

## **OPEN DOORS YOGA STUDIOS: 2018 Additional Training & Certifications for Teachers**

**Working with Post-Traumatic Stress and Chronic Conditions**  
Yoga as a path to recovery for PTSD, grief, chronic pain and syndromes  
A professional development certification course  
Shelly Dell, certified IAYT-yoga therapist and licensed mental health provider

This specialized, hands-on training will provide yoga teachers and healthcare providers with the tools and confidence needed to apply yogic principles and interventions to students experiencing symptoms of post-traumatic-stress-disorder, grief, chronic pain, and chronic conditions.

### **Learning Objectives:**

- To understand trauma and why some people develop PTSD
- Why and how yoga can help
- The role of the nervous system and how to use yoga tools to work towards autonomic stability
- How to assess the breath and correct problematic breathing
- The stress response, the relaxation response and building resiliency
- To be able to teach grounding exercises to others
- To teach a class for students with PTSD
- Understand the five stages of grief and how to incorporate them into a yoga class
- How to increase a student's interoceptive capacity through informed yoga teaching and tracking sensation skills.
- Teaching mindfulness as a precursor to meditation
- Understanding chronic pain and the fear-avoidance model
- How to modify classes for people with an assortment of chronic health issues
- How to individualize a home practice for people with PTSD, grief, chronic pain, and chronic conditions.
- Self as teacher, the importance of self-care, self-awareness, self-observation, self-acceptance, integration and growth.

### **Participants are required to:**

- Attend both weekends (Fri-Sun for 40 contact hrs plus 10 at home prep hours=50 hrs total)
- Read all material in manual.
- Complete the "Take-Home" assessment within 30 days of the last meeting.
- Create a simple and concise definition of the mind-body connection.
- Teach in small and larger group trauma sensitive yoga using the elements learned.
- Practice tracking sensation with fellow participants.
- Teach grounding exercises

- Design and teach a 20-minute trauma sensitive yoga class
- Be able to simply and clearly explain the fear-avoidance model to the group in discussion format.
- Completion of two case studies. One to be presented to group in a 10-minute summary.

**Pre-requisites:**

Graduates from a Yoga Alliance approved 200-hour program who have an established personal yoga practice, and healthcare providers who have an established personal yoga practice (you do not need to be a yoga teacher). If you have any questions or concerns regarding suitability please contact: Shelly Dell at [dellshelly@yahoo.com](mailto:dellshelly@yahoo.com)

**2018 Dates/Times:**

Friday, June 22 6-9pm

Saturday, June 23 8-5pm

Sunday, June 24 8-5pm

Friday, July 20 6-9pm

Saturday, July 21 8-5pm

Sunday, July 22 8-5pm

**Your Instructor:**

*Shelly Dell* has a Master of Art degree in marriage, child and family counseling. She is a licensed marriage and family therapist and licensed mental health counselor. She completed her specialty in treating trauma through the Foundation for Human Enrichment in 2009 earning her the designation of Somatic Experiencing Practitioner. She receives on going advanced training in SE. This model is a body-centered approach to trauma recovery. As a certified-IAYT yoga therapist Shelly has integrated yoga into her work with PTSD, chronic pain and syndromes for over a decade. She is also a Give an Hour provider, working with post-911 military and their families at no cost. She has a private practice in Scituate, MA.