

- 2-Day Experiential Workshop -
**Yoga & Art Therapy Interventions for
Anxiety and Mood Disorders**

Are you feeling challenged or stuck with your clients? Need new ways to help them combat negative self-talk, mood disorders, and physiological challenges?

By combining yoga and art therapy techniques you will discover new and innovative ways to help your clients reduce physiological manifestations and mood disorders and replace rumination with healthy behaviors and thinking.

Join Ellen, international speaker, author, expert art therapist and yoga therapist, to experience firsthand how to combine creative arts, present moment awareness, yoga, and self-compassion with your clients to calm worried minds and soothe painful emotions.

This exploration, rich in didactic and experiential practice, will teach you how to create a safe container, increase mood regulation in your clients and use specific strategies through:

- Creative art activities
- Gentle yoga
- A balanced schedule of meditation
- Breathing techniques
- Mindfulness practice
- Group discussion
- Clinical teachings, videos and case studies

Open the creative pathway for transformation and learn how to calm your central nervous system through yoga and witness your experience through creative artistic exploration.

You will leave this seminar personally restored and confident in your ability to lead your clients towards creative expression, greater peace, transformation and mood regulation.

Objectives

1. Identify who would benefit from art therapy and yoga therapy.
2. Explore the ethical implications and limitations of using art therapy and yoga therapy in treatment.
3. Review art therapy and yoga therapy and pain assessment techniques and their role in treatment.
4. Explore how to set a safe container and cultivate trust when working with mind/body issues with clients who suffer from anxiety, mood disorders, dual diagnosis, co-morbidity and more.
5. Apply mindfulness techniques and practices to address negative thoughts with your clients.
6. Demonstrate how to use art/body exercises for nonverbal communication.
7. Acquire hands-on art therapy and yoga therapy techniques for individual, couples and family populations.
8. Implement partner yoga techniques as a strategy to aid couples' counseling.
9. Apply breathing practices, body movement and self-compassion for emotional regulation and mood disorders.
10. Demonstrate meditation techniques and incorporate for deep rest and restorative poses for mood disorders.
11. Practice chair yoga techniques for physically and emotionally challenged populations.
12. Review adaptive art techniques for physically and emotionally challenged populations.

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Meg Graf** at mgraf@pesi.com or call 715-855-8199.

Speaker

Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, YACEP, LFYP, C-IAYT, LVCYT,

is an internationally known leader in Art Therapy and Yoga Therapy and the author of eight books, including *Yoga Therapy: Theory and Practice*. 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.

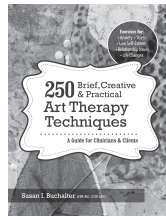
She served as AATA board director for 12 years and was responsible for re-writing the national education standards and manuals for approved graduate programs. In addition, she was as an expert witness on art therapy education for the U.S. Department of Justice, has won numerous awards and received grants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

SAVE BY INCLUDING THESE PRODUCTS WITH CONFERENCE REGISTRATION!



250 Brief, Creative & Practical Art Therapy Techniques *A Guide for Clinicians and Clients*

By Susan I Buchalter, Art-BC, CGP, LPC

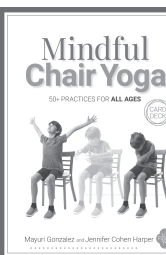
These unique 250 art exercises increase self-esteem, self-awareness and a feeling of success in artistic expression and communication, allowing clients to engage in therapeutic exercises without judgment. Using simple materials like paper, pencils and markers, these techniques can be immediately implemented in your practice.



The Mindful Doodle Book *75 Creative Exercises to Help You Live in the Moment*

By Patricia D. Isis, Ph.D., LMHC, ATR-BC, ATCS

Reduce anxiety. Express emotions. Be more present. *The Mindful Doodle book: 75 Creative Exercises to Help You Live in the Moment* combines the benefits of mindfulness and the intuitive expression of doodling to help you relax, find focus, and creatively express emotions through spontaneous artmaking.



Mindful Chair Yoga Card Deck *50+ Practices for All Ages*

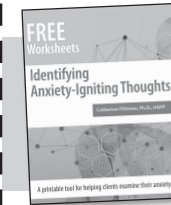
By Jennifer Cohen Harper, MA, E-RYT and Mayuri Breen Gonzalez

Mindful Chair Yoga is a powerful way to harness key benefits of the practice: become stronger, more flexible, navigate challenging situations without becoming overwhelmed, rest when you need it, and much more. Each card includes a reflection question to help engage fully with the activities. This easy-to-use card deck contains 50+ practices that can support everyone - children, teens and adults - in living a happier, healthier life.

