

00:07 to: *Clarissa (UK) - @clissa89*
LOL

00:17 to: *Alex Moss*
Hello from Edinburgh!

00:18 to: *Clarissa (UK) - @clissa89*
see what happens when you step afk brock...

00:22 to: *Clarissa (UK) - @clissa89*
Hi Alex!!!

00:30 to: *marion*
Hi Alex

00:50 to: *Helen OTUK*
brock... we can hear you

01:05 to: *Brock Cook*
i know

01:18 to: *Clarissa (UK) - @clissa89*
I'm having a massive LOL over here

01:30 to: *Clarissa (UK) - @clissa89*
HI ALLISON! :D

01:36 to: *Bill Wong @BillWongOT 1*
hey allison!

01:41 to: *kirstyes (UK)*
Hi Toomy of the mind maps

01:44 to: *Helen OTUK*
hello Ali

01:48 to: *kirstyes (UK)*
Tommy

01:48 to: *Clarissa (UK) - @clissa89*
WE LOVE YOU ALLI!!!!!!

01:49 to: *MartinOD*
Hi Ali

01:57 to: *Tommy (UK) from www.otstudent.info*
Hi Kirstyes

01:59 to: *kirstyes (UK)*

Alli - we love you - looking forward to this

02:10 to: *allisulli*
:)<3

02:26 to: *sue sibbald*
Hi Ali i remembered :)

02:32 to: *Clarissa (UK) - @clissa89*
there is so much OT love flying around today <3

02:36 to: *Andrea (Scotland)*
Hows the hashtag going on twitter?

02:54 to: *Clarissa (UK) - @clissa89*
still going! got some input from our lovely #BPDChatters too :)

03:15 to: *Clarissa (UK) - @clissa89*
ooh hi pd2ot! didnt see you

03:16 to: *Susan Burwash (Edmonton, Canada)*
slides loaded with pre-slides

03:29 to: *Susan Burwash (Edmonton, Canada)*
trigger warning just pre-presentation

03:45 to: *Alex Moss*
Hi Marion, Andrea and Clarissa!

03:46 to: *Clarissa (UK) - @clissa89*
Allison, lots of support and offers of validation from #BPDChat crew today

04:23 to: *sue sibbald*
yes the #BPDChat crew send you love

04:28 to: *Andrea (Scotland)*
Hi Alex, Hi Marion!

04:33 to: *marion*
Hiya Andrea how are you tonight?

04:38 to: *kirstyes (UK)*
It's been fantastic to see some non-OTs in these sessions - hope you complete the survey at the end too. The last session 11-12pm (UK time) is on mindfulness - I'm aiming to stay away for that one.

04:48 to: *Andrea (Scotland)*
Wow slightly excited, I can see powerpoint again.. Will this be a full session!

04:52 to: *pd2ot 1*

Hey Clarissa! I was running round getting food so not really here!

04:57 to: *mike w*

is someone speaking? my computer just froze

05:02 to: *allisulli*

Is Susan talking?

05:06 to: *Tommy (UK) from www.otstudent.info*

no

05:11 to: *Jo Lawrence*

not hearing anything hear

05:13 to: *Jo Lawrence*

here

05:16 to: *Clarissa (UK) - @clissa89*

haha I think we can let you off for that pd2ot! :)

05:24 to: *allisulli*

ok thank you tommy

05:32 to: *Andrea (Scotland)*

I'm good Marion, signal not great so keeps cutting out

05:39 to: *Jo Lawrence*

I can now

05:39 to: *Tommy (UK) from www.otstudent.info*

can now

05:40 to: *marion*

hugs

05:40 to: *Bill Wong @BillWongOT 1*

now i can hear you

05:42 to: *Karen Jacobs*

I can hear you now

05:43 to: *Ana (Portugal)*

yes

05:43 to: *sue sibbald*

yes i can

05:43 to: *Alex Moss*

:)

05:48 to: *Samar Hassani (Kuwait)*

:)

05:48 to: *Helen OTUK*

:)

05:50 to: *Julie C - Ireland*

:)

05:56 to: *Karen Jacobs*

Susan, I can hear you now.

