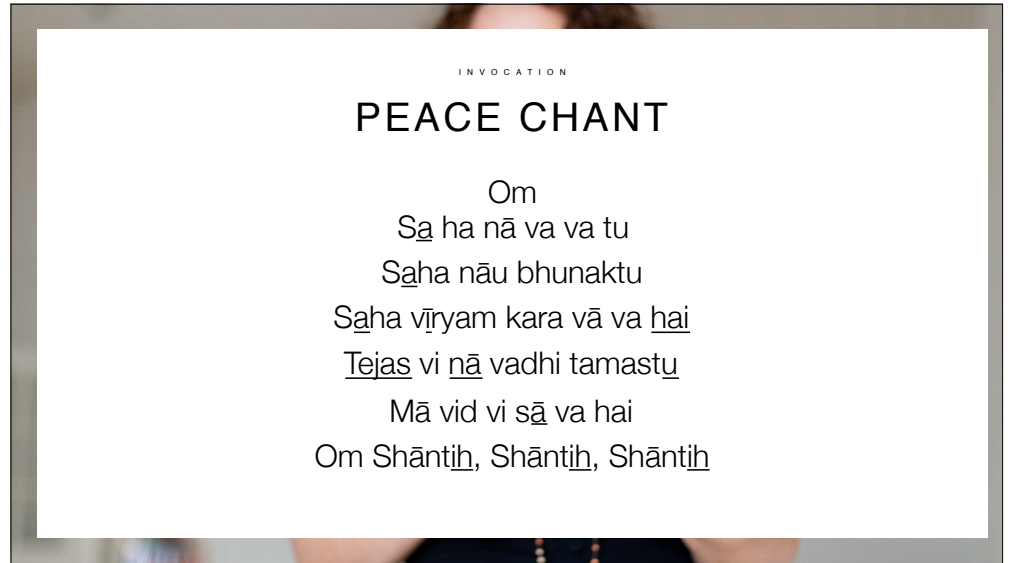




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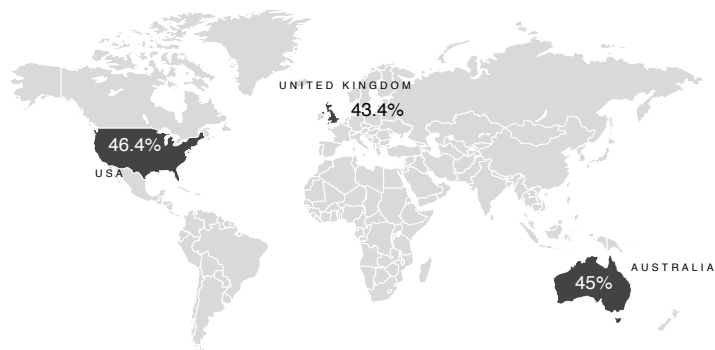


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INTRODUCTION

MENTAL HEALTH AWARE YOGA

Lifetime prevalence of a diagnosable mental illness



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MENTAL HEALTH AWARE YOGA

Prevalence of a diagnosable mental illness in the past 12 months



Australian Bureau of Statistics (2007)

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MENTAL HEALTH AWARE YOGA

Mental health issues are now considered to be one of the main causes of the overall disease burden worldwide

Global Burden of Disease Study (2015)

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INTRODUCTION

MENTAL HEALTH AWARE YOGA

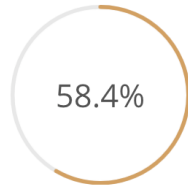
Major Depression is considered to be the second leading cause of disability worldwide

Global Burden of Disease Study (2015)

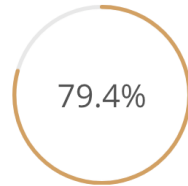
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INTRODUCTION

MENTAL HEALTH AWARE YOGA



Yoga students **began** yoga to reduce stress or anxiety



Yoga students **continued** yoga to reduce stress or anxiety

Penman (2005)

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INTRODUCTION

MENTAL HEALTH AWARE YOGA

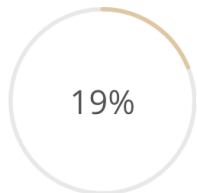
Mental health may be the primary health reason that people practise yoga

Penman (2005)

