YOGA MENTAL HEALTH SPECIALIST
TEACHER TRAINING PROGRAM
(300+ HOURS)

Program Director: Amy Wheeler, Ph.D.

IN-PERSON MODULES:
July 15-22, 2017 and January 14-21, 2018
Comfort Suites Ontario Convention Center
Ontario, California

The goal of this teacher training program is to bridge the Eastern Wisdom of Yoga & Ayurveda and Western Psychology. This program will prepare students to work in the field of Integrative Medicine at hospitals, Senior Centers, Youth Centers, Veteran’s Associations, private psychology practices, and county or government facilities that have a mental health aspect.

We are an IAYT member school. This is different than having an accredited 800-Program or being Certified-IAYT. We will be working with affiliate schools to use our program as transfer hours for their programs.

PROGRAM OVERVIEW:

- **Total Hours** = 300+ (200-hour training without practicum is allowed)
- **In-Person Modules** (two 8-day modules - start either module) = 170 hours
- **Distance Learning** = 30 hours
- **Internship/Practicum** = 100 hours

In Person Modules: Two 8-day modules in July 2017 and January 2018 for a total of 170+ hours of in-person training. Each module contains 85 hours of teaching spread over eight days. The modules are offered in July and January each year. Both modules must be completed, but can be completed in any order.

- **July 15-22, 2017** and **January 14-21, 2018**
  - 7:00am - 6:00pm  7:00am - 6:00pm
  - Comfort Suites Ontario Convention Center*
  - 1811 East Holt Boulevard
  - Ontario, California 91761
  - (909) 605-0700

* 2 miles from Ontario Airport (ONT) and 56 miles from Los Angeles International Airport (LAX)
* Group rate discounts available if you stay at Comfort Suites Ontario Convention Center. Ask us for group name for discount.

Distance Learning/WebEx: 30+ hours in 30, 1-hour sessions offered approximately four times per month over the year. These hours will include reviewing case studies of real people, but is completed online.

- **Friday mornings from 9:00am - 10:00am (PST)**
  - If you cannot attend live, the recording will be sent to you.

Internship/Practicum: 100 hours supervised practicum at student’s home location. The mentor will track and offer suggestions for individual case and group class taught by the teacher training student. The teacher training student will also be asked to do a self-analysis or observation of each session they conduct. This supervision will include discussion of assessment, short and long term course planning and self-analysis of how it feels to be a yoga teacher of mental health. The practicum can begin anytime after the first module. If you do not want to do a practicum, you will receive 200 hours of credit.
PROGRAM FEES:
The fee for the 300-hour program is $4,000. This includes curriculum and instruction for both (2) 8-day in-person modules, the distance learning section of the course (Friday mornings), and the first 10 hours of mentorship. You can pay the fees up front. Alternately, please note that we offer a monthly payment plan over a 10-month period (with signed contract and deposit). The program fee does not include food, hotel or transportation.

The fee for the internship/practicum is $100 per hour for personal mentorship and supervision. The fee for the first 10 hours of mentorship IS INCLUDED in the cost of the program. However, each student requires a unique amount of supervision. When you apply for the program, we will look at your background and what you plan to do for your practicum, and then we can give you an estimate on how many hours you may need to complete your internship/practicum. The range will probably be between 10 hours (included already) and 30 hours, depending on your previous experience and goals for the practicum. Anything over and above the first 10 hours will be paid directly to your supervisor at the time of service.

PROGRAM FUNDAMENTALS:

Yoga Foundations: Includes yoga philosophy based on Patañjali’s Yoga Sutras, Hatha Yoga Pradipika and Bhagavad Gita; yoga teachings about the nature of mind, the guṇa-s or forces of nature; and the yogic framework for health and disease including the pañcamaya system, the 4-step model of healing, cakras, vayu-s, etc.

Biomedical and Psychological Foundations: Includes the anatomy and physiology of the brain and related physical body. We will review of various commonly-encountered conditions from the allopathic point of view; mechanisms of disease, treatment options and prognosis to facilitate integration of yoga therapy with conventional medicine; psychological concepts and mental health conditions; and stages of human development - physical, social and emotional. This section will also include the ayurvedic/samkhya framework of disease and healing and ayurvedic/samkhya subtle anatomy. Additionally, it will include western Psychology and Psychophysiology.