FREE Worksheets

Identifying Anxiety-Igniting Thoughts

By Catherine Pittman, Ph.D. HSPP



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- 2-Day Experiential Workshop -

Yoga & Art Therapy Interventions for Anxiety and Mood Disorders

Santa Ana, CA • March 28 & 29, 2019



Register now! pesi.com/express/68114

- 2-Day Experiential Workshop -

Yoga & Art Therapy Interventions for Anxiety and Mood Disorders

Featuring

Dr. Ellen G. Horovitz, ATR-BC, LCAT, E-RYT, C-IAYT,
internationally-known leader in Art Therapy and Yoga Therapy and author

- Experience the power of meditation, breathing techniques, creative inquiry, and gentle yoga
- Techniques to address rumination
- Emotional regulation for mood disorders



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Santa Ana, CA
Thursday & Friday
March 28 & 29, 2019

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Outline

Art Therapy & Yoga Therapy

The psychotherapy behind art therapy and yoga therapy
Streamlining your reports using healthcare apps in treatment
Techniques for mood regulation (Sample: Breath of Joy)

Physical and Psychological Assessment

The Morris-Payne Assessment and its purpose (interactive)
Self-Pain Assessment for patients (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

Create a Safe Space for Client and Therapist: Safe Boundaries, Touch and Ethics

Establishing Confidentiality
Permission to modify, stop, redirect
Safe attention to the breath
Ritual of Invitation
Attention to Environment
Therapeutic Attitude and Body Language

Clinical Applications of Combining Art Therapy and Yoga Therapy Techniques to Build New Neuropathways

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

Mood Disorders

Videos:
Bipolar child (11-year old male and his mother)
ADD 11-year-old child and mother

Case studies:

18-year-old Bipolar, adolescent (addiction disorder) and family
23-year-old suicidal female

Physiological Dysfunction

Videos:
65-year-old female stroke survivor
64-year-old female sexual abuse survivor

Case studies:

78-year-old depressed male and his wife: Couple's therapy
10-year-old ADHD (child custody case) and his family

Experiential Component: Yoga Therapy Techniques 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

Experiential Component: Art Therapy Techniques for OCD, PTSD & Physical Challenges

Understand 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

Combining Yoga therapy & Art Therapy Techniques and Beyond

Journaling
Combing 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
Sequence Wiz Yoga App
Assigning homework to increase emotional and physical regulation in between sessions
Smartline: HIPAA compliant formats for distributing homework and texting

Physiological and Psychological Effects of Incorporating Yoga Therapy and Art Therapy

Priming the brain using yoga and art
Elevation of mood
Dissolving chronic tension held in the body
Decrease symptoms of depression and anxiety
Complementing talk therapy with 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

SEMINAR SCHEDULE FOR BOTH DAYS

7:30	Registration/Morning Coffee & Tea	There will be two 15-min breaks (mid-morning & mid-afternoon).
8:00	Program begins	Actual lunch and break start times are at the discretion of the speaker.
11:50 -1:00	Lunch (<i>on your own</i>)	A more detailed schedule is available upon request.
4:00	Program ends	

PESI Inc. is proud to offer this seminar (at these locations only) *free* of charge (on live seminar tuition) for veterans and active duty military personnel.
Advance registration by phone required.



Target Audience

Counselors • Social Workers • Psychologists • Case Managers • Psychiatrists
Marriage and Family Therapists • Occupational Therapists and Occupational Therapy Assistants • Speech-Language Pathologists • School Counselors • School Psychologists
Educators • Yoga teachers • Creative Art Therapists

Live Seminar Continuing Education Credit Information for Conference

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 cepsi@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 12.5 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 12.5 clock hours in length.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 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 12.5 contact hours or 1.25 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.

PSYCHOLOGISTS: This live activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

PSYCHOLOGISTS/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 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

SPEECH-LANGUAGE PATHOLOGISTS: This course is offered for 1.25 ASHA CEUs (Intermediate level, Professional area).

CALIFORNIA SPEECH-LANGUAGE PATHOLOGISTS (AND AUDIOLOGISTS): PESI, Inc. is an approved provider with the California Speech-Language Pathology and Audiology Board, #PDP 319. This course meets the qualifications for 12.5 hours of continuing professional development credit for Speech-Language Pathologists or Audiologists, as required by the California Speech-Language Pathology and Audiology Board.

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CALIFORNIA SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS/LICENSED EDUCATIONAL PSYCHOLOGISTS: This intermediate activity consists of 12.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

OTHER PROFESSIONS: This activity qualifies for 760 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.

Questions? Call customer service at 800-844-8260

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



How to Register 2-Day Experiential Workshop - Yoga & Art Therapy Interventions for Anxiety and Mood Disorders

QUESTIONS? Call **800-844-8260** or e-mail us at **info@pesi.com**.

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- **FREE Military Tuition:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Advance registration by phone required.
- **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
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- ☐ **Standard Tuition \$439.99** per person

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- ☐ **\$19.99* The Mindful Doodle** book

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___ **CD*** (audio) \$269.99 (RNA054515)

___ **250 Brief, Creative & Practical Art Therapy Techniques** book*
\$29.99 (PUB085195)

___ **The Mindful Doodle** book* \$19.99 (PUB084400)

___ **Mindful Chair Yoga Card Deck*** \$19.99 (PUB085920)

*Shipping is \$6.95 first item + \$2.00 each add'l item.

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