



CENTER FOR SPIRITUALITY & SOCIAL WORK
National Catholic School of Social Service



*Integrative Restoration (iRest®):
Contemporary Applications of an Ancient Contemplative
Practice for Experiencing Inner and Outer Harmony*
April 28, 2012 – Caldwell Auditorium

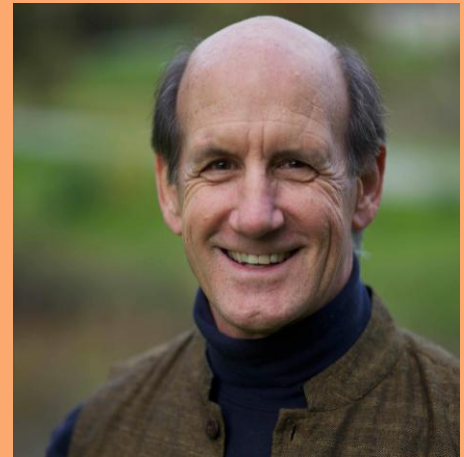
Integrative Restoration (iRest®) is an evidence-based, transformative practice of deep relaxation and contemplative inquiry that provides practical self-care tools for reducing stress, enhancing resilience, and deepening physical, psychological, and spiritual healing. The iRest protocol is integrative in that it heals various unresolved issues, traumas, and wounds that are present in the body, mind and senses; and restorative in that it aids in recognizing the underlying peace of mind that is always present amidst all changing circumstances of life. iRest directly engages both the psychological and spiritual dimensions of being human, while offering practices that allow you to welcome, inquire into, and process through inner psychological and spiritual conflicts, as well as ethical and moral considerations that you face on a daily basis in your professional, personal, and interpersonal life.

The U.S. Army Surgeon General and the Defense Centers of Excellence recognize iRest® Yoga Nidra as a complementary practice for the management of PTSD and chronic pain. The protocol is currently being used across an array of clinical settings with diverse client populations, including military and VA sites, homeless shelters, chemical dependency units, hospice centers, hospitals, and correctional facilities. Learn the fundamentals of this unique approach through lecture, interactive dialogue, demonstration, and first-hand experiential guided practices. **Workshop can be taken as part of CSSW's Certificate Program on Spiritually Sensitive Practice [see <http://cssw.cua.edu/>] or as a stand-alone training.**

6 CEUs - \$150.00 (Student rates available)

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Dr. Richard Miller is a clinical psychologist, researcher, scholar, and spiritual teacher of nondualism whose teachings emphasize spiritual awakening and psychological integration. He is the founding president of the Integrative Restoration Institute, co-founder of the Internat'l Association of Yoga Therapy, founding editor of IAYT's professional journal, and author of *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing*.

Dr. Miller developed the Yoga Nidra protocol (*Integrative Restoration – iRest®*) over the past 40 years of clinical practice and teaching (see www.irest.us for more information). He currently serves as a consultant for research on the effects of the protocol with soldiers, veterans, students, youth, the homeless, and people experiencing issues such as PTSD, substance abuse, sleep disorders, and chronic pain.