

## **Agenda – Mindfulness Yoga Therapy Training in Eating Disorders Certificate Program**

### Module One: 6 hours

- Components and functions of the first chakra (root chakra) in relation to physical and emotional grounding and how it is integrated into yoga therapy for eating disorders.
- Diagnostic criteria, etiology, and common co-occurring disorders associated with eating disorders.
- Application of yoga therapy as an integrated treatment modality for eating disorders.
- Influence of first chakra foods on disordered eating behaviors.
- Clinical indicators that suggest a client may be appropriate for yoga therapy.
- How to collect relevant health history, diagnosis, medications, and lab results for yoga therapy treatment planning for clients with eating disorders.

### Module Two: 6 hours

- Components and functions of the second chakra (sacral chakra) and its connection to emotion regulation in yoga therapy for eating disorders.
- How to integrate yoga therapy assessment with medical, behavioral, and nutritional assessments in eating disorder treatment.
- Aspects of cognitive behavioral therapy (CBT) and how to integrate CBT with yoga therapy in the treatment of eating disorders.
- Second chakra foods and the emotional relationship to food.
- Core elements included in a comprehensive yoga therapy assessment.
- Steps to conducting a yoga therapy assessment using structured observation and inquiry with a client.

### Module Three: 6 hours

- Components and functions of the third chakra (solar plexus chakra), their relation to personal power, and how it is integrated into yoga therapy for eating disorders.
- Medical complications commonly resulting from eating disorders and their impact on the type of yoga therapy used in treatment.
- The role and structure of dialectical behavior therapy (DBT) and how to integrate DBT with yoga therapy in the treatment of eating disorders.
- Third chakra foods and how they relate to biological hunger and psychological barriers.

- Key components for creating a yoga therapy treatment plan for eating disorders using the chakra system.

#### Module Four: 6 hours

- Components and emotional themes of the fourth chakra (heart chakra) and how they are integrated into yoga therapy for eating disorders.
- How to integrate yoga therapy into the different levels of care in treating eating disorders.
- The use of Mindfulness-Based Cognitive Therapy (MBCT) in managing eating disorder symptoms and how to integrate MBCT with yoga therapy in the treatment of eating disorders.
- Role of fourth chakra foods in body respect and self-acceptance.
- Implementation process for a yoga therapy treatment plan using the chakra system.
- Process of developing a collaborative yoga therapy treatment plan with a client who has an eating disorder using the chakra system.

#### Module Five: 6 hours

- Components of the fifth chakra (throat chakra), its relevance to communication and self-expression, and how it is integrated into yoga therapy for eating disorders.
- Interpreting findings from research studies on outcomes in eating disorder treatment.
- Principles and therapeutic application of acceptance and commitment therapy (ACT) for eating disorders and how to integrate ACT with yoga therapy in the treatment of eating disorders.
- Fifth chakra foods in relation to communication and speaking truth.
- Determine clinical indicators that suggest a need for modification of the yoga therapy treatment plan.
- Evaluate the progress of a client with an eating disorder using the established yoga treatment plan.
- Formulate clinical impressions and observations based on client interaction during a yoga therapy session.

#### Module Six: 5 hours

- Components of the sixth chakra (brow chakra) and their influence on insight, intuition, and how it is integrated into yoga therapy for eating disorders.

- Ethical and practical considerations in running a yoga therapy business.
- Principles and evidence supporting the “Parent in Charge” method for eating disorders and how to integrate this model into yoga therapy for eating disorders.
- How to plan and evaluate a group therapy lesson plan for clients with eating disorders, incorporating yoga-based principles.
- Sixth chakra foods in relation to intuitive eating and cognitive reframing.

#### Module Seven: 5 hours

- Components of the seventh chakra (crown chakra) and its role in connection, spirituality, and how it is integrated into yoga therapy for eating disorders.
- Legal, ethical, and regulatory considerations in yoga therapy practice.
- Steps to constructing a basic business plan for launching or expanding a yoga therapy practice in eating disorders.
- Seventh chakra foods and the psychological concept of unconditional permission to eat.
- Structured self-reflection to increase empathy by exploring client experiences.

*Copyright © by Beverly S Price, with the U.S. Copyright Office. All rights reserved. Reproduction in any form in whole or in part of this training outline is a violation of federal copyright law and is strictly prohibited without consent. You may use the training materials in your eating disorders treatment program with attribution to Beverly Price’s Mindfulness Yoga Therapy Training in Eating Disorders displayed on your educational and promotional materials.*