

HEALING FROM WHOLENESS

INTEGRATIVE RESTORATION – iREST YOGA NIDRA MEDITATION

with **RICHARD MILLER, PhD**

A Complementary Alternative Program for Health, Healing and Resiliency



Date: Thursday, September 28, 2017

Time: 12pm-1pm

Building/Room: 134/C108

CEs/CEUs: 1 hour of Continuing Education will be awarded to licensed psychologists and social workers who attend the entire training, sign in/out, and complete an evaluation of the presentation.

Wholeness is our essential ground of being. When we don't recognize our basic wholeness, we feel that something's amiss in our life. When we realize our wholeness, we discover an indestructible resource within ourselves that allows us to weather every challenge we will face in life. Meditation in general, and iRest Yoga Nidra as a specific application of meditation, is designed to help us experience what's always whole and healthy within ourselves; what doesn't need changing, and is always OK, just as it is, just as we are. This is the starting place for health, healing, and well-being.

iRest® Yoga Nidra Meditation (yoga = our essential wholeness, well-being and interconnectedness with all of life; nidra = across all states of consciousness) is an evidence-based, transformative practice of deep relaxation and meditative inquiry.

Recognized by the US Army Surgeon General and the Defense Centers of Excellence as a complementary alternative program for the management of PTSD and chronic pain in military settings (2010), iRest offers an evidence-based set of self-care tools that can be used for relieving stress, nourishing deep relaxation, restoring restful sleep, healing physical and mental issues, and for awakening resilient well-being.

Successful research has, and is being conducted with iRest for healing stress-related disorders (PTSD) in active-duty soldiers, veterans and their families, as well as with people experiencing depression, chronic pain, insomnia, traumatic brain injury, homelessness, or chemical dependency.

Learning Objectives for this talk, guided practice and Q&A presentation include:

- I: List the ten components and four core principles of iRest Yoga Nidra Meditation;
- II: Describe clinical applications of iRest for PTSD, sleep-related issues and chronic pain;
- III: List evidence-based research on iRest with active duty, veterans, people living with issues of homelessness, severe mental illness including PTSD, chemical dependency, sleep disturbance and pain, as well as compassionate care fatigue
- IV: Critique your firsthand experience of a brief guided iRest Yoga Nidra Meditation practice.

Richard Miller, PhD, a clinical psychologist, researcher, yogic scholar and meditation teacher, is founding president of the Integrative Restoration Institute, co-founder of The International Association of Yoga Therapists. Author of *The iRest Program for Healing PTSD* and *iRest Meditation: Restorative Practices for Health, Resiliency, and Well-Being*, Richard serves as a consultant researching the iRest Yoga Nidra Meditation protocol he's developed studying its efficacy on health, healing and well-being with diverse populations including active-duty soldiers, veterans, couples, college students, children, the homeless and incarcerated, and people experiencing issues such as sleep disorders, PTSD, chemical dependency, chronic pain and traumatic brain injury.