05:56 to: *allisulli*

me too Suan:)

05:56 to: *Andrea (Scotland)*

yes

05:56 to: *Shannon (USA)*

:)

06:29 to: *Andrea (Scotland)*

:/ on and off

06:57 to: *Helen OTUK*

just remind me please

07:12 to: *Helen OTUK*

audio good this end

07:34 to: *Karen Jacobs*

40 people

07:41 to: *Helen OTUK*

:)

07:54 to: *Bill Wong @BillWongOT 1*

from Los Angeles

07:55 to: *Karen Jacobs*

Boston, USA

07:56 to: *Ginny*

Lancaster, UK :)

07:58 to: *pd2ot 1*

UK

07:59 to: *sue sibbald*
sue uk #BPDChat

08:00 to: *Satu Voutilainen*
Finland!

08:01 to: *MartinOD*
Manchester, UK

08:02 to: *Caitlin Donaldson*
New York, United states

08:02 to: *marion*
scotland UK

08:02 to: *Shaan*
Exeter UK

08:06 to: *Alex Moss*
Greetings from Edinburgh!

08:07 to: *Sarah Ouwerkerk*
DC, USA

08:07 to: *Applying Principles of Trauma-Informed Yoga Instruction to Occup*
UNC

08:09 to: *mike w*
rochester USA

08:16 to: *Julie C - Ireland*
Ireland

08:16 to: *Shannon (USA)*
North Carolina, US

08:21 to: *Erwin Vanroye (Belgium)*
Hasselt, Belgium

08:27 to: *Ana (Portugal)*
Portuguese, now in switzerland

08:28 to: *Jo Lawrence*
london, uk

08:32 to: *Joanna*
UK

09:52 to: *Brock Cook*
KIRSTY WINS!

09:53 to: *Helen OTUK*
lol, was tweeting!

09:58 to: *kirstyes (UK)*
Yay

10:05 to: *Brock Cook*
Team24OT!!

10:10 to: *Helen OTUK*
Part timer won!

10:10 to: *Alex Moss*
wow impressive!

10:11 to: *Clarissa (UK) - @clissa89*
haha you guys are incredible!!!

10:12 to: *Helen OTUK*
lol

10:21 to: *kirstyes (UK)*
They are top influencers on the hashtag too

10:28 to: *Helen OTUK*
Team24OT!

10:41 to: *Helen OTUK*
Well we should be, been here the longest!

10:58 to: *Bill Wong @BillWongOT 1*
yes... have to give you guys all the respect in the world, Team24OT

11:06 to: *Brock Cook*
i think we should be running the intros now Helen lol

11:23 to: *sue sibbald*
go ali

11:31 to: *Helen OTUK*
lol @Brock

11:40 to: *kirstyes (UK)*
Hello Allison - Yay

12:07 to: *Susan Burwash (Edmonton, Canada)*

we can't hear you alli - or I can't can anyone else?

12:12 to: Cheryl (@otnotes) USA #2

I can

12:12 to: kirstyes (UK)

I can

12:16 to: Jo Lawrence

ican

12:16 to: Sarah Ouwerkerk

i can hear

12:17 to: Clarissa (UK) - @clissa89

i can hear alli

12:17 to: Brock Cook

i can hear loud and clear

12:19 to: Bill Wong @BillWongOT 1

I can hear

12:27 to: Susan Burwash (Edmonton, Canada)

ok - fix myself up

13:10 to: Clarissa (UK) - @clissa89

ooh i like that

13:14 to: Bill Wong @BillWongOT 1

very true... allison!

13:21 to: Tommy (UK) from www.otstudent.info

cant you move from moment to moment without learning?

13:24 to: Alex Moss

absolutely!

13:49 to: Brock Cook

Alex Moss has arrived! Hi :)

14:00 to: Donna_MrsLumin8

Yeah...Prof. Sullivan

14:14 to: Alex Moss

Ha ha was in the last session too Brock - love it!

14:15 to: sue sibbald

WOW

14:33 to: *Clarissa (UK) - @clissa89*
:D

14:45 to: *Bill Wong @BillWongOT 1*
WOW

15:01 to: *Bill Wong @BillWongOT 1*
and I am so glad that I could guess lecture in one of your classes, Allison

15:05 to: *Bill Wong @BillWongOT 1*
guest*

15:11 to: *Alex Moss*
can we get her details?