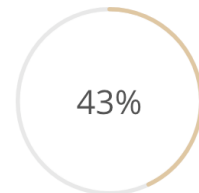
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MENTAL HEALTH AWARE YOGA



Yoga students **initially** saw yoga as a spiritual practice



Yoga students **later** saw yoga as a spiritual practice

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MENTAL HEALTH AWARE YOGA

Millions of people worldwide are affected by mental health

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MENTAL HEALTH AWARE YOGA

Significant numbers of people are coming to yoga for support with mental health challenges

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MENTAL HEALTH AWARE YOGA

As Yoga Teachers, we need to know how to support them

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INFORMAL HELPER



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INFORMAL HELPER

Yoga Teachers are not Therapists

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INFORMAL HELPER

Yoga Teachers as Informal Helpers

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INFORMAL HELPER

Informal Helpers are called to support people through times of crisis or distress

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INFORMAL HELPER

As a Yoga Teacher, it's likely that you will be called on to be of support, and it's important to have the skills to do this

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INTRODUCTION

INFORMAL HELPER

Informal Helpers need to be wise, rather than smart, and *'part of their job is to impart some of their wisdom; however indirectly, to their clients'*

Gerard Egan

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INTRODUCTION

INFORMAL HELPER

Self-knowledge and maturity

Gerard Egan

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INFORMAL HELPER

Knowledge of life's obligations
and goals

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INFORMAL HELPER

An understanding of cultural
conditioning

Gerard Egan

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INFORMAL HELPER

The guts to admit mistakes and
the sense to learn from others

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INFORMAL HELPER

A psychological and human
understanding of others
Insight into human interaction

Gerard Egan

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INFORMAL HELPER

The ability to 'see through' situations
The ability to understand the
meaning of events

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INFORMAL HELPER

Tolerance for ambiguity and the
ability to work with it

Gerard Egan

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INFORMAL HELPER

Being comfortable with messy
and ill-structured cases

Gerard Egan

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INFORMAL HELPER

An understanding of the
messiness of human beings

Gerard Egan

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INFORMAL HELPER

Openness to events that don't fit
comfortably into logical or
traditional categories

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INFORMAL HELPER

The ability to frame a problem so
that it is workable
The ability to reframe information

Gerard Egan

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INFORMAL HELPER

Avoidance of stereotypes

Gerard Egan

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INFORMAL HELPER

Holistic thinking
Open-mindedness
Contextual thinking

Gerard Egan

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INFORMAL HELPER

“Meta-thinking” or the ability to
think about thinking and become
aware of being aware

Gerard Egan

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INFORMAL HELPER

The ability to see relationships
among diverse factors
The ability to spot flaws in reasoning
Intuition

Gerard Egan

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INFORMAL HELPER

The refusal to let experience
become a liability through the
creation of blind spots

Gerard Egan

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INFORMAL HELPER

The ability to take the long view
of the problem

Gerard Egan

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INFORMAL HELPER

The ability to blend seemingly
antithetical helping roles - being one
who cares and understands while also
being one who challenges and
“frustrates”

Gerard Egan

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INFORMAL HELPER

An understanding of the spiritual
dimensions of life

Gerard Egan

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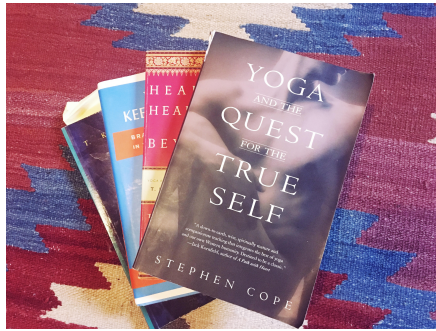
TRANSFORMATIONAL SPACE



