



## RETREAT LOCATION INFORMATION

**EarthRise at IONS**  
101 San Antonio Rd  
Petaluma, CA, 94952

707-775-3500  
noetic.org/earthrise

# YOGA AND ART THERAPY RETREAT

Immerse yourself in a truly magnificent natural setting in California! The beautiful EarthRise at IONS retreat center is located just 30 miles north of San Francisco (nestled in the mountains between Novato and Petaluma).

**Experience how to combine yoga and art therapy techniques with your clients to open the pathway for transformation.**

This exploration, rich in didactic and experiential practice will take you on a journey using creative art activities, yoga, a balanced schedule of meditation, breathing techniques, mindfulness practice, group discussion, videos and case studies – all in an ideal setting with Petaluma’s picturesque surroundings.

Learn how to combat your clients’ negative self-talk, reduce physiological manifestations, and replace rumination with healthy behaviors to alleviate symptoms of:

- **Anxiety**
- **Depression**
- **Panic**
- **Obsessive-Compulsive Disorder**
- **Mood Disorders**
- **PTSD**

Yoga therapists can receive additional credits through Yoga Alliance. Please visit Dr Horovitz’ website at [www.yogatherapy.com/events](http://www.yogatherapy.com/events) to receive your CECs.

In 5 days, this educational opportunity will provide you with the principles of yoga & art therapy, diagnoses and best practices for effective treatment. After completion, you will be able to lead your clients towards creative expression, greater peace, mood regulation, and transformation.

**Limited availability! Register today at [pesi.com/express/67945](http://pesi.com/express/67945)**

## SPEAKER



**Ellen Horovitz, Ph.D., ATR-BC, LCAT, 500-RYT, YACEP, LFYP, C-IAYT, LVCYT,** is an internationally-known leader in art therapy and yoga therapy and the author of nine books, including *Yoga Therapy: Theory and Practice*. Her new book, *Head and HeART: Yoga & Art Therapy Interventions for Mental Health* will be published by Hand-spring in 2020. She is a board-licensed art therapist/psychotherapist, and a certified yoga teacher and yoga therapist. She is also a dynamic presenter who has given hundreds of lectures and workshops nationally and internationally.

Dr. Horovitz is Professor Emerita and founder of the Nazareth College graduate art therapy program and past president-elect of the American Art Therapy Association (AATA). In addition, Dr. Horovitz has been in private practice for over 35 years and works clinically with individuals, couples and families.

The topics of her books range from art therapy to yoga therapy to mainstream applications of digital photography, and she has authored over 50 juried articles and 17 book chapters. Dr. Horovitz is an expert in the field of deafness/hard of hearing and her book, *Visually Speaking: Art Therapy and the Deaf* has been translated into Korean.

She served as AATA board director for 12 years and was responsible for re-writing the national education standards and manuals for approved graduate programs. In addition, she was an expert witness on art therapy education for the U.S. Department of Justice, has won numerous awards and received grants from many organizations, including a graphic consultant grant from the U.S. Department of Defense.

Speaker Disclosure:

Financial: Ellen Horovitz is professor emerita at the Nazareth College of Rochester. She receives a speaking honorarium from PESI, Inc.

Non-financial: Ellen Horovitz is a member of the American Art Therapy Association.

## HOW TO REGISTER YOGA AND ART THERAPY RETREAT

**Choose the easiest registration method for you:**

<b>ONLINE</b>	<b>FAX</b>
<a href="http://pesi.com/express/67945">pesi.com/express/67945</a>	800-554-9775
<b>PHONE</b>	<b>MAIL</b>
800-844-8260	PESI, Inc. PO BOX 1000 Eau Claire, WI 54702-1000
Please have credit card available	



**1 Please complete entire form (to notify you of retreat changes); please print; staple duplicate forms.**

Name \_\_\_\_\_ Profession \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Ph ( ) \_\_\_\_\_ Work Ph ( ) \_\_\_\_\_