Teaching and Therapeutic Skills: Includes principles of establishing the teacher-student relationship; communication skills including listening and giving feedback; teaching methods for group and individual classes; and adjusting teaching for learning style differences. This course will also focus experiencing the effects of asana, pranayama, meditation, chanting and bhavana techniques for different illnesses and pathologies (as applied to the individual person).

We will discuss modifications for asana, pranayama, meditation, chanting and bhavana and how they apply to individuals and the disease process. Contraindications will also be discussed for all of the techniques. We will also prepare the students for their practicum experience by having classroom role-playing for intakes, writing courses for short- and long-term goals, and teaching yoga therapy practices to other students in the cohort.

Yoga Tools and their Application: Includes teaching actual clients asana, praṇayama, dhyana and chanting; skills of a yoga therapist (intake and assessment, observation, eliciting goals and expectations, and providing instruction) and therapy course planning for short- and long-term goals (selection of appropriate tools, sequencing and modification over time.) We will bring in live clients to work with from the community to be yoga therapy clients. This work will be the essence of the course. Hands-on application of asana, pranayama, dhyana and chanting is the specialty of our program.

Professional Ethics and Practices: Include ethics (personal integrity, ethics of a therapist including knowing when referral is the best option); knowledge of regulatory laws and good business practices; the value of personal professional development; and the value of saṅgha (community).
TOPICS COVERED:

**Yoga Psychology Course:** Students will also learn the latest theories in the fields of stress management & psychology, and neuropsychology. The theories will focus on the mental and physiological effects of the stress response in the human body. Student will learn how to interview and practice active listening, learn how to take intake notes and achieve maximum success with it. Students will learn how to analyze the human body, mind and spirit and begin to create a comprehensive health education plan.

**Yoga Anxiety Course:** Students will learn the different categories, symptoms, and underlying causes of insomnia and anxiety from a western medical perspective as well as a yogic paradigm. The ancient yogic texts describe the differences between patterns of agitation vs. calm stability of the mind. The goal of this module will be for students to learn how to bring their client(s) to a place of calm, clear and alert mind. In this module, students will actively learn and practice how to use breathing techniques and meditation activities to individuals, with the goal of achieving the desired effects of less anxiety and higher quality sleep. Students will learn about yoga as a complementary modality to psychological services and proper referral guidelines. Students will practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

**Yoga & Addiction Course:** Students will learn the different manifestations of and the underlying causes of addiction from a western medical and psychological perspective, as well as a yogic paradigm for healing using postures, breathing techniques and meditation. The ancient yogic texts describe the differences between patterns of agitation and calm stability of the mind. This module will teach students how to train clients with new patterns and coping skills, self-reflection on the triggers of addiction. Students will actively learn and practice how to use breathing techniques and meditation activities to each individual. Students will learn about yoga as a complementary modality to psychological services and proper referral guidelines. Students will practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

**Yoga & Mental Health Course (Part 1):** Students will learn the signs, symptoms and western treatment protocols for common psychological disorders including PTSD, Schizoaffective Disorder, Bipolar Disorder, and clinical/seasonal depression. Students will learn and practice how to use yogic techniques such as postures, breathing techniques, meditation, visualization and sound therapy to find new ways of helping individual clients to heal and find acceptance of these life-long disordered mental patterns. Students will also understand statistics for compliance and relapse and how to increase the chances that a daily yoga practice will improve mental health. Students will learn about yoga as a complementary modality to psychological services and proper referral guidelines. Students will also learn the latest theories in the field of stress management and psychology of the stress-response. Additionally, students will learn the theory and practice of Yoga Nidra for psychological issues. Students will practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.

**Yoga & Mental Health Course (Part 2):** Students will learn common signs and symptoms for young people on the Autism spectrum and those with ADHD. Students will also learn the yogic view of these disorders. Specialized movement patterns and breathing exercises are fundamental to help clients and their caregivers have a healthier and happier life. Equally as important are relationship building and empathy training, which are keys to success with these clients. Additionally, the art of being present, active listening skills and empathy building techniques will be explained and practiced: 1) to help each family find acceptance for the new and unexpected path that the family will enjoy together, 2) for their affected young person. Students will learn about yoga as a complementary modality to psychological services and proper referral guidelines. Students will also learn the latest theories in the field of stress management and psychology of the stress-response. Additionally, students will learn the theory and practice of Yoga Nidra for psychological issues. Students will practice filling out intake forms, interview techniques and observation skills on peer-clients as part of practicum preparation.