15:39 to: *kirstyes (UK)*
Ask agin at the end Alex

15:45 to: *Alex Moss*
ok

16:08 to: *Clarissa (UK) - @clissa89*
welcome back anita!!

16:11 to: *Brock Cook*
Anitas awake :)

16:15 to: *kirstyes (UK)*
Hi Anita

16:26 to: *Anita (@virtualOT Aus)*
Hi

17:19 to: *Leo*
Hi

17:44 to: *Keith Norman*
Hi all. apols for late arrival

17:59 to: *kirstyes (UK)*
I wonder if those feelings of intense fear, hopelessness etc has to happen at the time or shortly after (e.g. shock may make numb).

18:21 to: *kirstyes (UK)*
I didn't mean to add cool glasses thing - sorry

18:58 to: *Tommy (UK) from www.otstudent.info*

hmm, i wonder whether we assume we can predict and control life -> trauma, if we didnt would we still be traumatised?

19:32 to: *Samar Hassani (Kuwait)*

can u move the slides please

20:23 to: *Andrea (Scotland) #2*

I can't see them at all..

20:37 to: *Anita (@virtualOT Aus)*

the sides are just slow to load

20:43 to: *Clarissa (UK) - @clissa89*

Andrea it sounds like you're still having problems, how frustrating :(

21:12 to: *kirstyees (UK)*

Andrea - you've been having real problems. Have you made sure you updated the java? Mind you it promoted me to do so, so guessing yes

21:13 to: *Bill Wong @BillWongOT 1*

I heard the region's internet sometimes is not very fast... had that experience when I did a guest lecture a couple weeks ago

21:37 to: *Andrea (Scotland) #2*

not seen a single one yet

22:04 to: *Tommy (UK) from www.otstudent.info*

Alli is covering all the details well, dont worry

23:01 to: *Anita (@virtualOT Aus)*

Hi Merrolee

23:04 to: *Susan Burwash*

hi merrolee

23:06 to: *Bill Wong @BillWongOT 1*

yes... very very well!

23:13 to: *Susan Burwash*

hi anita

23:30 to: *Anita (@virtualOT Aus)*

Hi:)

23:56 to: *Clarissa (UK) - @clissa89*

seen some very interesting research re effect of cortisol on brain

23:57 to: *Anita (@virtualOT Aus)*

WOW Ali, this is really important

24:02 to: *kirstyes (UK)*

Andrea - don't know if you saw this -

<http://ot4ot.files.wordpress.com/2012/08/how-to-use-blackboard-collaborate-for-ot24-vx-2012.pdf>

24:06 to: *Bill Wong @BillWongOT 1*

yes... I agree. Anita

24:12 to: *Brock Cook*

Interesting!

24:13 to: *maureen.moore1*

agree

24:21 to: *maureen.moore1*

wow

24:26 to: *OT Expert*

very interesting

24:33 to: *Andrea (Scotland) #2*

yeah update each time I join a room

24:34 to: *Susan Burwash (Edmonton, Canada)*

Hi Anita (it's really Rashid in the room next to SuBu)

24:50 to: *Andrea (Scotland) #2*

think I might head to McDonalds and steal their WiFi!

24:54 to: *Bill Wong @BillWongOT 1*

lol

25:04 to: *Susan Burwash*

good idea andrea

25:17 to: *Anita (@virtualOT Aus)*

Hi Rashid :)

25:21 to: *@Wardmans (The Netherlands)*

wifi-jacking

25:34 to: *maureen.moore1*

amazing

25:36 to: *Anita (@virtualOT Aus)*

Hi Susan

25:42 to: *Susan Burwash*

macd's has to be good for something

25:46 to: *Bill Wong @BillWongOT 1*

oh yeah... the first point is so true

25:56 to: *Bill Wong @BillWongOT 1*

and starbucks is another good place for free wi-fi

26:12 to: *Cheryl (@otnotes) USA #2*

and "frolic"

26:29 to: *Bill Wong @BillWongOT 1*

or in my case... palms sweating like crazy

27:14 to: *Tommy (UK) from www.otstudent.info*

On an energetic level, if you 'play dead' you do drop your energy

27:49 to: *Keith Norman*

my cat got stuck in a fence once. absolutely froze once he figured out he couldn't escape. Didn't appear traumatized after being released.

