
Susan Steiger Tebb, Ph.D., MSW, RYT
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EDUCATION

University of Kansas, School of Social Welfare, Lawrence, KS. Ph.D. 1992
Roosevelt University, Chicago, IL. Post-Graduate Work (Public Administration) 1975
Wayne State University, Detroit, MI. M.S.W. (Casework) 1970
Ottawa University, Ottawa, KS. B.A. (Psychology) 1967

CURRENT EMPLOYMENT

Saint Louis University, School of Social Work, St. Louis, MO
Position: Professor 2002-present
Director 2005-2007
Dean 1997-2005
Associate Professor 1996-2002
Interim Dean 1996-1997
Assistant Professor 1992-1996
Director, BSSW Program 1992-1996
Field Instructor 1994-1996

Missouri Gateway Geriatric Faculty 1993-present
Saint Louis University, Gateway Geriatric Education Center.

YOGA Training

- Himalayan Institute 500 hour Yoga Teacher Training, Honesdale, PA, completed October 20, 2013.
- East-West Natural Healing Yoga Teachers Training, St. Louis, MO March 2010, (200 hrs.)
- LifeForce Yoga Practitioner Level I, LifeForce Yoga Healing Institute, Tucson, AZ, certificate earned January, 2008 (50 hrs.)
- LifeForce Yoga Practitioner Level II, LifeForce Yoga Healing Institute, Tucson, AZ certificate earned May, 2010 (50 hrs.)
- Certificate of Completion in Therapeutic Yoga for Seniors from Duke Integrative Medicine, April, 2011 (50 hrs.)
- Mary NurrieStearns Self-healing practices of yoga and meditation: A prescription for anxiety and depression 8/2008 (CE 6.25 hrs)
- Mary NurrieStearns Yoga, mindfulness & compassion: Clinical interventions for anxiety and depression 3/2012 (CE 6.25 hrs)
- Certificate of Completion Therapeutic Yoga for Seniors Professional Conference Training from Duke Integrative Medicine, June, 2013 (24.5 hrs).

Yoga Workshops/Training

Beryl Bender Birch Classical 8 limbed Path of Ashtanga Yoga March 2009 (11.5 hrs).
Jamie Allison 2009
Thomas Fortel 1/10, 12/10 & 12/11
Sara Powers June, 2010
Tias Little January 2010
Tias Little February 2011 10hrs.
Desiree Rumbaugh 9/2011
Saul David Raye 12/2011
Tias Little January 2012 7.5 hrs
Mary Paffard March 2012 6.5 hrs
Scott Blossom March/April 2012 7hrs
Saul David Raye September 16, 2012 4 hrs

Tias Little January 2013 11 hrs.
Saul David Raye, September 13-14 6.5 hrs

YOGA Teaching

Teacher training East-West Natural Healing Yoga Teachers Training (mental health section) Spring 2010-present
Marbles Yoga Studio-restorative yoga September 2011-June 2012
Rose Hill Residential Center-once/month with older adults Fall 2011-March, 2013
Center for Survivors of Torture and War Trauma (12 week sessions part of PTSD therapy offered 1 or 2/yr) Spring 2008-January 2013
Urban Breath-restorative yoga teacher & substitute October 2012-present

YOGA Memberships

IAYT#22276 2007-present
Yoga Alliance 2010-present

Peer-reviewed Articles/Posters about Yoga

Behrman, G. & Tebb, S. (2009). The use of complementary & alternative interventions as a holistic approach with older adults. *Journal of Religion & Spirituality in Social Work: Social Thought.*, 28(1-2), 127-140.

Behrman, G. & Tebb, S. (in review). Integrating complementary & alternative medicine into social work curriculum, *Journal on Social Work Education*

Shafer, K.C. & Tebb, S.S. (in review). Yoga for transforming trauma: Somatic therapeutics for clinical social worker. *Social Work Journal.*

Tebb, S. (in review). Integrating Yoga to Manage Trauma: Helping Survivors Deal with PTSD. *Social Work.*

Tebb, S., McDaniel, K., Abbott, J., Allen, J., & Ryals, S. (2010), "Talk and Yoga Meet on the Mat: Helping Bosnian Concentration Camp Survivors Deal with PTSD". Conference Proceedings, Fianl Program and Abstracts, The First IAYT Symposium on Yoga Research, International Journal of Yoga Therapy, Supplement (2010).