E-mail address \_\_\_\_\_

**Registrant's email required to receive your certificate of completion and registration confirmation.**

**2 Tuition and 4-night stay (67945PET)**

**September 25-29, 2019**  
*Registration closes September 16, 2019*

CE Certificate & Course manual  
Healthy cuisine (3 meals daily)

<input type="checkbox"/> Early bird by 8/21/19	\$1,799 per person
<input type="checkbox"/> Standard	\$1,999 per person
<input type="checkbox"/> Early bird by 8/21/19	\$1,599 per person
<input type="checkbox"/> Standard	\$1,799 per person

**\*\*Bring a friend and SAVE \$200 each!**

Tuition and 4-night stay, double occupancy\*

To register for double occupancy, please submit both registration forms at the same time

Roommate's name: \_\_\_\_\_

**3 Please indicate method of payment.**

- ☐ Check enclosed payable to **PESI, Inc.**
- ☐ Am. Exp. (15 Digits) ☐ VISA (13-16 Digits) ☐ MC (16 Digits) ☐ Discover Novus (16 Digits)

**Total**

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature \_\_\_\_\_ V-Code #: \_\_\_\_\_

## CERTIFICATE PROGRAM

# YOGA AND ART THERAPY RETREAT

**Interventions for Anxiety, Depression, Panic, OCD, PTSD and Mood Disorders**

**September 25-29, 2019**  
**EarthRise at IONS • Petaluma, CA**

**Earn Your Certificate & up to 20.5 CE Hours**

**Register today: [pesi.com/express/67945](http://pesi.com/express/67945)**



RETREAT CONTENT

Psychotherapy Behind Art and Yoga Therapy

Developmental stages of art  
Psychological concepts  
Construct a multi-generational pictograph

Priming the Brain Using Yoga and Art  
Physiological and Psychological Effects

Elevation of mood  
Dissolve chronic tension held in the body  
Decrease symptoms of depression and anxiety  
Complement talk therapy through somatic practice and mindful engagement  
Release of repressed emotions stored in the body  
Increased ability to self-regulate mood and cognition  
Ethical implications of using these modalities and its limitations in your practice

Assessments  
Physical and Psychological

The Morris-Payne Assessment and its purpose (interactive)  
Self-Pain Assessment for clients (interactive handout)  
Genogram Analytics app (interactive and video)  
BetterMind app (interactive)  
(Case presentation of 22-year-old suicidal female using Apps)  
Art Therapy Assessments (CATA, KFD, etc.)  
Chair yoga techniques for physically challenged

Safe Boundaries and Ethics  
Create a Safe Space for Client and Therapist

Establish confidentiality  
Permission to modify, stop, redirect

Safe attention to the breath  
Ritual of invitation  
Attention to environment  
Therapeutic attitude and body language

Art and Yoga Techniques  
Clinical Applications to Build New  
Neuropathways

Psychosocial versus physical issues – starting with the body  
Understand the body from a physical and emotional platform  
Current research in the field of art therapy, yoga therapy and mental health

Mood Disorders

Treatment techniques, including videos & case studies  
Video - Bipolar child (11-year old male and his mother)  
Video - ADD 11-year-old child and mother  
Case Study - 18-year-old bipolar, adolescent (addiction disorder) and family  
Case Study: 23-year-old suicidal female

Physiological Dysfunction

Treatment techniques, including videos & case studies  
Video - 65-year-old female stroke survivor  
Video - 64-year-old female sexual abuse survivor  
Case Studies - 78-year-old depressed male and his wife: Couple’s therapy  
Case Studies - 10-year-old ADHD (child custody case) and his family

Yoga Techniques  
Experiential Components for Anxiety, OCD  
and PTSD\*\*

Warm-up, techniques:  
Breathing and meditation techniques for mood management  
Lift depressed mood  
Calm an anxious mood  
Sequencing: Counter poses, benefits, and modifications of each pose  
Sound, breath and visual imagery to address both depression and anxiety  
Yoga therapy strategies to incorporate: Body awareness, imagery  
Reduce rumination and negative self-talk

