

Awake Mind EMDR Newsletter Winter 2014



Dear Julie,

This quarterly newsletter for EMDR clinicians looks at **Trauma Sensitive Yoga**, developed at Bessel van der Kolk's Trauma Center in Boston. I have heard from many of you that it is an excellent "preparation phase" strategy for clients to develop body awareness and affect regulation.

I'm excited to be offering my new advanced training - **Earning Secure Attachment: EMDR, Mindfulness & Self-Compassion** - in Missoula, MT and Boulder, CO this spring. Some details are below. I hope to see you at one of those sessions.

Best to you!
Julie Greene

Trauma Sensitive Yoga Overview

Reclaiming the body can be a challenge for survivors of trauma, when the body is the repository of terrifying experiences. Reconnecting with the body is a foundational aspect of trauma treatment (including EMDR).

Since 2003 The Trauma Center in Boston, MA has been offering yoga classes to trauma survivors, including war veterans, rape survivors, at-risk youth, and survivors of chronic childhood abuse and neglect. Pilot research is showing the benefits of yoga for PTSD symptoms. The Trauma Center also trains yoga instructors and clinicians.



Research Articles

Emerson, D., Sharma, R., Chaudhry, S. & Turner J. (2009). **Trauma-Sensitive Yoga: Principles, Practice, and Research**. *International Journal of Yoga Therapy*, 19, 123-128. [Link to free article](#)

Spinazzola, J., Rhodes, A., Emerson, D., Earle, E. & Monroe, K. (2011). **Application of Yoga in Residential Treatment of Traumatized Youth**. *Journal of the American Psychiatric Nurses Association*, 17(6) 431-444. [Link to free article](#)

Other Articles

Being in Your Body: The Benefits of Trauma-Sensitive Yoga for Survivors of Sexual Assault. Meghann McCluskey. Posted July 11, 2013 at Colorado Coalition Against Sexual Assault (CCASA) Blog. [Link to free article](#)

Transcending Trauma. Linda Sparrowe. Fall 2011. YogaInternational.com. [Link to free article](#)

Warriors at Peace. Neal Pollack. August 2010. Yoga Journal. (Article about yoga with military vets.) [Link to free article](#)

More Articles Available at [The Trauma Center](#)

Trauma Sensitive Yoga Resources

Books

Overcoming Trauma through Yoga: Reclaiming Your Body (2011). David Emerson and Elizabeth Hopper. Berkley, CA: North Atlantic Books. *This is a very accessible book for clinicians and clients, including pictures of the yoga poses.* [Link to Amazon](#)

Yoga: For Peace of Body and Mind. A manual for clinicians who want to integrate some yoga into their therapy work. [Link to The Trauma Center](#)



DVD

Trauma Sensitive Yoga: A DVD Practice. Led by senior Trauma Center yoga teacher, Jennifer Turner, the entire practice lasts 55 minutes but it can also be viewed in several shorter sections. [Link to The Trauma Center](#)

Classes

Denver Area

Erica Viggiano ([link to website](#)). Also an EMDR clinician.

Shaayestah Merchant ([link to website](#)). Also an EMDR clinician.

John Madden ([link to website](#)). Works with military vets.

Other Trauma Sensitive Yoga Classes: You could google search in your city to find classes. Check if the person has done specialized training.

If any of you would like to recommend people you know who offer Trauma Sensitive Yoga, please send me the information and I will send an update with those names/locations/contact info with my next newsletter.

Earning Secure Attachment: EMDR, Mindfulness & Self-Compassion

-- New Advanced EMDR Training with Julie Greene, LPC --

Missoula, MT

May 2 - 3, 2014 (Friday & Saturday)

Boulder, CO

June 6 - 7, 2014 (Friday & Saturday)

Boston, MA

November 7 - 8, 2014 (Friday & Saturday)

*For clinicians who have completed EMDR Basic Training
Limited to 24 people, so register early
[For more info and to register](#)*



Next EMDR Basic Trainings

-- let your friends and colleagues know --

Coral Springs, FL -- only one spot left!

Level I January 31 - February 2, 2014

Level II June 20 - 22, 2014

Santa Fe, NM

Level I March 28 - 30, 2014

Level II October 10 - 12, 2014

Boulder, CO

Level I April 11 - 13, 2014
Level II September 12 - 14, 2014

[For more info and to register](#)



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