Service

- LifeforceYoga Research Director May, 2013-present

Service to IAYT

- IAYT Accreditation Committee September 2012-present
- Peer reviewer for the 2009 SYTAR proposals.
- Previous SYTAR/IAYT Attendee: 2008; 2009 (planned to attend but had to cancel due to work but did review proposals; 2011
- 2010 attended First IAYT Symposium on Yoga Research, October 1-3, 2010, Honesdale, PA, and presented poster entitled "Talk and Yoga Meet on the Mat: Helping Bosnian Concentration Camp Survivors Deal with PTSD", (w./K. McDaniel).
- 4th Symposium on Yoga Therapy and Research (SYTAR). September 2, 2011, Asilomar/Pacific Grove, CA. "Yoga in Mental Health, Treatment: Application, Scope of Practice, Outcomes, Case Studies and Practice". (w/A. Weintraub) refereed presentation

Yoga/Integrative MindBodySpirit Presentations

19th Annual Saint Louis University Summer Geriatric Institute, June, 2008, St. Louis, MO, "Teaching Coping Strategies for Caregivers: LifeForce Yoga".

Council on Social Work Education 54th Annual Meeting, October, 2008, Philadelphia, PA, "Integrating Yoga with Social Work as a Caregiver Coping Strategy: LifeForce Yoga", (w/ G. Behrman). **peer-reviewed.**

United Methodist Women of Union Methodist Church, Spiritual Spa Day, November, 2008, St. Louis, MO, "Using LifeForce Yoga".

Saint Louis University School of Law, The First 100 Years of Women Speaker Series 2008-09 January, 2009. St. Louis, MO, "Stress, Professional Obligations and Caregiving: Maintaining a Healthy Law Practice".

AGHE Annual Meeting, February, 2009, San Antonio, TX, "Integrating Yoga as a Caregiver Coping Strategy: LifeForce Yoga", (w/ G. Behrman). **peer-reviewed.**

University of Missouri St. Louis's Celebrating Women March, 2009, St. Louis, MO, "LifeForce Yoga", (w. K. Vanderselt).

NASW Missouri Chapter 2009 Show-Me Annual Symposium, March, 2009, Lake Ozark, MO, "Integrating Yoga with Social Work: LifeForce Yoga". **peer-reviewed.**

Mid-East Area Agency on Aging , Jefferson County Caregiver Spring Break Retreat, Jefferson Regional Medical Center, April, 2009, Crystal City, MO, "Yoga Breathing: LifeForce Yoga".

20th Annual Summer Geriatric Institute Saint Louis University, June, 2009, St. Louis, MO, "Caring for the Caregiver", (w/ H. Lach).

Southside Catholic Charities, June, 2009, St. Louis, MO. "Integrative Yogic Techniques for Mental health Professionals", (w/ Laurie Brockhaus).

University of Missouri St. Louis's Celebrating Women, April, 2010, St. Louis, MO "Yoga Breaks", (w/ K. Vanderselt).

Saint Louis University's School of Social Work Continuing Education Program Series April, 16, 2010, St. Louis, MO, "Integrative Mind-Body-Spirit Social Work Practice: Use of Yoga in Health and Mental Health", (w./ L. Brockhaus).

21st Annual Summer Geriatric Institute Saint Louis University, June, 2010, St. Louis, MO, "Caregiver Survival Techniques: Using Integrative and CAM Methods", (w/G. Behrman).

Ministry of Human Development and Social Transformation, June 7-9 & 14-16, 2010, Belize City, Belize, "Supervisory Training, (w/ E. Burkemper).

Social Workers in Long Term Care St. Louis Chapter of Social Services Association of Missouri (SSAM), September 14, 2010, Woodlands, Arnold, MO "Integrative Mind Body Spirit Practice: Use of yoga in care with older adults".

Care & Counseling, Inc. , September 22, 2010, St. Louis, MO, "Integrative Mind-Body-Spirit Practice: Use of Yoga in Health and Mental Health", (w/ L. Brockhaus).

The First IAYT Symposium on Yoga Research, October 1-3, 2010, Honesdale, PA, "Talk and Yoga Meet on the Mat: Helping Bosnian Concentration Camp Survivors Deal with PTSD", (w./K. McDaniel). **peer-reviewed.**

SLUCare Medical Home Series *Balancing Life and Work*, October 19, 2010, St. Louis, MO, "Using Breath to Control Moods".

Women's Studies "Brown Bag Lunch" Series, November, 17, 2010, Saint University, "Talk and Yoga Therapy Meet: An Integrative Mind-Body-Spirit Practice".

Wellness Community, Affiliate of Cancer Support Community, December, 14, 2010, St. Louis, MO. "Yoga for Self-Care and Caregivers".

