



SAINT LOUIS UNIVERSITY

SCHOOL OF SOCIAL WORK

CONTINUING EDUCATION PROVIDER

# Integrating Mind/Body/Spirit Techniques into Social Work Practice

## 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/health issues. This workshop will introduce yoga philosophy as it pertains to social work values and ethics and will address the benefits of integrating yoga and mindfulness techniques into social work practice. The presenters will introduce specific yoga movements, breathwork, and meditation practices intended to lessen the symptoms of anxiety, depression, addiction, PTSD and other mental health/health issues.

## Presented by

**Susan Steiger Tebb, Ph.D., L.S.W., RYT-500**, is a Professor, Dean Emerita, School of Social Work Saint Louis University. Currently her research, knowledge and skill training have involved complementary and integrative health/mental health interventions, in particular yoga and on integrating somatic body therapies into social work practice. She is a LifeForce Yoga@Practitioner Level Two and a Certified Integrative Yoga for Seniors Instructor (C-IYSI)

**Laurie Brockhaus, LCSW** is a social worker, former classroom teacher, and registered yoga instructor at the 500-hour level. She has practiced social work with youth and families in school and agency settings for ten years and has been teaching yoga for 13 years. Laurie co-created and manages The Oxygen Project, which brings regular yoga programming to schools and youth organizations.

## Learning Objectives

- \*Describe the application of mind/body/spirit practices in social work practice and self-care.
- \*Discuss specific yoga techniques such as physical movement, breathwork, sound, mudra (hand gestures) and meditation to use in working with clients experiencing anxiety, depression, addiction, PTSD and other mental health/health issues.
- \*Compare yoga philosophy to social work values and ethics.

Friday, Oct. 19, 2018

9:00 p.m.-4:00 pm

Check-in begins at 8:30 a.m.

6 CEHs

\$75 for SLU Alumni and practicum instructors pre-registered by October 12, 2018

\$95 Others and registration at the door

REGISTER TODAY

[You may pre-register online](http://bit.ly/SLUSW2018CE) at [bit.ly/SLUSW2018CE](http://bit.ly/SLUSW2018CE)

If you need special accommodations, or have questions or concerns, please email [conted@slu.edu](mailto:conted@slu.edu) or call 314-977-6858

All programs are held at **Il Monastero**  
3050 Olive Boulevard, St. Louis, MO 63103

Call, email or visit our website to learn about other continuing education opportunities at SLU