Dr. Janine D’Anniballe is a licensed psychologist and a nationally recognized expert in sexual assault, neurobiology of trauma, secondary traumatic stress, and treatment for survivors. She currently serves as the Director of Trauma Services at Mental Health Partners in Boulder, Colorado. Through her private consulting and training practice, Dr. D’Anniballe has provided guidance on trauma issues in over 30 states to prosecutors, law enforcement officers, military personnel, child welfare workers, and university staff. As a faculty member of the National Judicial Education Program, she has educated judges on ways of minimizing re-traumatization of sexual assault victims while still ensuring defendants’ rights. Dr. D’Anniballe has provided expert testimony in over 60 civil and criminal sexual assault trials across the Front Range. Additionally, she is a registered yoga teacher specializing in trauma-informed yoga. Dr. D’Anniballe’s expertise, professionalism, and presentation style have made her a highly sought-after trainer. Participants regularly describe her workshops as dynamic, inspirational, and impactful. The strength of her presentations lies in delivering challenging and complicated material in an understandable and interesting way, while engaging her audience with a mix of scientific research, practical clinical examples, and personal experience.

**Proposed session title:** The Neurobiology of Traumatic Stress and the Healing Power of Yoga.

**Length of session:** Ideally, I would have two hours; one hour for lecture and one-hour for a trauma-informed yoga class demonstration.

**Session abstract/description:**
This workshop will explore the neurobiological and psychological impact of trauma and introduction trauma-information yoga as a supplemental healing intervention. Participants will learn the basics about how traumatic stress affects the nervous system and how yoga can help reduce trauma symptoms and facilitate students’ re-connection to their bodies. We will do an hour-long yoga practice, so please wear comfortable clothes in which you can move. Yoga mats will be provided.

**Include outcome and learning objectives for the session attendees**

Participants will:
- Understand the psychological and neurobiological impact of trauma
- Learn how to introduce the benefits of trauma-informed yoga to clients
- Experience what a trauma-informed yoga class is and what to look for when hiring a qualified instructor

**Describe your presentation style and the format of this specific session:**
Lecture, discussion, and trauma-information yoga class demonstration.

**Requested compensation, if applicable:**
Would like to request hotel accommodations