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TRANSFORMATIONAL SPACE



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TRANSFORMATIONAL SPACE

They create a quality of refuge

Yoga and the Quest for the True Self
Stephen Cope

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TRANSFORMATIONAL SPACE

They create a safety through
constancy in relationship

Yoga and the Quest for the True Self
Stephen Cope

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TRANSFORMATIONAL SPACE

They encourage creativity
and experimentation

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Stephen Cope

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TRANSFORMATIONAL SPACE

They are organised around
'transitional objects' that
are constant and reliable

Yoga and the Quest for the True Self
Stephen Cope

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INTRODUCTION

TRANSFORMATIONAL SPACE

They do not deify these
transitional objects, or themselves

Yoga and the Quest for the True Self
Stephen Cope

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TRANSFORMATIONAL SPACE

They provide us with a way
of finding out who we are

Yoga and the Quest for the True Self
Stephen Cope

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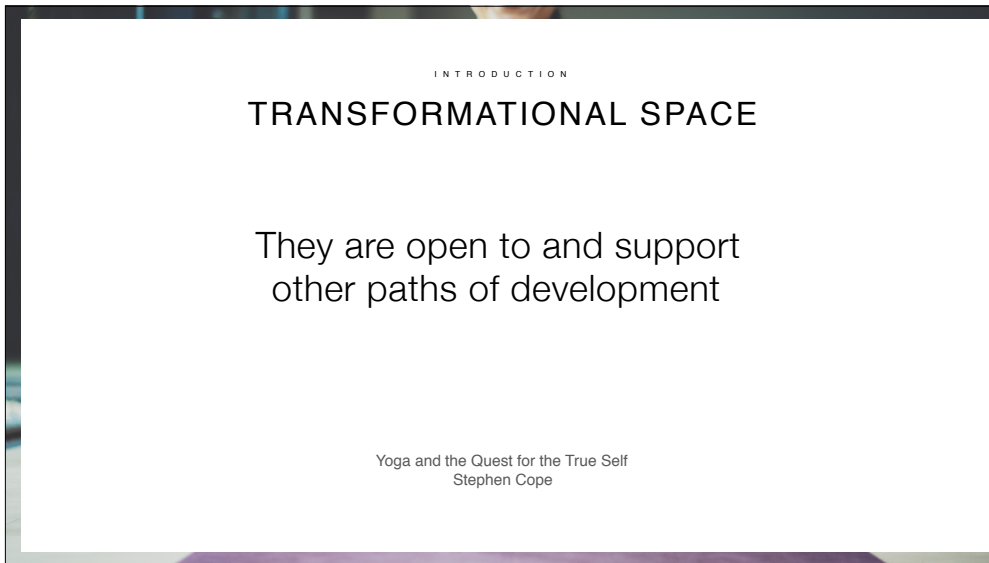
INTRODUCTION

TRANSFORMATIONAL SPACE

They do not have to be perfect

Yoga and the Quest for the True Self
Stephen Cope

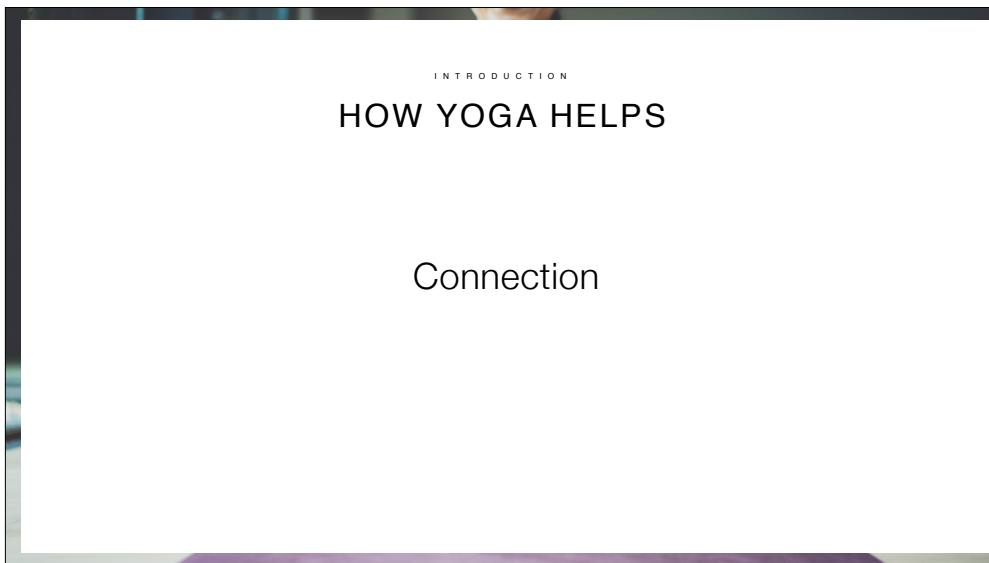
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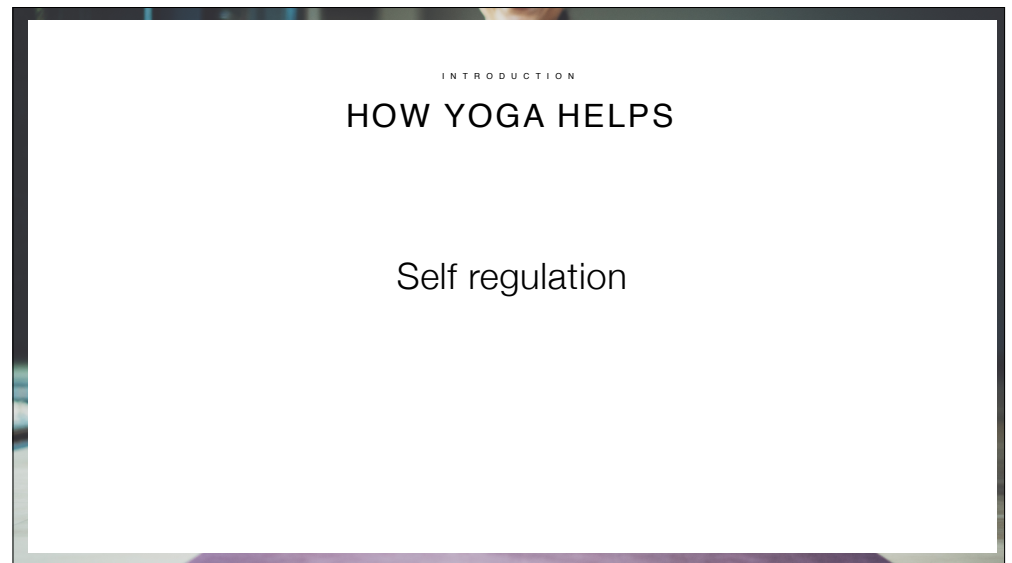
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INTRODUCTION

