

## **Yoga for Eating Disorder Recovery**

### **Syllabus**

*Heather Freeman PsyD, ERYT500*

Dates TBA; 30 hours across two weekends

This is an intermediate-level course geared to students in the YogaX YTT300 and the following audiences:

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

### ***Training Pragmatics***

- Cost: \$800 tuition for this 30-hour workshop **or** YogaX YTT300 prepaid enrollment
- This training is delivered via online synchronous instruction and with fulltime contact with the lead teacher, Chris Brems
- (see Training Format below for specific details of training delivery)
- Yoga Alliance Continuing Education credits (30 hours) are included in the tuition cost; a CE certificate is issued upon request
- Participation (by entering the zoom link and/or making payment) implies that you have read and agreed to the Stanford Assumptions of Risk, Release of Claims, and Hold Harmless Agreement at <https://www.yogaxteam.com/healthandsafetyinformation>
- YogaX Refund and Payment Policy is available at [https://3de0fc17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/37469f\\_73d3c9e8ebb14214a60e11d8b08baba1.pdf](https://3de0fc17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/37469f_73d3c9e8ebb14214a60e11d8b08baba1.pdf)
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.
- The zoom link for this event is:
- <https://stanford.zoom.us> TBA

### ***Instructor***

*Heather Freeman, PsyD, ERYT 500*

YogaX Program Manager

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More information at <https://profiles.stanford.edu/heather-freeman>

## *Training Content Summary*

This advanced training helps yoga teachers and health professionals develop an understanding of the etiology and treatment of eating disorders through a yogic lens. The course will include an overview of eating disorders from both a Western and Eastern lens. Students will integrate current eating disorder research trends, conceptualization and treatment with ancient yoga psychology. Students will develop a foundation of eating disorder's etiology, pathology and treatment interventions to inform their development as a yoga professional applying therapeutic yoga for eating disorder recovery. Students will also learn facilitation skills based in therapeutic yoga and clinical psychology to inform how to work therapeutically with this population. This training is dedicated to infusing clinical psychology, with the ancient wisdom of yoga psychology to treat the complexity of disordered eating, body dysmorphic and eating disorders to offer this population a path to recovery. We will be exploring the foundations eating disorder diagnoses and treatment, discuss yoga as a therapeutic modality for treating eating disorders and practice skills based on facilitating healing for this population.

Participants will develop an understanding and apply skills to foster healing for students/clients with eating disorders/disordered eating thorough awareness, knowledge and skills. As such, participants learn to develop strategies, apply skills, and problem-solve related to the following applications of ethical and therapeutic yoga:

- Understanding and applying yogic psychology to treat and alleviate eating disorder symptomatology
- Understanding and utilizing ethics from other health professions to inform yoga teaching and group facilitation
- Learning therapeutic relational skills adapted from basic clinical skills to foster congruence and healing in student-teacher relationships
- Defining and applying skills to apply in both group (studio classes and therapeutic yoga groups) and individual applications (1:1 private teaching or yoga therapy sessions)
- Integrating cultural sensitivity and competence, including language skills, empowerment, collaboration, and interpersonal skills

## *Learning Objectives*

### **Learning Objective #1:**

1. Learn foundations of current understanding of etiology, assessment, diagnosis and treatment of eating disorders from a clinical psychology perspective
  - a. Enhance understanding of EDs through current research and diagnostic criteria
  - b. Explore the common causes and treatments of EDs through a Western lens
  - c. Understand possible short-comings of current treatment for EDs

#### ***Evaluation Method for Learning Objective #1***

- Define and provide examples ED diagnoses
- Explore and define areas of pathology related to etiology and expression of ED bx
- Identify current research findings related common and evidence-based treatments of ED

### **Learning Objective #2:**

2. Understand and apply yoga philosophy lens to the clinical presentation and treatment of eating disorders.
  - a. Enhance understanding koshas model related to health and well-being
  - b. Explore the understanding and treatment of common EDs through the koshas model of presenting concerns and possible treatment interventions
  - c. Utilize yoga psychology tools (gunas, kleshas, vrittis, mind states, etc.) to understand psychological and emotional causes of suffering related to ED and ED related bx

#### ***Evaluation Method for Learning Objective #2***

- Define and explain etiology of ED through a yoga philosophy lens
- Apply yoga psychology interventions to the treatment of ED
- Identify areas of pathology and discuss potential interventions related to common ED presentations

### **Learning Objective #3:**

3. Learn and understand the history and effects of weight stigma and anti-fat bias in both yoga and healthcare settings]
  - a. Recognize the sources of weight bias and stigmatization in both health care and yoga settings.
  - b. Describe the adverse consequences of weight stigma on students' and patients' emotional and physical health.
  - c. Identify personal assumptions about body weight, and how these views can influence working with yoga students and clients

#### ***Evaluation Method for Learning Objective #3***

- Define and identify areas of weight-stigma and anti-fat bias both personally and societally
- Identify and apply strategies to dismantle anti-fat phobia in healthcare and in yoga
- Identify and apply strategies to improve accessibility and comfort for students in larger bodies to feel welcomed in a yoga environment.

