



Annual Inter-Faith Institute on Recovery

**Victoria Nolen, LPC,
RYT, YF-A**



"FROM COUCH TO MAT: Integrating Yoga Faith into Therapy and Recovery"

- Learn the basic components and benefits of trauma informed yoga as a part of the healing and recovery process.
- Learn how yoga and Yoga Faith can be effectively incorporated into therapy and group classes.
- Understand - and learn tools to take away - the variety of ways yoga and Yoga Faith can be utilized for treatment in addiction and trauma.

Victoria is a Licensed Professional Counselor and certified yoga instructor. She has received certifications in Trauma Sensitive Yoga Faith and Yoga Faith 12 Step and Recovery. Victoria teaches trauma informed yoga classes at a local resource center and serves as a therapist for teenage girls at Shepherd's Hill Academy in Martin, Georgia. As a part of the therapeutic process, Victoria integrates both the clinical, evidence-based treatment of psychotherapy along with the therapeutic principles of a trauma-informed yoga practice. She is proud and privileged to help those in recovery find hope, healing, and restoration through these two complementary approaches.

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