HOW YOGA HELPS

Embodiment

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HOW YOGA HELPS

Mindfulness

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HOW YOGA HELPS

Self knowledge and acceptance

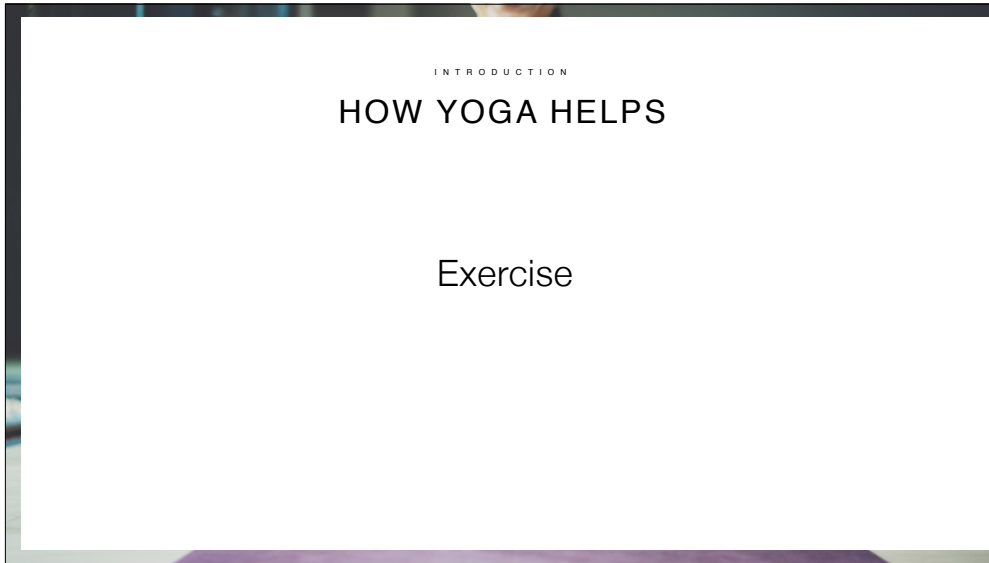
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INTRODUCTION