#### **Learning Objective #4:**

4. Based on the etiological understanding EDs, learn how to tailor therapeutic groups for ED students/clients by knowing how to:
  - a. address factors that contribute to the presenting concerns
  - b. choose interventions appropriate to level of koshic development
  - c. define interventions that address ED presentation and sx
  - d. tailor interventions to address ED presentation and sx

#### ***Evaluation Method for Learning Objective #3***

- Develop a tailored prevention, healing, or wellness group – address level of development, gunas, kleshas, and vrittis – for a specific ED presentation of interest to be presented in session
- Explain why to choose particular yoga strategies over others
- Explain how specific yoga strategies address the etiological foundation of the ED and individual presentation of symptoms

### *Schedule and Continuing Education Hours by YA Category*

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>TTP</b>	<b>TM</b>	<b>AP</b>	<b>YH</b>	<b>Prac</b>	<b>Spc</b>
Day 1	10a-12p	Introductions/Check-in; Yoga for ED; Recovery Session 1	2					2
Day 1	1p-2p	Debrief Overview of course	1					1
Day 1	3p-4p	Koshas Framework Review Yoga as an Intervention				1		1
Day 1	4p-6p	Yoga for ED Recovery Session 2 Debriefing the experience	2					2
Day 2	10a-12p	Check-in/Review/Questions Eating disorders overview Physiology	1		1			2
Day 2	1p-2p	History and current research	1					1
Day 2	2-3p	Eating disorder diagnosis and treatment ED from a yogic lens	1					1
Day 2	3p-4p	Break						
Day 2	4p-6p	Yoga for ED Recovery Session 3 Debriefing the experience	2					2
Day 3	10a-12p	Check-in/Review/Questions Anti-fat bias and weight stigma	1	1				2
Day 3	1p-2p	Anti-fat bias and weight stigma	1					1
Day 3	2p-3p	Break-out groups group activity/process content	1					1
Day 3	3p-4p	Break						
Day 3	4p-6p	Yoga for ED Recovery Session 4 Debriefing the experience	2					2
Day 4	10a-12p	Check-in/Review/Questions Yoga and Eds <ul style="list-style-type: none"> <li>• Wellness culture</li> <li>• Orthorexia</li> <li>• Exercise Bulimia</li> </ul>	1	1				2
Day 4	1p-2p	Yoga and Eds cont.	1					1
Day 4	2p-3p	Break-out groups to process content	1					1
Day 4	3p-4p	Break						
Day 4	4-6p	Yoga for ED Recovery Session 5 Debriefing the experience	2					2
Day 5	10a-12p	Check-in/Review/Questions Yoga as a path to recovery; Kriya yoga				2		2
Day 5	1p-3p	Teaching principles Contraindications		2				2
Day 5	3p-4p	Break						
Day 5	4p-6p	Yoga for ED Recovery Session 6 Debriefing the experience Evaluations	2					2
<b>30 hours of YA CE or YTT 300 in the following categories:</b>			<b>22</b>	<b>4</b>	<b>1</b>	<b>3</b>	<b>0</b>	<b>30</b>

Notes: YA=Yoga Alliance; CE=Continuing Education

TTP=Techniques, Training, and Practice; TM=Teaching Methodology; AP=Anatomy and Physiology; YH=Yoga Humanities; Prac=Practicum; Spc=area of program specialization

### *Suggested Readings and Practices*

It is recommended that in preparation for the workshop you read all YogaX blogs, peruse YogaX webpage resources, and try out some of the offered free practices (asana, pranayama, meditation, and more) at [yogaXteam.com](http://yogaXteam.com) and on the YogaX Team YouTube channel.

It will be helpful to have familiarity with the *Yoga Sutras of Patanjali* prior to attendance (but it is not required). Many translations exist and you can choose any one. Several are available for free online (<http://www.swamij.com/yoga-sutras.htm> and <http://www.arlingtoncenter.org/Sanskrit-English.pdf>).

The following readings will be helpful as you deepen your journey once you have completed the workshop.