29:09 to: *Cheryl (@otnotes) USA #2*

had a friend pre-deployment who started selling all his possessions, breaking up with gf, etc... def a real phenomenon.

29:37 to: *Tommy (UK) from www.otstudent.info*

no

29:42 to: *Jo Lawrence*

like this slide, very good images

29:55 to: *Anita (@virtualOT Aus)*

interesting Cheryl*waves* at cheryl

29:56 to: *Bill Wong @BillWongOT 1*

yes... the images are great

30:01 to: *Bill Wong @BillWongOT 1*

:)

30:18 to: *Tommy (UK) from www.otstudent.info*

how do i ask a question now and save it to be answered at the end?

30:23 to: *Cheryl (@otnotes) USA #2*

waving back @Anita I've been tweeting while you've been asleep

30:29 to: *Cheryl (@otnotes) USA #2*

:)

30:42 to: *Anita (@virtualOT Aus)*

I think I saw one... mentions a headset ;)

30:56 to: *kirstyes (UK)*

In other sessions I've posted and then copied and pasted to a word doc to post again at the end

31:18 to: *Keith Norman*

Yoga puts me in a state of flow. One move follows another. When I leave my mat the flow continues

31:28 to: *kirstyes (UK)*

lol - like your picture

31:36 to: *Clarissa (UK) - @clissa89*

I find that I feel very grounded and aware after yoga

31:54 to: *Brock Cook*

I think im gonna have to try Yoga

32:11 to: *MartinOD*

Ive been looking into it too Brock

32:16 to: *sue sibbald*

I learn about me through yoga #BPDChat

32:25 to: *MartinOD*

and have just made enquiries about mindfulness

32:29 to: *Tommy (UK) from www.otstudent.info*

I'm too inflexible for Yoga

32:38 to: *Brock Cook*

you have :)

32:55 to: *MartinOD*

aye...Ive been thinking of using it with OCD

33:22 to: *Sarah Ouwerkerk*

Tommy - you'll gain the flexibility in yoga. you don't need to already have it!

33:34 to: *Alex Moss*

I agree Keith, it helps me unwind and de-stress, and sorted out my whiplash neck injury after a traumatic car crash!

33:54 to: *Tommy (UK) from www.otstudent.info*

No, i'm so inflexible I cant even make the postures... I do Taoist Taiji instead

34:23 to: *Naomi UK*

I'm going to start doing more yoga. Not done it in ages.

34:48 to: *Alex Moss*
totally

34:52 to: *Susan Burwash*
finding the right class is so important

34:57 to: *sue sibbald*
yoga helps with ADHD and BPD

34:58 to: *Clarissa (UK) - @clissa89*
my flexibility and balance improves dramatically when I'm regularly doing yoga

35:19 to: *kirstyes (UK)*
I keep being advised to do pilates for core and after whiplash too Alex

35:27 to: *Alex Moss*
its about improving your own level of flexibility, not comparing to others

35:39 to: *Clarissa (UK) - @clissa89*
yes my physios have all recommended pilates too! but i find yoga far more pleasurable & beneficial for wellbeing

35:39 to: *Tommy (UK) from www.otstudent.info*
flexibility can be genetic too, I'm really not built for Yoga, but maybe if they had taught it in primary school?

35:50 to: *pd2ot 1*
Totally agree about the right class, the right instructor makes/breaks the experience

36:03 to: *Sarah Ouwerkerk*
That's an interesting idea

36:04 to: *Clarissa (UK) - @clissa89*
good point

36:28 to: *Alex Moss*
great Kirsty, its amazing to integrate into daily lifestyle, changes your full outlook in life, starting with the breath

36:28 to: *Merrolee (NZ) 1*
why is lack of flexibility genetic?

36:29 to: *Cheryl (@otnotes) USA #2*
I love the youtube video on the guy who started doing yoga post stroke- can't really start at a lower point

36:30 to: *Helen OTUK*

so important

36:31 to: *Bill Wong @BillWongOT 1*

right... the "just right" challenge

36:32 to: *Naomi UK*

Mindfulness is a great daily habit to get into.

36:43 to: *Tommy (UK) from www.otstudent.info*

This is an interesting talk though, raising some interesting wonderings

37:09 to: *Bill Wong @BillWongOT 1*

I agree... those are 3 great words

37:10 to: *Susan Burwash*

wonder about

37:10 to: *@Wardmans (The Netherlands)*

cheryl do you have a link to that video?

