Workshop Content Summary

Contrary to Western stereotypes that paint yoga as a practice of physical postures, yoga is an integrated lifestyle consisting of varied practices, including lifestyle and values-related commitments, physical practice, breathing practices, and interior practices (e.g., concentration, meditation), practiced with mindfulness and intention. Integrated yoga is suitable for all persons, regardless of age, physical abilities, gender, or body shape. Even yoga postures can be adapted, modified, and performed with the use of props that make them accessible to all. Integrated yoga is a powerful, effective intervention or adjunctive treatment for many mental health concerns and disorders through profound effects on anatomy, (neuro)physiology, (neuro)cognition, emotion, behavior, and relationships. Salutary effects are mediated through enhancement of top-down processing that activates higher-level brain structures and networks (facilitating cognitive self-regulation through attentional control, mindfulness, executive functioning, and metacognition) and bottom-up processing that activates lower-level brain structures and networks (facilitating physiological and emotional self-regulation, vagal tone, and parasympathetic nervous system engagement). Randomized clinical trials and meta-analyses have provided ample evidence for yoga as an evidence-based practice for mental health conditions, including but not limited to depression (Satyapriya, Nagarathna, Padmalatha, & Nagendra, 2013), anxiety (Satyapriya et al., 2013), anger (Kanojia et al., 2013), eating disorders (Carei, Fyfe-Johnson, Breuner, & Brown, 2010), post-traumatic stress (Mitchell et al., 2014), stress reduction (Li & Goldsmith, 2012), and attention deficit (Chaya, Nagendra, Selvam, Kurpad, & Sirivivasan, 2012). Relatedly, in the realm of physical illness with significant behavioral health and psychological implications, clinical trials have documented the effectiveness of yoga in supporting patients with cancer (Cramer, Lauche, Haller, & Dobos, 2013) and chronic pain (Langhorst, Kose, Dobos, Bernardy, & Hauser, 2013), among others.

Key Concepts

- Yoga is suitable for individuals of all body shapes, physical abilities, ages, emotional states, cognitive capacities, and demographics. Once a practice has been established with a qualified, skillful teacher, yoga can be engaged in by anyone, anywhere, anytime, at low cost.
- Yoga psychology offers a conceptual framework for understanding the development, maintenance, and treatment of a variety of psychological, emotional, and relational challenges.
- Yoga psychology contains a developmental framework for understanding the current presentation of clients, framing their way of being and relating from a developmental perspective in the context of their biopsychosociocultural context.
- Yoga integrates a wide range of evidence-based strategies (categorized into lifestyle and values-related commitments, physical practices, breathing practices, and interior practices) that can be tailored to presentation and etiology to enhance resilience, self-understanding, and symptom amelioration.
- Yoga interventions work through the integration top-down and bottom-up neurobiological processes to help practitioners attain relaxed and calm states in body, breath, and mind; the reduction of maladaptive emotional, cognitive, behavioral, and relational patterns; and the enhancement of the capacity for innovative problem-solving and stress tolerance.

Educational Objectives

1. Explain how to use the layers of self as a means to assess patients developmentally and to conceptualize their diagnosis, etiology, prognosis, and treatment
2. Describe how patients’ biopsychosociocultural context contributes predisposing, precipitating, perpetuating, and protective factors to their self-development
3. Design treatment plans and strategies tailored to the layer of self that is most relevant to a patient’s symptom presentation and/or current clinical needs
4. Apply basic skills related to slow, gentle movement techniques and breathing with patients to help facilitate physical and energetic mindfulness
5. Utilize meditation and concentration techniques with patients to help facilitate emotional, cognitive, and relational mindfulness and insight
Target Audience and Instructional Level

This is an introductory-level course geared to the following audiences:

- Psychologists, psychiatrists, and other mental healthcare providers interested in bringing yoga principles and strategies into their clinical practice.
- Psychology, psychiatry, and other mental health-program students in graduate or medical programs interested in bringing yoga principles and strategies into their supervised clinical practice.
- Yoga teachers interested in offering yoga classes in mental healthcare settings.
- Yoga therapists providing yoga interventions in mental healthcare settings.

Workshop Pragmatics

- Cost: $150 tuition for this full-day workshop
- APA-approved Continuing Education credits are included in the tuition cost; 6 APA CE hours provided (all activities are didactic and eligible for APA CEs—our YogaX application for APA CE sponsorship is pending)
- Yoga Alliance Continuing Education credits (6 hours) are included in the tuition cost
- Refund and payment policy is available at https://3de0fe17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/37469f_73d3c9e8ebb14214a60e11d8b08babab1.pdf
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.

