Integrating Yoga in Social Work Practice  
Date: February 13, 2015  
Time: 9:00 am–12:00 p.m.  
Pre-Register by: February 3, 2015  
CEH: 3  

Course Description:
Many social service providers and mental health practitioners rely on yoga for their own self-care and also recognize it as an effective complementary and integrative health therapy for mental health issues. This workshop will address the benefits of integrating yoga and mindfulness techniques into direct practice. The presenters will introduce specific movements, breathwork, and meditation practices intended to lessen the symptoms of anxiety and depression and will discuss how to realistically and effectively incorporate in a clinical setting.

Learning Objectives:
At the conclusion of this course, participants will be able to:

1. Apply the benefits of incorporating mind-body-spirit practices in direct social work practice.
2. Select specific yoga techniques such as physical movement, breathwork, and meditation to incorporate into direct practice with clients experiencing anxiety and depression.
3. Evaluate the effectiveness of integrating yoga techniques with individual clients.

Presenters Biographical Information:

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 to children and adults. She currently works with Urban Breath Yoga training teachers and developing an outreach program for yoga with youth.

Cost:  
$30.00 SLU alumni and SLU practicum instructors pre-registered by February 3  
$50.00 Others or registration at the door

This program will be held at II Monastero, 3050 Olive Boulevard, St. Louis, MO 63103.  
Free parking located in front of the building

Information and Pre-registration:  
Pre-register online and pay by credit card or electronic check: Pre-Register On-line  
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 will be accepted the day of the event.

For information on the Saint Louis University School of Social Work 2014 Continuing Education Program and the Continuing Education Policies and Procedures, please refer to our web site at the Saint Louis University School of Social Work, Continuing Education or http://www.slu.edu/x13020.xml.

If you need special accommodations or if you have questions or concerns, please contact 314-977-6858 or conted@slu.edu.