37:15 to: *kirstyes (UK)*

I might have to give both a try and see

37:22 to: *Susan Burwash*

observe

37:26 to: *Tommy (UK) from www.otstudent.info*

I like the word "wonder" rather than the word "question"

37:55 to: *Tommy (UK) from www.otstudent.info*

John Kabat Zinn always says "as best you can"

38:06 to: *Clarissa (UK) - @clissa89*

:)

38:20 to: *Tommy (UK) from www.otstudent.info*

as opposed to "try"

39:02 to: *Bill Wong @BillWongOT 1*

盡已 - that's chinese version of "try the best you can"

39:06 to: *kirstyes (UK)*

I like it when my instructor offers the make it easier and make it harder options rather than just the more more more - gives me permission to do my best without pain

39:10 to: *Susan Burwash*

cool Bill

39:20 to: *Susan Burwash*

hi Bridgette

39:21 to: *Bill Wong @BillWongOT 1*
have to put on my "World OT hat"

39:22 to: *Alex Moss*
nice Bill :)

39:29 to: *Tommy (UK) from www.otstudent.info*
whats the pinyin Bill?

39:44 to: *Bill Wong @BillWongOT 1*
yup

39:50 to: *Bill Wong @BillWongOT 1*
i know how to type it. ;)

39:57 to: *Clarissa (UK) - @clissa89*
wb sue

41:25 to: *Bill Wong @BillWongOT 1*
慢來 another good phrase for the Chinese population

41:36 to: *Tommy (UK) from www.otstudent.info*
Mmm, and also elements of touch that are not going to be misconstrued or lead to the OT getting sued!

41:36 to: *Bill Wong @BillWongOT 1*
take it slow... and don't try too hard

42:08 to: *Susan Burwash*
hi ellen

42:10 to: *Merrolee (NZ) 1*
Hi ellen

42:19 to: *Ellen Nicholson*
Morning! :)

42:28 to: *Merrolee (NZ) 1*
I plan to take up yoga post EdD :-)

42:29 to: *Clarissa (UK) - @clissa89*
hi ellen :D

42:44 to: *Helen OTUK*
Hi Ellen

42:53 to: *Tommy (UK) from www.otstudent.info*

thats a good point about focus

43:41 to: *Merrolee (NZ) 1*

if you have praxis though - it definitely helps to have someone to facilitate you through to the best position - verbal cues would just not work nor does copying.. I guess I'm thinking like Bobath... t

43:41 to: *Merrolee (NZ) 1*

here are ways to facilitate with gentle touch

44:59 to: *Bill Wong @BillWongOT 1*

In Chinese, we have something called 六 拳

<http://www.youtube.com/user/luktungkuenorghk?feature=watch> all 36 moves are in this youtube channel- too bad instructions are all in Cantonese, though

45:29 to: *Keith Norman*

so being relaxed can then lead to a feeling of vulnerability and loss of control?

45:30 to: *OT Expert*

Thanks Alli - Sorry have to go - brilliant presentation :)

45:59 to: *pd2ot 1*

That resonates with my experience, too. (The final relaxation rather than any pose)

46:02 to: *Bill Wong @BillWongOT 1*

absolutely- 1st rule is general rule of thumb in OT

46:04 to: *Tommy (UK) from www.otstudent.info*

Is that a Qi Gong or Daoyin Bill?

46:34 to: *Bill Wong @BillWongOT 1*

it has 36 different poses

47:01 to: *Tommy (UK) from www.otstudent.info*

how a pose should feel?

47:04 to: *Clarissa (UK) - @clissa89*

we now don't have mirrors in our exercise rooms - so people can feel body instead & also not be distracted by appearance

47:22 to: *Bill Wong @BillWongOT 1*

yup... feeling over form is important... since we got to have "universal design" principles in mind

47:32 to: *kirstyes (UK)*

I'd love no mirrors in the gym Clarissa

47:33 to: *Bill Wong @BillWongOT 1*

skillful language is definitely important!

47:41 to: *Tommy (UK) from www.otstudent.info*
but of course, feeling is so much more subjective!