HOW YOGA HELPS

Self care and compassion

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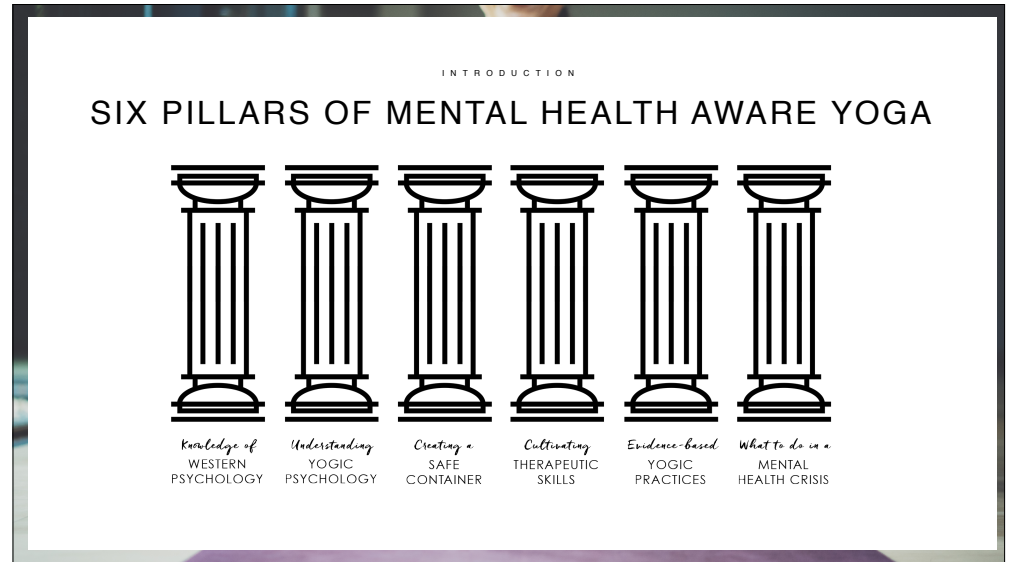
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INTRODUCTION

SIX PILLARS OF MENTAL HEALTH AWARE YOGA

Knowledge of WESTERN PSYCHOLOGY Understanding YOGIC PSYCHOLOGY Creating a SAFE CONTAINER Cultivating THERAPEUTIC SKILLS Evidence-based YOGIC PRACTICES What to do in a MENTAL HEALTH CRISIS

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SIX PILLARS OF MENTAL HEALTH AWARE YOGA

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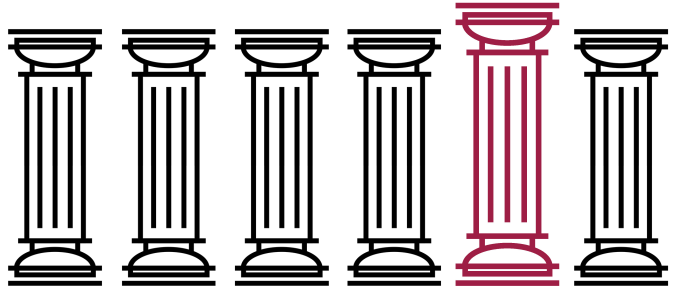
SIX PILLARS OF MENTAL HEALTH AWARE YOGA

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SIX PILLARS OF MENTAL HEALTH AWARE YOGA



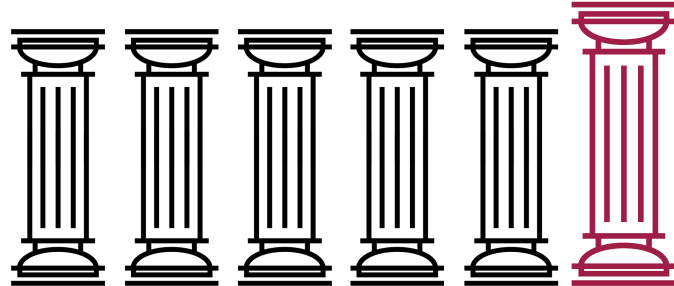
The diagram consists of six classical-style pillars arranged in a row. The fifth pillar from the left is highlighted in a dark red color, while the other five pillars are black outlines. Below each pillar is a corresponding label in a serif font.

- Knowledge of WESTERN PSYCHOLOGY
- Understanding YOGIC PSYCHOLOGY
- Creating a SAFE CONTAINER
- Cultivating THERAPEUTIC SKILLS
- Evidence-based YOGIC PRACTICES
- What to do in a MENTAL HEALTH CRISIS

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SIX PILLARS OF MENTAL HEALTH AWARE YOGA



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