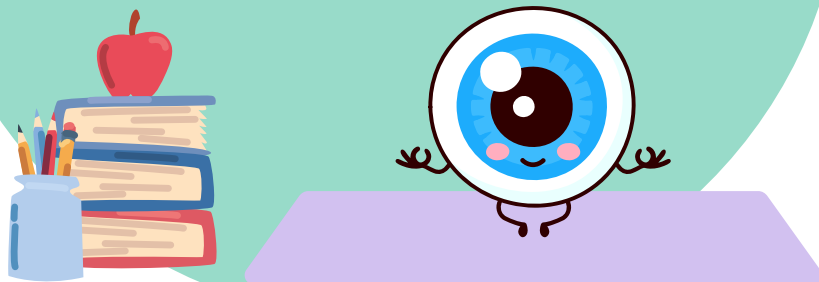


# Trauma-Informed Yoga in Schools



## 3 CEs Offered

Christine Mark-Griffin, LCSW, RYT, is a leading expert in integrating EMDR and trauma-informed yoga in clinical practice. As the author of the award-winning EMDR Workbook for Kids and the founder of EMDR for Kids, she is dedicated to providing innovative, body-based approaches to trauma healing. Christine is a lead trainer at *Transcending Trauma Through Yoga* and she holds certifications in the Trauma-Conscious Yoga Method and Child Yoga, blending movement, mindfulness, and EMDR to help children heal through play and embodiment. She has brought trauma-informed yoga to schools, colleges, and mental health agencies, expanding access to holistic healing. As the clinical director of Spark All Wellness, Christine specializes in trauma-focused therapy for children and families. She has trained thousands of clinicians worldwide in integrating EMDR, play therapy, and yoga, reshaping how professionals approach trauma treatment for kids.

IN-PERSON &  
WEBINAR  
OPTIONS  
AVAILABLE

**Skill Level:**  
Beginner/Intermediate

## Who Should Attend:

- Social Workers
- Psychologists
- Counselors
- Case Managers
- Marriage and Family Therapists
- Therapists
- Other Mental Health Professionals

EMDRforkids.com



Christine Mark-Griffin, LCSW  
EMDRIA APPROVED CONSULTANT  
& Advanced Trainer, RYT 200

# TRAUMA-INFORMED YOGA IN SCHOOLS

**Price:** Pricing varies

## **Description:**

In this engaging and experiential workshop, participants will explore how trauma-informed yoga can be integrated into therapy and school settings as a powerful tool to help children heal, grow, and build resilience. This interactive training equips educators, school counselors and mental health professionals with the knowledge and practical skills to create safe, supportive spaces through yoga, allowing children to reconnect with their bodies, increase self-awareness, and develop self-regulation strategies. Through a blend of lecture, discussion, and hands-on practice, attendees will learn how to integrate yoga-based interventions into classroom routines and social-emotional learning (SEL) programs to meet the needs of students with trauma histories.

## **Learning Objectives :**

- Describe the impact of trauma on the developing nervous system and how trauma can affect a child's ability to regulate emotions and behaviors.
- Identify key principles of trauma-informed yoga, including creating safety, offering choice, and fostering a sense of empowerment for children.
- Distinguish common yoga practices and poses to be trauma-sensitive and developmentally appropriate for different age groups.
- Recognize mindfulness and breathwork techniques to promote self-regulation and resilience in children.

## **Registration :**

Please contact [info@emdrforkids.com](mailto:info@emdrforkids.com) to arrange a training for your organization.

Licensed Professionals should contact their regulatory board to determine course approval. There are no known conflicts of interests for this workshop

## **Course Schedule & Agenda:**

- 9am-9:10am
  - Welcome & Introduction
- 9:10am-9:40am
  - The Foundations of Trauma-Informed Yoga
- 9:40am-10:10am
  - Trauma-Informed Yoga and PBIS Integration
- 10:10am-10:20am (Break)
- 10:20am-10:50am
  - Trauma-Informed Yoga and SEL Alignment
- 10:50am-11:20am
  - Hands-On Practice & Classroom Applications
- 11:20am-11:50am
  - Implementation Planning & Troubleshooting
- 11:50am-12:10pm
  - Closing Practice

## Certificates

Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at [ce-classes.com](http://ce-classes.com), entering a keycode, and completing an evaluation form.

## ADA Assistance

Please contact [info@emdrforkids.com](mailto:info@emdrforkids.com) to request special accommodations for disability (ADA)

## Grievances

All complaints and grievances are reviewed within 5 working days. Formal grievances are required to be written, and will be responded to within 10 business days

## Cancellation Policy

Please notify us 24 hours in advance if you need to cancel or reschedule. Late cancellation will result in being fully charged for your booked session.



## Ce-Classes.com is the provider of continuing education units (CEs)

### CE-Classes.com is approved by:

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.
- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12-174-0225 Expires 02-2025
- California Board of Registered Nursing. CEP 15647 Expires 11/30/2026.
- Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP- Expires 3/31/2027
- Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2026 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- Florida Certification Board
- Illinois - CE-Classes.com is a registered social work CE sponsor by the State of Illinois. License 159.001607 Expires 11/30/2025
- Massachusetts Authorization Number: (TBD)
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- Oklahoma Board of Behavioral Health Licensure (LPCs, LMFTs and LBCs)
- South Carolina – CE-Classes.com is approved by the S.C. Board of Examiners for Licensure of Professional Counselors, Marriage & Family Therapist, Addiction Counselors, and Psycho-Educational Specialists (#4696).
- Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- Texas Board of Marriage & Family Therapists – CE-Classes.com meets the requirements for acceptable continuing education. Effective 1/1/24, at least half of the 30 hours must be obtained from a provider listed in 801.261(f). This course meets that requirement.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.