48:25 to: *Ellen Nicholson*
Love #10! Very important.

48:36 to: *Bill Wong @BillWongOT 1*
#11 is important!

48:37 to: *pd2ot 1*
I like that idea Clarissa, was a block for me for a long time.

48:37 to: *Susan Burwash*
teach people not poses - what a great line!!

48:44 to: *Keith Norman*
Love 12 essential

48:45 to: *maureen.moore1*
and love #12 too!

49:03 to: *@Wardmans (The Netherlands)*
alot of love going on

49:24 to: *Keith Norman*
it's a talk about yoga. What do you expect!

49:39 to: *Bill Wong @BillWongOT 1*
and we are a bunch of OTgeeks... lol

49:42 to: *@Wardmans (The Netherlands)*
:D

49:55 to: *Cat Farmer (Geelong Australia)*
Love this point!

49:55 to: *maureen.moore1*
agree completely

50:13 to: *Tommy (UK) from www.otstudent.info*
I wish the classes were free!

50:21 to: *Susan Burwash*
habit shaping back to roots of ot

50:24 to: *Cheryl (@otnotes) USA #2*
@tommy Netflix

50:30 to: *Keith Norman*

get a dvd tommy. I started with Howard Napper

50:37 to: *Clarissa (UK) - @clissa89*

I couldnt afford classes for a long time while I was student, so got a DVD and a £ mat!

50:41 to: *Keith Norman*

followed by rodney yee

50:42 to: *Anita (@virtualOT Aus)*

Hi Cat Farmer *waves*

50:50 to: *Cheryl (@otnotes) USA #2*

My favorite yoga video is "Crunch Candlelight yoga" which is very low key and low pressure

51:14 to: *Cat Farmer (Geelong Australia)*

Hey Anita!

51:28 to: *Brock Cook*

I like that "equipment stuff" lol

51:33 to: *Keith Norman*

addresses aging (I stopped getting older)

52:14 to: *Alex Moss*

essential point!

52:24 to: *Julie C - Ireland*

Hitting the library tomorrow to borrow a couple of yoga dvd's :)

52:30 to: *Bill Wong @BillWongOT 1*

great point!

52:40 to: *Tommy (UK) from www.otstudent.info*

i may try netfix

52:51 to: *Tommy (UK) from www.otstudent.info*

*netflix

53:29 to: *Keith Norman*

good to see you becoming more flexible Tommy!

53:32 to: *maureen.moore1*

definitely!

53:33 to: *Bill Wong @BillWongOT 1*

woo hoo!

53:34 to: *maureen.moore1*
fab

53:35 to: *Tommy (UK) from www.otstudent.info*
i have a question

53:35 to: *MartinOD*
wow i really enjoyed that alison

53:39 to: *Brock Cook*
talk

53:39 to: *kirstyes (UK)*
(y)

53:45 to: *Clarissa (UK) - @clissa89*
FANTASTIC JOB ALLISON!!!!!! :D

53:57 to: *Tommy (UK) from www.otstudent.info*
typing

54:11 to: *Susan Burwash (Edmonton, Canada)*
fyi: next session URL: <http://tinyurl.com/ot24vx2012-21>

54:13 to: *Cat Farmer (Geelong Australia)*
Thanks Allison!!! That was amazing, so inspiring

54:18 to: *@Wardmans (The Netherlands)*
lovely presentation!

54:29 to: *maureen.moore1*
it's been amazing! well covered

54:30 to: *sue sibbald*
Do you think yoga is about getting to know yourself and accept yourself when you may find it hard due to trauma

54:32 to: *Keith Norman*
I'll ask a question - how long before you see benefits of yoga

54:33 to: *Susan Burwash (Edmonton, Canada)*
thanks for the presentation! (Rashid posing as Susan...)

54:37 to: *pd2ot 1*
Loved it, thanks Alli :-)

54:40 to: *Samar Hassani (Kuwait)*
do OTs need any specific training before using yoga as intervention?

54:41 to: *Donna_MrsLumin8*
Thanks Prof Sullivan!!

54:43 to: *Brock Cook*

sue sibbald

5:51 AM

Do you think yoga is about getting to know yourself and accept yourself when you may find it hard due to trauma

54:44 to: *Tommy (UK) from www.otstudent.info*

my question is that in MBCT we are taught to screen out people with PTSD because practices such as the bodyscan might make people look within and then re find a trauma

54:51 to: *Tommy (UK) from www.otstudent.info*

sorry, tyoping fast!

