

Title: Trauma-Informed Mindfulness, Breathwork, and Yoga for Concussion Recovery

Session description: Mindfulness meditation, breathwork, and yoga are evidence-based modalities for improving physical, cognitive, and psychosocial health after concussion. Despite improving functional recovery, these approaches are not widely accessible within physical rehabilitation services. In this highly interactive workshop, you'll leave with a range of practical, research-backed tools to improve patient outcomes. We'll cover the causes and consequences of concussion, meditation and breathwork techniques to regulate the nervous system and improve attention skills, chair yoga modifications for balance and dizziness, trauma-informed teaching techniques, language and cuing best practices for cognitive processing and memory, and more. There will be hands-on practice teaching in small groups, interactive Q&A, live meditation and yoga practices, and interactive breakouts to connect with clinical peers.

Session Objectives:

- Explain basic neuroscience and mechanism of meditation and breathwork for concussion rehabilitation
- Describe the Intention, Attention, and Attitude mindfulness framework and why it's helpful for physical therapy after concussion
- Teach 1-2 brief meditation practices to improve attention control, mood, and interoception
- Teach 1-2 simple breathing exercises for nervous system regulation and pain management
- Design an individualized, concussion-friendly chair yoga sequence

Current references to support your presentation (4 - 5 would be enough)

1. Callahan C, Beisecker L, Zeller S, Donnelly KZ. (2023) LoveYourBrain Mindset: Feasibility, Acceptability, Usability, and Effectiveness of an Online Yoga, Mindfulness, and Psychoeducation Intervention for People with Traumatic Brain Injury. Brain Injury. DOI: 10.1080/02699052.2023.2168062.
2. Donnelly K. Z., Baker K., Pierce R., et al. (2019). A retrospective study on the acceptability, feasibility, and effectiveness of LoveYourBrain Yoga for people with traumatic brain injury and caregivers. Disability and Rehabilitation. 2019:1-12. Doi: 10.1080/09638288.2019.1672109.
3. Donnelly K., et al. (2017). The feasibility and impact of a yoga pilot programme on the quality-of-life of adults with acquired brain injury. Brain Injury, 31(2),208-214.
4. Donnelly K., Goldberg S., Fournier D. (2019). A qualitative study of LoveYourBrain Yoga: a group-based yoga with psychoeducation intervention to facilitate community integration for people with traumatic brain injury and their caregivers. Disability and Rehabilitation, 42(17):1-10.

5. Wells RE, Phillips RS, Schachter SC, McCarthy EP. Complementary and Alternative Medicine Use among U.S. Adults with Common Neurological Conditions. J Neurol. 2010;257(11):1822-31.

Speaker Brief Bio and headshot / profile picture

Dr. Pearce (she/her) is the Senior Director of Programs, Research, and Operations at [LoveYourBrain](#), a national nonprofit that delivers evidence-based holistic health programs for the brain injury community. She oversees the design, implementation, and evaluation of LoveYourBrain programs on a large scale. She has [trained](#) over 3,000 yoga teachers, clinicians, people with brain injury, and caregivers in how to adapt yoga, mindfulness, and psychoeducation for this population. She has developed a range of TBI-specific evidence-based yoga and mindfulness program curricula and integrated them into 60+ community and 30+ clinical contexts and online. She recently completed a NIH Postdoctoral Research Fellowship at Dartmouth College investigating the impact of yoga and meditation for people with neurological conditions, including traumatic brain injury, and has [published](#) in several peer-reviewed scientific journals on these topics. She lives in Vermont with her husband, the Executive Director of LoveYourBrain Foundation, and their three children. You can learn more about her [here](#).