Art Techniques  
Experiential Components for OCD, PTSD &  
Physical Challenges

The developmental stages of art  
Media selection  
Warning signs in artwork  
Reduce anxiety (mandalas, safe places)  
Discharge anger (straws)  
Physically challenged  
Mindful doodling  
Using fibers to quell OCD and PTSD  
Worry dolls

Enhanced Techniques  
Go Beyond Art & Yoga

Journaling  
Combine mantras and postures  
Collaborative art making  
Family yoga therapy & art therapy techniques  
Partner yoga therapy exercises  
The importance of recapping  
Assigning Apps in between sessions  
Assign homework to increase emotional and physical regulation in between sessions  
Smartline: HIPAA compliant formats for distributing homework and texting

\*\*Social Workers: Please note that 4 hrs of ACE credit is not available for the Yoga Techniques topic.

RETREAT SCHEDULE

Wednesday, September 25, 2019

3:00 – 6:00 pm Check-In  
6:00 – 7:00 pm Dinner  
7:30 – 8:30 pm Welcome, Introduction Educational Program\*  
8:40 – 9:00 pm Evening Meditation / Yoga Nidra  
9:00 pm Break for the Night

Thursday, September 26, 2019 –  
Saturday, September 28, 2019

7:00 – 8:00 am Gentle Meditation & Morning Yoga  
8:00 – 9:00 am Breakfast  
9:30 am – 12:30 pm Didactic & Experiential Program\*  
12:30 – 1:30 pm Lunch  
1:45 – 2:00 pm Walking Meditation & Labyrinth  
2:00 – 4:30 pm Didactic & Experiential Program\*  
4:50 – 6:00 pm Yoga Class  
6:00 – 7:00 pm Dinner  
8:45 pm Evening Meditation & Closing  
9:00 pm Break for the Night

Sunday, September 29, 2019

7:00 – 8:00 am Meditation & Morning Yoga  
8:00 – 9:00 am Breakfast  
9:30 am – 12:30 pm Didactic & Experiential Program\*  
12:30 – 1:30 pm Lunch and Departure

\*CE is awarded during these specified times

Target Audience:

Counselors • Psychologists • Social Workers • Case Managers • Psychiatrists  
Marriage and Family Therapists • Occupational Therapists and Occupational Therapy Assistants  
Speech-Language Pathologists • School Counselors • School Psychologists • Educators  
Yoga Teachers • Creative Arts Therapists • Physical Therapists • Recreational Therapists  
Health Professionals



CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

COUNSELORS: This intermediate activity consists of 20.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

EDUCATORS/TEACHERS: This course is designed to qualify toward your professional development requirement. The program is 20.5 clock hours in length.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 1230 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 20.5 contact hours or 2.05 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 20.5 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

PSYCHIATRISTS: PESI, Inc. designates this live activity for a maximum of 20.5 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education.

PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 20.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 20.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 16.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



OTHER PROFESSIONS: This activity qualifies for 1230 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

OBJECTIVES

1. Utilize physical and psychological assessments to identify which clients would benefit from art therapy and yoga therapy.
2. Create a safe space for clients and therapist by giving attention to breath in session.
3. Explore how to cultivate trust when working with mind/body issues with clients who suffer from anxiety, mood disorders, dual diagnosis, co-morbidity and more.
4. Explore the ethical implications and limitations of using art therapy and yoga therapy in treatment.
5. Apply mindfulness techniques and practices to address negative thoughts with your clients in therapy.
6. Demonstrate how to use art/body exercises in session for nonverbal communication.
7. Apply breathing practices, body movement and self-compassion for emotional regulation and mood disorders.
8. Determine in yoga therapy which sound, breath and visual imagery techniques to address in depression and anxiety.
9. Identify the warning signs in artwork and how this will inform treatment interventions.
10. Demonstrate breathing and meditation techniques for mood management for clients with PTSD.

To view the full learning objectives, visit [pesi.com/express/67945](https://pesi.com/express/67945)



For additional information: [pesi.com/express/67945](https://pesi.com/express/67945)