

## Course Date & Location

September 28, 2019  
Concord, CA

## Registration Information

**Early Registration Fee - \$185**

**Full Registration Fee - \$225**  
after September 1, 2019

Please visit

[www.coastalliedhealth.com](http://www.coastalliedhealth.com)

or call (805) 996-0899  
to register.

## Course Credits

Each participant will receive a certificate of completion for 6 contact hours / .6 AOTA CEUs.



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

## Participant Requirements

Please wear comfortable clothing, suitable for movement. A yoga mat and light blanket is required for all attendees. For additional comfort, participants may want to bring a pillow for sitting on the floor.

## Faculty

Anne Buckley-Reen, OTR/L, RYT has been a practicing pediatric therapist for 30+ years, and a pioneer in the use of yoga as a therapeutic modality for the past 19 years.

Her work with yoga has been researched, published, and cited in numerous journal articles, and is the foundation for a researched preparatory program widely used in New York City schools' special needs classrooms.

Anne brings a wealth of treatment options to pediatric therapy through yoga and continues to expand her knowledge and sharing through her dynamic yoga training courses.

## Location

Suma Kids, Inc.  
1190 Burnett Avenue, Suite D  
Concord, CA 94520

## Cancellation Policy:

Learners may cancel up to 14 days before the start of the course. If you wish to cancel, please provide us with a written request via email or a letter mailed to

Coast Allied Health  
PO Box 4037

San Luis Obispo, CA 93403

Cancellations will be refunded minus a processing fee of \$75. Please contact us for more information.

*\*Coast Allied Health Consulting and Education reserves the right to cancel a course at any time. We are not responsible for any expenses incurred by the learner except for course tuition reimbursement. Once a course is in progress, no refunds will be issued. We apologize for any inconvenience.*

# Yoga Interventions for Pediatric Trauma & Anxiety

September 28, 2019

Concord, California

*presented by*



*Anne Buckley-Reen*  
OTR/L, RYT

*sponsored by:*



**COAST ALLIED HEALTH**  
Consulting and Education, Inc.

[www.coastalliedhealth.com](http://www.coastalliedhealth.com)  
(805) 996-0899

## Course Description

Therapists: Do you work with children who are highly reactive, have difficulty maintaining an even emotional state, or who may go into their own world when stressed?

Do parents or teachers report activities or places that seem to “trigger” emotions or withdrawal?

Does the child worry excessively, become easily overwhelmed or avoidant?

This workshop will offer tools and strategies to help the child/teen navigate the difficulties of trauma and anxiety in day-to-day life. The therapist will gain an understanding of dynamics, triggers, and physiology, as well as learn specific yoga and mindfulness-based activities and routines to help restore nervous system homeostasis. A combination of lecture and labs will be presented.

## Course Objectives

Upon Completion of this course, The therapist will:

- **Identify** at least three of the most common childhood traumas.
- **Understand** physiology of PTSD and identify two common manifestations.
- **Identify** at least three ways anxiety can manifest physiologically, including the impact on all body systems.
- **Identify** and apply at least two appropriate routines to address fear and withdrawal.
- **Identify** two tools and two strategies to engage the disengaged child.

*\*Please visit [www.coastalliedhealth.com](http://www.coastalliedhealth.com) for a complete list of course objectives.*

## Schedule • Morning

8:00 a.m. • Registration

8:30 a.m. • Introduction

### Defining our Population and Challenges:

- Common Traumas in Childhood Development
- Types of Trauma (Isolated vs Chronic) and Impacts
- The Biology of Triggers and PTSD
- Anxiety Manifestations – Physical, Social-Emotional, Respiratory Mindfulness

### Practice

**Lab # 1** – Creating Safe Spaces and the Routines that Prepare Us: Set-up Routine

*Steps to Serenity – Working the Body to Relieve the Mind, Reflections, Meditation, Take-Away Strategies.*

**Lab # 2** – Therapeutic Connections with the Disengaged Child: Touch vs. Non-Touch Techniques – When and Why

- *Sharing Attention*
- *Sharing Rhythms*
- *Breath/ Sounds and Circles of Communication*
- *Meditations for Trauma*

12:00 p.m. • *Lunch* (on your own)

## Schedule • Afternoon

**Lab # 3** – Hyperarousal and Trauma Memory Triggers

- *Behaviors and Sharing Space*
- *Preparation – Simple Breathing*
- *Calming the Body and Mind – Visualizations, Grounding Postures*
- *Session Take-Aways*

**Lab # 4** – Anxiety or ADHD?

- *Breath Awareness and Control*
- *Reducing Fears and Enhancing Engagement through Key Postures Sequences*
- *“Hold that Pose” Addressing Approach and Avoidance*
- *Progressive Relaxation Strategies*
- *Meditation for Anxiety*

### Discussion-

Sharing Circle – Clues and Cues

Dos and Don'ts for working with Trauma and Anxiety

Take-Aways – Strategies/Resources and Next Steps

*\*Two 15-minute breaks will be scheduled during the day.*