

# Integrating Yoga into Trauma Treatment



## At a glance...

For many trauma survivors, traditional talk therapy can have limitations in providing true healing and processing of trauma. With the increase of popularity of somatic modalities, many trauma survivors are seeking ways to supplement their trauma treatment. This workshop will discuss how practitioners can integrate yoga into their work as a tool for stress and behavior management. Specific techniques such as Yoga Nidra will be discussed and practitioners will leave with specific skills they can incorporate into their work with clients. This workshop meets the Social Work Continuing Education requirement of pain management training.

## Objectives

1. Participants will identify one benefit of using yoga as a supplemental treatment for stress management.
2. Participants will identify two strategies to implementing yoga-related techniques with clients.

## Speaker

**Krystal Diel**, LMSW-Clinical, LCSW (She/her/hers) received her Master of Social Work at Grand Valley State University and her Bachelor of Social Work at Central Michigan University. Krystal is an experienced trauma therapist and has worked with survivors since 2013 in a variety of settings: crisis lines, a children's advocacy center, emergency room and primary care, universities, and domestic violence/sexual assault agencies. As an EMDR clinician and certified yoga teacher, Krystal takes a trauma informed and survivor centered approach to meeting survivors' needs. In addition to her clinical work, Krystal is an adjunct faculty member at Grand Valley State University.



Friday, January 12, 2024  
9:00am - 11:00am

**Cost**  
\$49



Virtual - via Zoom

Participants must use an  
audio and visual capable  
device.

**CE  
Credits**  
2.0

*Grand Valley State University School of Social Work, an accredited social work education program, is authorized by Administrative Rule 338.2965 to award Michigan social work continuing education contact hours.*



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