Abram, B. (2018). *Teaching trauma-sensitive yoga: A practical guide*. Berkeley, CA: North Atlantic Books.

Barkataki, S. (2020). *Embrace yoga's roots: Courageous ways to deepen your yoga practice*. Orlando, FL: Ignite Yoga and Wellness Institute.

Cozzolino, L (2016). *Why therapy works: Using our minds to change our brains*. New York, NY: W.W. Norton.

Dana, D., & Porges, S. (2018). *Clinical applications of the polyvagal theory: The emergence of polyvagal-informed therapies*. New York: Norton.

Feldman Barrett, L. (2017). *How emotions are made*. New York: Mariner.

Feuerstein, G. (2013). *The psychology of yoga: Integrating eastern and western approaches for understanding the mind*. Boston, MA: Shambhala.

Hanson-Lasater, J. (2021). *Teaching with intention: The essential guide to skillful hands-on assists and verbal communication*. Boulder, CO: Shambhala.

Marsh, S. (2015). *Hunger, hope and healing*. Boulder, CO: Shambhala.

Mason, H., & Birch, K. (2018). *Yoga for mental health*. Edinburgh: Handspring.

### ***Provided Handouts***

Several handouts and the slide set for the workshop will be provided to registered and paid enrollees on the day of the workshop. These materials are provided with the understanding that students will not duplicate, distribute, or otherwise publicly use these materials without express permission and proper attribution and referencing.

Handouts to be provided include:

- *Illustration of the Layers-of-Self (Koshas) Model*
- *The Eight Limbs of Yoga Briefly Defined*
- *Pathways of Sensory Processing Engaged in Integrated Yoga*
- *Principles of Trauma-Informed Yoga*
- *Guide to Observing and Assessing Yoga Professionals*
- *Yoga for ED Recovery Protocol*
- *Slide Set for the Training*

## *Training Format*

The workshop uses mixed pedagogical methods, ranging from didactics/lectures to discussion to experiential work, including small group activities. Lecture/didactic time invites discussion throughout and is accented by experiential exercises and activities. The experiential work is yoga-based and includes asana, pranayama, meditation, and guided imagery. To make sure that everyone can enjoy the yoga-based activities safely and with maximum comfort, please note the following (more personal) thoughts and requests.

- Stanford University requires that you sign the release form (link above) to be able to participate in the activities that are part of this workshop. It is assumed that you have agreed to this document when you pay or use the provided zoom link for the workshop.
- Required training activities start promptly. To make sure that we can start on time and that you have ample opportunity to get settled or ask questions, it would be lovely if you could arrive as much as 10 minutes early.
- Participants provide their own props for the virtual training sessions. Minimum prop equipment includes 2 yoga blocks, 1 yoga strap (10 feet is preferable), 1 yoga bolster, 1-2 blankets, and a yoga mat. Access to a clear wall space is extremely helpful (a closed door works). Prop substitutes are fine (e.g., a stack of books instead of blocks; a scarf instead of a strap, sofa cushions instead of a bolster, etc.). Please have all props at the ready for each training session.
- Yoga is best practiced on a relatively empty stomach but not starving. A sustaining but light meal prior to class will help you maintain your energy without having a full belly that makes bending and twisting difficult.
- Please ask questions – before class, after class, and during class. If you are wondering about something – whether it’s the reason for a particular shape or movement, an alignment question, or a more healthful way of doing something – someone else is likely to ponder the same thing.
- Always honor your own intuition and body wisdom – if something feels wrong, do NOT do it. We are all anatomically unique and we all express the same yoga shape, breath, or practice in different ways. What works for us, your teachers, or the person next to you, may not be optimal for you. Allow yourself the joy of using props and variations based on the feedback from your own body, breath, and mind. We offer both freely and demonstrate their use throughout.
- Yoga practiced in a group is inspirational. It is never competitive. Work within your own body limits and preferences; give yourself permission not to strive to do what others are doing. Delight in the pleasure of expressing each pose or breath in uniquely your way. If something comes easily, celebrate this state of pure joy; if something is a struggle, embrace the moment of learning.
- Thank you in advance for making me aware of any medical conditions that may affect your yoga practice. It is helpful for me to know if you are modifying practices for a particular reason or if you would like to have help in working with a particular concern.
- Thank for turning off all cell phones, beepers, or other noise-making or distracting devices before you settle in for any given training session.
- Thank you for keeping your cameras on during virtual sessions to the degree possible and appropriate.

**YogaX Training Manual**  
**300-Hour YogaX Teacher Training Pragmatics**

**Space for Trainee Personal Notes**