

350+ hours

YOGA THERAPY FOR CHILDREN AND YOUNG PEOPLE

Uncovering the wellness within



OUR COLLABORATORS

- Dr Uma Dinsmore-Tuli
- Dr Lana Jackson
- Dr Theodore Wildcroft
- Amanda Brown
- Nicole Zimpler, Yotism
- Charlotta Martinus, Teen Yoga
- Dr Sam Bottrill
- Shaura Hall

This course is directed and facilitated by Dr Lucy Arnsby-Wilson and Janine Hurley and taught by leading UK yoga therapists. It is accredited with the IYN (Independent Yoga Network) and The BPS (British Psychological Society) and therefore is likely to appeal to yoga teacher and healthcare professionals alike. It is suitable for those wishing to become Yoga Therapists or to use Yoga Therapy within their current therapeutic practices.

The course leaders appreciate, have studied and passionate about the offering students an integrative approach between the knowledge and evidence base of Western psychologist and neuroscience and the ancient wisdom and wonder of Yoga.

Therefore the training provides students with a multi theoretical perspective studying closely the biological, physiological psychological, developmental and spiritual aspects of our being and what happens to these as children experience distress and how to offer intervention to a large breadth and depth of conditions and presentations that you may come across children presenting with.

This comprehensive Yoga Therapy for Children and Young People in the first of its kind that we know about it the UK.



Through MAYA yoga therapy we support children and young people with mental health challenges and those who have experienced psychological trauma to know and understand what human life and nature is.

Our children can learn what their potentials and capabilities are, what processes enhance their difficulties which are often caused by cognitive strife. Importantly, in yoga therapy, they can learn means and methods which can be applied as solutions. When delivered with experience, training and rigour, Yoga Therapy has the capacity to

-Prevent complex and severe mental health problems from developing through building resilience, strength and enabling a deep level of coping and inner strength,

-Intervene when complex challenges have occurred and young people and their families are struggling to find wellness, health and ease in the body and mind.

-Sustain a path of healing and inner resources for children, young people and their families

-Support the systems around the child to create and maintain equilibrium, harmony and joy so that children and young people can have the life that is their right and deepest wish.

-Nourish the whole child fully, regardless of age, ability of experience





THE VISION FOR THIS WORK IS:

To help young people to alleviate their suffering through yoga so they can experience a coming home and deep peace and comfort in their minds and body.

In order to do this we will support students

To be able to tailor a 1:1 and group yoga therapy session to a young person experiencing a range of psychological conditions

To understand the philosophy of healing and well being, health and healing through yoga therapy,

To understand child development theories and how this relates to yoga therapy

To gain therapy skills (BE-ing a yoga therapist), boundaries, communication and ethics,

To experience a broad and comprehensive set of in-depth teachings on specific areas of interest: e.g. eating conditions, autism, trauma) across childhood and adolescence.

people for the prevention of and intervention in mental health problems

learning essential aspects of Ayurveda for yoga therapy for children and young people

gaining a thorough understanding of the energy body

learning yoga based awareness methods





This will be through teaching on the development and expression of mental health problems in young people and their families from a range of different approaches and perspectives

the research base for Yoga and Meditation practices and the promotion of emotional well-being in young people; having a clear understanding of what can we learn and what do we need to know?

the neuroscience on the developing brain and the effects of yoga and meditation for young people experiencing a range of conditions.

developing skills and confidence to assess children (at a physical energetic, psychological and spiritual level) with mental health needs for the purpose of teaching yoga therapy (and know when additional support may be required)

learning how to plan and support young people for tailor made 1:1 therapy programmes-adapting the sessions for the specific requirements of their students.



COURSE REQUIREMENTS

This training offers a balance of theory and experiential learning so that all are fully embodied and can be offered effectively and authentically to young people. Students will need to complete an initial foundation course and then a series of specialist weekend. Students will be invited to take part in assignments and case studies to consolidate and individualise their learning.

In person teaching modules (130 hours)

Delivered by leading experts in the field, students will be offered teaching and practices to cover a range of common conditions and experiences in children and young people.

Yoga Therapy Observations (20 hours)

Students will be asked to observe 3 Children's Yoga Therapy Sessions and to submit a critical evaluation and reflections on this sessions that they attended.

Case Studies (50 hours)

Students are required to complete 5 case studies (working with each clients for a minimum of 5 hours) with young people between the ages of 4-18 years and with a range of differing presentations written up and submitted for accreditation.

Yoga Therapy Project (50 hours)

Students are required to conduct a small scale project on an area of interest chosen by them related to children's yoga therapy.





Group Teaching Practice (5 hours)

Offered on course modules, each student will be required to teach a yoga therapy session to the group with an overview and rationale for the planned session, a formulation and a critical analysis of the teachings offered and reflections.

Supervision (minimum 12 hours)

It is highly recommended that students seek supervision whilst practicing as a yoga therapist. During the course, consultation will be offered by phone and Skype by arrangement with Janine and/or Lucy. There are also monthly online platforms for peer supervision and a buddy system offered. It is possible to purchase 1:1 additional supervision at an extra cost.

Anatomy and Physiology

Add blurb and how many hours

COURSE DATES AND TIMINGS : 2019/2020

FOUNDATION WEEK:

19th August 2019	1.30pm-8pm 6
20th-22nd August 2019	9.30am-5.30pm
24th August 2019	9.30am-8pm
25th August 2019	10am-4pm

WEEKEND MODULES:

15th - 17th November 2019
7th - 9th February 2020
12th - 14th June 2020
2nd - 4th October 2020

Fri 10-8

Sat 9.30-8

Sun 9.30-4.30

ALL DAYS MUST BE ATTENDED UNLESS BY AGREEMENT



