



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Allison Sullivan holds a degree in Fine Arts from Amherst College, an MS in Occupational Therapy and a CAGS in Healthcare Administration from Springfield College. Her teaching responsibilities include psychosocial aspects of the development of occupations, therapeutic group processes, and psychosocial occupational therapy practice. In her current clinical role, Professor Sullivan is also the Director of Occupational Therapy Services for Sunshine Village, a day habilitation and employment services organization for adults with developmental disabilities.

An Application of Trauma-Informed Yoga Instruction to Occupational Therapy Practice

Presentation Objectives:

- Identify beneficial practices and outcomes of yoga practice in addressing effects of trauma and PTSD
- Review the 5 Domains of Trauma-Sensitive Yoga Instruction, as identified by David Emerson, E-RYT, from the Trauma Center at the Justice Resource Institute (JRI): Language; Assists; Teacher Qualities; Environment, Exercises
- Review the *Principles of Practice* developed by Duke University Health System's Therapeutic Yoga for Seniors program and their relationship to the 5 Domains of Trauma-Sensitive Yoga Instruction
- Identify Clinical Applications of these techniques to Occupational Therapy practice

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