

Mindfulness-Based Yoga Therapy Training in Eating Disorders for Professionals – Advanced Training

Mindfulness therapies, such as Yoga, has gained momentum in the therapeutic community. Yoga is widely used in eating disorders and disordered eating in a variety of settings. Integrated treatment of eating disorders and disordered eating can be highly effective, using Yoga as an adjunct with traditional treatment modalities. Eating disorder comprehensive advanced curriculum, evidenced-based Yoga, Yoga therapy tools and integrative techniques will be presented.

AGENDA: (40 hours)

- Advanced Training Course Welcome and Introduction

Identification of a Client

- Case study of a potential client overview and example (120 min)
- Case study of a potential client homework (120 min)
- Presentation and review (60 min)

Conduct a Yoga Therapy Assessment

- In depth review of how a Yoga Therapy Assessment is conducted and example (120 min)
- Conduct Yoga Therapy Assessment with a client/record session (120 min)
- Presentation and review (60 min)

Develop a Yoga Therapy Treatment Plan

- In depth review of how a Yoga Therapy Treatment Plan is developed and example (120 min)
- Develop a Yoga Therapy Treatment Plan with a client/record session (120 min)
- Presentation and review (60 min)

Implement the Yoga Therapy Treatment Plan

- In depth review of how Implementation of a Yoga Therapy Treatment Plan is developed and example (120 min)
- Develop and Implement a Yoga Therapy Treatment Plan with a client/record session (480 min)

- Presentation and review (60 min)

Evaluate the Yoga Therapy Treatment Plan/Change in Treatment Plan

- In depth review of how an Evaluation of a Yoga Therapy Treatment Plan is conducted and example (120 min)
- Evaluate and revise a Yoga Therapy Treatment Plan with a client/record session (120 min)
- Presentation and review (60 min)

Implement the Yoga Therapy Treatment Plan in a Group

- In depth review of how a Yoga Therapy Treatment Plan is developed for a group and example (120 min)
- Develop and Implement a Yoga Therapy Treatment Plan with a client group/record session (480 min)
- Presentation and review (60 min)

Yoga Therapy Business Plan, Legal, Ethical and Regulatory Implications

- In depth review of how a Yoga Therapy Business Plan is developed and example (120 min)
- Develop a Yoga Therapy Business Plan (360 min)
- Presentation and review (60 min)

- Course wrap-up and evaluation

LEARNING OBJECTIVES:

Upon completion of the entire program, participant will be able to:

1. Identify a client appropriate for Yoga therapy
2. Prepare a preliminary case study of the respective client
3. Collect health history, diagnosis, medication, and lab work from the respective client.
4. Collect therapeutic and nutrition interventions for the respective client.
5. Conduct a Yoga Therapy Assessment with a client
6. Conduct a physical, emotional, spiritual, breath and body assessment within the comprehensive assessment

7. Conduct a skills assessment within the comprehensive assessment
8. Formulate an impression and preliminary plan from the assessment
9. Formulate a Yoga Therapy Treatment Plan with a client
10. Plan measurable objectives with a timeline for a client
11. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 1
12. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 2
13. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 3
14. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 4
15. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 5
16. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 6
17. Design a Yoga Therapy Treatment Plan with a client with the understanding of chakra 7
18. Evaluate the Yoga Treatment Plan with a client
19. Formulate impressions and observations of the session
20. Evaluate what came up physically, emotionally, and spiritually for the client
21. Interpret client's engagement in the session
22. Evaluate the client's motivation to continue to participate in yoga therapy
23. Collaborate with an eating disorders treatment team to evaluate treatment plan and if updated plan is needed
24. Prepare a lesson plan for a group
25. Plan and evaluate a lesson plan for a group
26. Construct a Yoga Therapy Business Plan
27. Discuss the Legal, Ethical and Regulatory Implications of Yoga therapy
28. Discuss the Ethical Implications of Yoga therapy
29. Discuss the Regulatory Implications of Yoga therapy
30. Evaluate appropriate continuing education programs to keep current in the field

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