



# The Worcester Institute on Loss and Trauma 15<sup>th</sup> Annual Conference



*When Tragedy Happens:*

*Understanding Acute Trauma and Psychological First Aid*

September 17, 2014



## Deirdre Fay, LICSW

Workshop Presenter:

“Yoga and Self Compassion Skills To Support Self-Care  
In Mental Health Professions ”

Deirdre Fay, LICSW sees individuals, couples and groups in Arlington, MA, and leads workshops nationally and internationally. Founder of the Becoming Safely Embodied Skills Deirdre is committed to finding practical ways to ease trauma and attachment issues.

The author of the upcoming book, **Yoga and Meditation Skills for Safe Trauma Recovery** (Norton Publishing) based on skills gleaned from using yoga and meditation to heal her own trauma history as well as the **Becoming Safely Embodied Skills Manual**, Deirdre loves supporting clients to organize their inner worlds and enter the body safely.

Skills taught by Deirdre Fay are currently used throughout the United States, Canada, South Africa, Australia, and Europe. Deirdre is also a Mindful Self-Compassion teacher trained by Chris Germer and Kristin Neff.