Instructors

- Christiane Brems, PhD, ABPP, ERYT500, C-IAYT, Clinical Professor and Director of YogaX in the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine; more information at https://profiles.stanford.edu/christiane-brems
- Heather Freeman, PsyD, RYT500, Program Manager of YogaX in the Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine; more information at https://profiles.stanford.edu/heather-freeman
- Kari Sulenes, PsyD, RYT200, YogaX Founding Team Member; Executive Director of Atlas; more information at https://www.yogaxu.com/the-team
## Workshop Schedule

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<th>Time</th>
<th>Topics</th>
<th>Notes</th>
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| 9a-9:30a | • Evidence base for the benefits of yoga for mental health and wellbeing  
• Trauma-informed yoga principles – a brief overview                                                                                     | • brief review of the literature  
• see citations in handout                                                                                                                  |
| 9:30a-10:00a | • A yogic four-part model of conceptualization: diagnosis, etiology, prognosis, and treatment planning  
• A context for objective, subjective, individual, and collective experiences – a biopsychosociocultural model of influence  
• The four Ps – predisposing, precipitating, perpetuating, and protective factors | • four noble truths (ayurveda; buddhism)  
• biopsychosociocultural model of influence                                                                                                  |
| 10a-11a | • A developmental model for understanding etiology and a tailored approach to planning treatment  
• Understanding mechanisms of change                                                                                                        | • koshas (yoga psychology)  
• links to neuroscience                                                                                                                     |
| 11a-12p | • Body layer – understanding pathology, symptoms, response styles (preparatory sets), and interventions  
• Focus on neuroception of safety, proprioception, and developing interoception of bodily states                                             | • body-based mindfulness interventions  
• movement for interoception  
• gunas (yoga psychology)                                                                                                                   |
| 12p-1p  | • Lunch break                                                                                                                                                                                               | • light meal please                                                                           |
| 1-2p    | • Energetic/emotional/breath layer – understanding pathology, symptoms, emotional predilections and the relationship to attachment styles, and interventions  
• Focus on interoception of emotional reactions, their expressions in the body, and their effects on the mind, self-perception, and relationships  
• Developing awareness of exteroception                                                                                                       | • energetically-based mindfulness interventions  
• breathing practices for emotional and energetic interoception  
• movement practices for energetic interoception and transformation  
• kleshas (yoga psychology)                                                                                                                   |
| 2p-3p   | • Mind layer – understanding pathology, symptoms, mental habits and styles, and interventions  
• Focus on understanding habitual (stimulus-response) reactions and transforming habit into conscious choice  
• Cause-and-effect analysis as related to behavioral and relational changes and calming of the mind through self- and interpersonal awareness | • mind-based mindfulness interventions  
• concentration and meditation practices for recognizing unhealthful habits and transcending them into conscious choices  
• vrittis and karma (yoga psychology)                                                                                                          |
| 3p-4p   | • Wisdom and bliss layers – individual and collective transformation through conscious lifestyle choices, mature emotions, and awakened living                                                                 | • brahma viharas (yoga psychology)  
• flow or samadhi (yoga psychology)                                                                                                             |

### Resources

Handouts to Be Provided Include:

- *Principles of Trauma-Informed Yoga*
- *Pathways of Sensory Processing Engaged in Integrated Yoga*
- *Handout for Facilitating a Success Referral to a Yoga Professional*
- *The Eight Limbs of Yoga Briefly Defined*
- *Illustration of the Layers-of-Self (Koshas) Model*

Check out the YogaX Blog, Resources, and Practices pages at yogaXu.com.
## Bibliography

### Evidence-Based Benefits of Yoga for Mental Health – Clinical Symptoms and Disorders

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<th>Trauma Spectrum</th>
<th>Eating Disorders, 40, 120-128.</th>
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<td>Evidence-Based Benefits of Yoga for Mental Health – Wellbeing, Coping, and Stress Perception</td>
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<tr>
<td>Relevant Yoga Psychology and Yoga Mechanisms Readings</td>
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Coping Stress, Wellness

Trauma-Related Yoga

X Team Member Publications

and Similar Yoga Sutras

Psychology

Yoga


Yoga Psychology and Practices


Yoga Sutras and Similar


Excellent free online version: https://www.swamij.com/yoga-sutras.htm

Related YogaX Team Member Publications

Trauma-Informed Yoga


Wellness, Stress, Coping