54:59 to: *Ellen Nicholson*

Nice work, Allison. I will come back and listen to the whole session when I can. Love the integration of occupation, trauma-informed care, and youga.

55:19 to: *Jo Lawrence*

THanks Alli, that was fantastic presentation

55:26 to: *Anita (@virtualOT Aus)*

Thanks Alli, this was a brilliant presentation. I will get back to yoga.

55:40 to: *Tommy (UK) from www.otstudent.info*

Mindfulness based cognitive therapy

55:50 to: *Tommy (UK) from www.otstudent.info*

for depression normally

56:04 to: *MartinOD*

how much training do you need to implement this invervention approach into yor practice?

56:12 to: *marion*

Thanks for a fabulous presentation, may try yoga soon!

56:19 to: *Tommy (UK) from www.otstudent.info*

because trauma might be 'stuck' in body it is seen as too risky to do with PTSD people

56:22 to: *Samar Hassani (Kuwait)*

do OTs need any specific training before using yoga with their clients?

56:56 to: *Julie C - Ireland*

do you recommend a particular type of yoga?

56:56 to: *MartinOD*
thanks alli

57:00 to: *Clarissa (UK) - @clissa89*
sue :D

57:07 to: *Anita (@virtualOT Aus)*
Going to the next room now. Thanks Ali :)

57:15 to: *Tommy (UK) from www.otstudent.info*
thanks Alli,

57:27 to: *tasneem*
i cant believe i've missed this session :S

57:29 to: *Clarissa (UK) - @clissa89*
she did earlier

57:29 to: *Brock Cook*
Your the Bomb Alli :)

57:33 to: *Brock Cook*
sue sibbald
5:51 AM
Do you think yoga is about getting to know yourself and accept yourself when you may find it hard due to trauma

57:36 to: *Helen OTUK*
Great session Ali, thanks for sharing all that knowledge

57:39 to: *Tommy (UK) from www.otstudent.info*
Next time I will write the question as I go and then copy/paste it!

57:46 to: *Anna Milser*
Thank you for the presentation Allison.

58:20 to: *Anita (@virtualOT Aus)*
Oh... and @Susan Burwash, well done on completing your 4 hours of moderation :)

58:42 to: *Susan Burwash*
thanks!

58:51 to: *Helen OTUK*
Are you done now Susan? Well done!

59:11 to: *Keith Norman*
trouble is if we don't experience ourselves what are we going to experience

59:13 to: *maureen.moore1*
any age recommendation?

59:17 to: *Samar Hassani (Kuwait)*
do OTs need any specific training before using yoga with their clients?

59:29 to: *sue sibbald*
thank you

59:43 to: *Susan Burwash (Edmonton, Canada)*
next session URL: <http://tinyurl.com/ot24vx2012-21>

59:51 to: *sue sibbald*
my mic not working aghhh

1:00:31 to: *Anita (@virtualOT Aus)*
Karen is starting in the next room

1:00:32 to: *@Wardmans (The Netherlands)*
can you recomend any youtube videos with a instruction for first time yoga practice?

1:00:35 to: *Samar Hassani (Kuwait)*
great thank you so much

1:02:06 to: *Keith Norman*
do you find it easier to get women to try yoga?

1:02:06 to: *@Wardmans (The Netherlands)*
sounds great! can you please type the sites?

1:02:13 to: *maureen.moore1*
brilliant yogakids idea thanks!

1:02:14 to: *Alex Moss*
thats amazing!

1:02:24 to: *maureen.moore1*
thank you so much...

1:02:32 to: *Tommy (UK) from www.otstudent.info*
A+

1:02:34 to: *Brock Cook*
Bravo AlliSulli that was amazing!

1:02:39 to: *Clarissa (UK) - @clissa89*
thank you alli!!!

1:02:43 to: *Alex Moss*

really interesting thankyou! :)

1:02:46 to: *Julie C - Ireland*

great presentation thank you

1:02:48 to: *sue sibbald*

ali you wrer wonderful

1:02:48 to: *Ellen Nicholson*

Thanks Allison - and Susan. :)