

## **SESSION DESCRIPTION & SPEAKER BIO FOR JENNIFER SWETS**

### **Trauma-Informed Yoga for Helper & Helpee**

In this presentation, we delve into trauma-informed care and the transformative practice of yoga. Designed for both the helper and the helpee, this session offers deep insights, practical and accessible techniques for integrating trauma-informed principles into everyday life.

This presentation will equip participants with the knowledge and tools necessary to integrate trauma-informed yoga principles into their everyday life to: foster healing, build resilience, and gain empowerment for both helper and helpee alike. Through this presentation, participants will gain:

**Foundational Understanding:** Learn how trauma and visceral trauma affects everyday life. Gain insight into how trauma manifests in the body and mind. And explore the difference between yoga and trauma-informed yoga.

**Embodied Healing:** Understand the role of yoga in trauma recovery, focusing on the somatic experience and the regulation of the nervous system. Discover specific yoga practices and modifications that can support individuals in reconnecting with their bodies and cultivating a sense of safety and emotional regulation.

**Self-Care for Helpers:** Recognize the importance of self-care for those in helping professions. Explore strategies for managing the toxic build up that can arise with burn out, compassion fatigue, and vicarious trauma - the accumulation of exposure to the pain of others, and cultivate resilience through a personal yoga practice.

**Empowering the Helpee:** Discuss how trauma-informed yoga empowers helpees to reclaim agency over their bodies and emotions, fostering a sense of control and empowerment in their healing journey.

**Learn Practical Techniques:** Leave the presentation with applicable and practical techniques.

**Jennifer Swets** has a MA in Psychology/Human Aging and is an E-RYT yoga teacher with a 12-Step/recovery yoga certification. Jennifer is a *Yoga Alliance Continuing Education Provider* (YACEP®). She regularly teaches at TriBalance Yoga

Studio in Schaumburg, IL. She also teaches trauma-informed yoga and mindfulness to professionals at Children Advocacy Center (CAC) and to those in recovery from addiction in partnership with Positive Intentions Recovery House in Bensenville, IL.

Jennifer has over 1,000 teaching hours, and experiences firsthand how mindfulness can facilitate healing to those suffering from the lingering effects of trauma. Being a trauma survivor herself, she authentically shares many of the truths she's discovered on her own path to wholeness. In addition, Jennifer presents workshops detailing the effects trauma has on our daily lives. She speaks at churches about mental health within the church body, and hosts retreats that provide rest and renewal. Jennifer is also a married, homeschool mom of four who loves her family, yoga, and tacos.

Her forthcoming book, *Welcome to the 90 %- Understand Trauma, Discover Your Patterns, and Equip Yourself with Mindfulness* will be published in the Fall of 2024.

You can find more about her work at [www.mendingnets.com](http://www.mendingnets.com).