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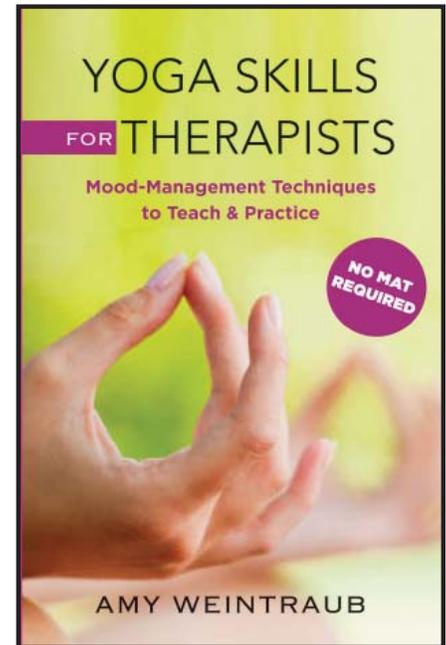


212-790-4323
212-869-0856 FAX
kolsen@wwnorton.com
Contact: Kevin Olsen

Yoga Skills for Therapists: Effective Practices for Mood Management **Amy Weintraub**

“Amy Weintraub helps us to bring the ancient wisdom and scientifically validated power of yoga into our clinical practices. This book is lucid, well documented, and immediately practical. Powerful medicine for our patients and clients, and for all of us.” —**James S. Gordon, MD, author, *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression*, founder & director, Center for Mind-Body Medicine**

Drawing on her study of multiple traditions and lineages—from ancient yoga practices to current neuroscientific research on yoga benefits and contraindications—Amy Weintraub presents a compendium of guided breathing exercises, meditations, self-inquiry practices, relaxation exercises, and simple postural adjustments that can readily accompany and complement psychotherapy—no mat or difficult postures required! In clinical practice, these yoga exercises help both clients and therapists regulate their moods—during and in between sessions—and foster a strong therapist/client relationship from the very start. Weintraub walks readers through the first steps, including practices for beginning a session that will help clinicians establish a safe and sacred container for the on-going work of therapy. By calming the client and altering his or her mood, yoga exercises can help dissolve the “wall,” foster trust, and release trauma.



Once trust and safety are established, Weintraub shows therapists how to introduce and apply a full range of yogic approaches: targeted breathing practices called pranayama that meet the present mood and bring it into balance; healing hand gestures called mudras; special sounds and tones called mantras; guided imagery and affirmation; yogic self-inquiry, and much more. Clinical stories and anecdotes explore how these yoga-based interventions, rooted in a firm, evidence-based foundation, can be used as effective treatments for a particular mood or mental state.

With over 50 photographs that clearly illustrate the practices and gestures, detailed, step-by-step instructions, and scripts for guided relaxation and meditations, *Yoga Skills for Therapists* is a practical, hands-on guide that teaches the power of basic yoga techniques to bring great self-awareness, balance, and lasting well-being in you and your clients.

Amy Weintraub, MFA, E-RYT 500, has been a pioneer in the field of yoga and mental health for over 20 years. The author of the bestselling *Yoga for Depression*, she trains mental health and yoga professionals in adapting yoga for mood disorders in clinical settings at notable national and international venues, including Kripalu and the Omega Institute. The founding director of the LifeForce Yoga Healing Institute, she offers advanced professional certification for mental health and yoga professionals in LifeForce Yoga for depression and anxiety, and workshops for the everyday yoga practitioner.

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