

## **Mindfulness-Based Yoga Therapy Training in Eating Disorders for Professionals – Introductory Course**

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 introductory curriculum, evidenced-based Yoga, Yoga therapy tools and integrative techniques will be presented.

### **AGENDA: (40 hours)**

- Welcome and Introduction

### **Lesson One**

- Case study and overview of first Yoga-based nervous center of the body (60 min)
- Didactic: Diagnosis, Etiology and Co-Occurring Disorders of Eating Disorders (60 min)
- Therapeutic modality: Yoga Therapy for Eating Disorders (60 min)
- Nutrition Therapy: Root-based Foods/Family Rules Around Food (60 min)
- Yoga therapy experiential (60 min)
- Homework: (60 min)

### **Lesson Two**

- Case study and overview of second Yoga-based nervous center of the body (60 min)
- Didactic: Medical, Behavioral and Nutrition Assessments in Yoga Therapy (30 min)
- Therapeutic modality: Cognitive Behavioral Therapy with experiential (60 min)
- Nutrition Therapy: Reproductive Center Foods/Deconstructing Behaviors (60 min)
- Yoga therapy experiential (15 min)
- Homework: (60 min)

### **Lesson Three**

- Case study and overview of third Yoga-based nervous center of the body (60 min)
- Didactic: Medical Implications of Eating Disorders, Yoga Physiology and Yoga Therapy Interventions Across the Eating Disorders Spectrum (60 min)
- Therapeutic modality: Dialectical Behavioral Therapy with experiential (60 min)
- Nutrition Therapy: Digestive Center Foods/Insights to Biological Hunger and Barriers (60 min)
- Yoga therapy experiential (15 min)
- Homework: (60 min)

### **Lesson Four**

- Case study and overview of fourth Yoga-based nervous center of the body (60 min)
- Didactic: Levels of Care in Eating Disorders and Appropriate Yoga Therapy (60 min)
- Therapeutic modality: Mindfulness-Based Cognitive Therapy with experiential (60 min)
- Nutrition Therapy: Cardiovascular Centered Foods/Body Respect/Mindful Eating (120 min)
- Yoga therapy experiential (15 min)
- Homework: (60 min)

### **Lesson Five**

- Case study and overview of fifth Yoga-based nervous center of the body (60 min)
- Didactic: Research and Outcomes Studies in Yoga Therapy for Eating Disorders (60 min)
- Therapeutic modality: Acceptance Commitment Therapy with experiential (60 min)
- Nutrition Therapy: Facial and Sinus Centered Foods/Truth About Diets (120 min)
- Yoga therapy experiential (15 min)
- Homework: (60 min)

## **Lesson Six**

- Case study and overview of sixth Yoga-based nervous center of the body (60 min)
- Didactic/Yoga Therapy: The Business of Yoga Therapy (60 min)
- Therapeutic modality: Maudsley Method (“Parent in Charge”) (45 min)
- Nutrition Therapy: Foods for Intuition/Intuitive Eating Part One (60 min)
- Yoga therapy experiential (15 min)
- Homework: (360 min)

## **Lesson Seven**

- Case study and overview of seventh Yoga-based nervous center of the body (60 min)
- Didactic - Yoga Therapy: Legal, Ethical and Regulatory Implications (60 min)
- Therapeutic modality: None
- Nutrition Therapy: Brain Centered Foods/Intuitive Eating Part Two (60 min)
- Yoga therapy experiential: None
- Homework: (60 min)
  
- Course wrap up and evaluation:

## **LEARNING OBJECTIVES:**

Upon completion of the entire program, participant will be able to explain, describe and discuss:

1. List first Chakra Components
2. Explain diagnosis, Etiology and Co-Occurring Disorders of Eating Disorders
3. Discuss the therapeutic modality of Yoga Therapy for Eating Disorders
4. Evaluate Root Foods and how Family Rules Around Food influences eating disorder behaviors
5. Identify a client appropriate for Yoga therapy
6. List Second Chakra Components
7. Explain medical, Behavioral and Nutrition Assessments in eating disorders
8. Discuss the role of Cognitive Behavioral Therapy in eating disorder treatment
9. Define the components of the Yoga Therapy Assessment
10. List Third Chakra Components
11. Explain Medical Complications of Eating Disorders

12. Discuss the role of Dialectical Behavioral Therapy in eating disorder treatment
13. Evaluate Digestive Center Foods and Insights to Biological Hunger and Barriers
14. Define the components of a Yoga Therapy Treatment Plan
15. List Fourth Chakra Components
16. Explain Levels of Care in Eating Disorders
17. Discuss the role of Mindfulness-Based Cognitive Therapy in eating disorder treatment
18. Evaluate Cardiovascular Centered Foods and Body Respect and the concept of Loving Your Body
19. Define the components of implementing a Yoga Therapy Treatment Plan
20. List Fifth Chakra Components
21. Interpret one Research and Outcome Study in Eating Disorders
22. Discuss the role of Acceptance Commitment Therapy in eating disorder treatment
23. Evaluate Facial and Sinus Centered Foods and the concept of Talking Back to the Food Police
24. Define the Yoga Treatment Plan and when a Change in Treatment Plan is needed
25. List Sixth Chakra Components
26. Review the Business of Yoga Therapy
27. Discuss the role of Maudsley Method/Family-Based Therapy in eating disorder treatment
28. Evaluate Brain Centered Foods and the concept of Unconditional Permission to Eat/Relationship with Food Choices
29. List Seventh Chakra Components
30. Discuss Legal, Ethical and Regulatory Implications of Yoga therapy

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