**. Dr. Vosk will lead participants through gentle physical movement and poses, modeling a trauma-sensitive approach. Participants will also have opportunities to apply and teach each other in dyads, with feedback. (The second half-day is limited to 27 participants.)



Barbara Vosk, Ph.D., is a clinical psychologist in private practice in Raleigh with more than 30 years of experience working with individuals with trauma. She began practicing yoga in 2001 as part her commitment to exercise, and soon became passionate about it when she discovered yoga's deeper healing qualities—reducing stress, expanding mental flexibility, and cultivating resilience. In 2011, she completed the 285-hour teacher training at Blue Lotus Yoga and Movement Arts in Raleigh, and completed an additional 300-hour training there in 2017. She completed Level 1 of Judith Lasater's Restorative Yoga Relax and Renew[®] training program, and training in Therapeutic Yoga.

Pre-registration is required for attendance. Early bird prices available for each workshop!

For more information and to pre-register, please visit <http://cls.unc.edu>

Questions? Contact Debbie Barrett at 919-843-5818 / dbarrett@unc.edu

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