Saint Louis University's IPE Health Fair, "Managing Stress in Today's Busy World", March 30, 2011 Midtown Catholic Charities, St. Louis, MO, "Yoga to Manage Mood".

Saint Louis University Relay for Life, April 16, 2011, St. Louis, MO, " Using Yoga to Manage Moods for Cancer Survivors".

St. John's Stroke and Caregiver Group, April 21, 2011, St. John's Rehabilitation Hospital, St. Louis, MO , "Using Yoga to Manage Moods".

Let's Start Support Group, August 16,2011, St Vincent DePaul Parish, "Yoga to Manage Mood and Behaviors".

4th Symposium on Yoga Therapy and Research (SYTAR). September 2, 2011, Asilomar/Pacific Grove, CA. "Yoga in Mental Health, Treatment: Application, Scope of Practice, Outcomes, Case Studies and Practice". (w/A. Weintraub) refereed presentation.

Siteman Breast Cancer Support Group, September 14, 2011, St. Louis, MO, "Managing Mood with Yoga".

Catholic Charities Continuing Education Program, October 11, 2011, St. Louis, MO, "Yoga and Mindfulness Training". (w. L. Brockhaus).

Midwest Chapter of the National Association of Professional Care Managers, October 22, 2011, Branson, MO, "Using Yoga to Manage Moods With Older Adults". (w. L. Brockhaus).

APM 2011, CSWE, October 27, 2011, Atlanta,GA, "Offering Integrative Health/Mental Health Practices in the Classroom: Increasing Access and Practice" (Faculty Development Institute). (w/ M. Y. Lee, P.O.Y. Leung, & M. Napoli), **peer-reviewed**.

Alzheimer's Association Care & Conquer Conference, November 17, 2011, St. Louis, MO, "Laughter Yoga for Caregivers: Access Your Tickler File".

AGHE Annual Meeting, February 24, 2012, Washington, DC, " Engaging CAM in Gerontology Curriculum", (w/ G. Behrman), **peer-reviewed**.

National African-American Women's Leadership Institute (NAAWLI), September 11.2012, Dallas, TX, "Mission Possible: Keeping Fit for Successful Leadership", (w/C. Price).

APM 2012, CSWE, November 10, 2012, Washington, DC, "Integrative MindBody Approaches for Older Adults and Families Dealing with Substance Use", (w/K. C. Shafer). **peer-reviewed**.

Catholic Charities St. Louis CE, December 12, 2012, "Developing self-care plans for personal & professional use: Evidence-based stress management".

Renert Center for Transformative Teaching & Learning, January & February, 2013, Saint Louis University, "Caring for the Whole Student (And Maybe Even Yourself)", (w/.D. Sargeant & S. Slavin).

Catholic Charities St. Louis CE, February 13, 2013, "Developing self-care plans for personal & professional use: Evidence-based stress management".

AGHE Annual meeting March 1, 2013, St. Petersburg, FL, "Riding the Waves of Change: Integrative Mindbodyspirit Approaches for Older Adults with Addictions", (w/K. Shafer). **peer-reviewed**.

Hospice of Southern Illinois Caregiver Conference, April 13, 2013, Collinsville, IL, "Laughter Yoga".

Bringing Families Together, Continuing Education meeting, May 3, 2013, Hazelwood, MO, "Developing self-care plans for personal & professional use: Evidence-based stress management".

Find Out Fridays (monthly continuing education meetings), June 7, 2013, Alexian Brothers Sherbrooke Village, St. Louis, MO, "Sobriety Maintenance with Yoga: Helping Addicted Older Adults Cope".

The International Association of Yoga Therapists SYR & SYTAR, June 12 & 14, 2013, Boston, MA, at the Meeting of the Schools presentations on "Key to Successful Future for Yoga Therapy", "Policy and Procedures Manual" (w/D. Seitz) & "Assessment Discussion" (w/R. Rothenberg & L. Blashki).

Therapeutic Yoga for Seniors Professional Conference The Inspired Voice, June 21, 2013, Duke Integrative Medicine, Durham, NC, "Sobriety Maintenance for Older Adults: Using Yoga to Cope".

Senior Response Team (monthly continuing education meetings), September 19, 2013, Westview Assisted Living, Ellisville, MO, "Helping Older Adults Cope with Additions: Sobriety Maintenance with Yoga ".

LICENSING AND CERTIFICATION

Certified Social Worker (IL)	1971 to 1989
Licensed Social Worker (IL)	1989 to present
200 hr. Registered Yoga Teacher w/Yoga Alliance	2010 to present