

# Using Your Body to Calm Your Mind

*with Ruthie Duran Deffley, LCSW, MSW, MPP*

**Wednesday, May 15, 2024 | 6:00 PM - 7:00 PM MDT | Free webinar**

**All are welcome to attend!**

## Webinar Objectives

### **Participants will:**

- Understand the window of tolerance and the four trauma or stress responses
- Understand how trauma impacts the nervous system and the ability to regulate emotion
- Learn about Trauma Sensitive Yoga and how it supports emotional regulation
- Experience a Trauma Sensitive Yoga class

**Register:**

[linktr.ee/EmpowerIdaho](https://linktr.ee/EmpowerIdaho)

## About the Presenter

Ruthie Duran Deffley, LCSW, MSW, MPP, (she/her/ella), is a bilingual (English/Spanish) licensed clinical social worker working in private practice in Savannah, GA. She obtained her Master of Social Work and Master of Public Policy from the University of Minnesota, Twin Cities campus. She grew up in Mexico City and identifies as Latina.

As a psychotherapist, Ruthie specializes in working with individuals with histories of trauma, PTSD, addiction, grief, depression, anxiety and offers her services in both English and Spanish. [Learn more about Ruthie.](#)



## QUESTIONS?

**Email: [empoweridaho@jannus.org](mailto:empoweridaho@jannus.org)**