



Red Mountain Institute of Yoga Psychology

Deborah Redmond, MA, LMFT, Yoga Psychology Specialist, founded Red Mountain Institute of Yoga Psychology in 2007 to articulate and emphasize the psychological focus of her work with Yoga. This work has been continually refined throughout her time in Los Angeles, San Francisco, Philadelphia PA, Bellingham WA, and Oceanside CA. Currently in Oceanside, Deborah spends most of her time working with Yoga Psychology in the following ways:

- ★ Yoga Psychology for Individuals and Couples including Yoga Psychology Play Dates
- ★ Yoga Psychology Training for Mental Health Professionals including BlissBouncing®
- ★ Yoga Church for One and All (Oceanside CA)
- ★ Yoga Psychology Videos (www.over40fitness.tv) [c. 50 videos and some are Yoga Psychology]
- ★ Yoga Psychology Books (www.over40fitness.tv) [completed one book *Insight Out - A GrowBook™ for Transformation - Attenuating Afflictions - Understanding The Kleshas*; working on second book *Tool Of The Senses*].

Yoga is an immense body of spiritual philosophies, ethics, guidelines, and techniques developed in India over more than 5,000 years. Yoga is the generic name for numerous Indian paths of personal transformation. It is a living psychospiritual technology that is a philosophy, a psychology and an applied science with numerous research studies to back its efficacy.

In the West, the physical aspects of Yoga have become popular to the point where most people believe that's all there is to Yoga. However, Yoga Psychology can do so much more for you and your clients than what is generally known about Yoga.

Introduction to Yoga Psychology Training for Mental Health Professionals

The ancient Yogis, with their deep and discriminative wisdom, understood the challenges of the human condition and developed a testable, sophisticated, effective, and practical model of psychology. They identified the causes of suffering - including addiction, mood disorders, character challenges, self-esteem issues, and relationship difficulties - and offered a holistic path to overcome obstacles and create a graceful, peaceful life of acceptance and strength.

An authoritative source of the science and practices of Yoga Psychology is the seminal text: Patanjali's Yoga Sutras. These terse aphorisms, compiled sometime around 400 BC, are uncanny in their understanding of the human mind, modern life and its trials and tribulations. Patanjali explains why we suffer and gives us explicit, timeless instruction on how to heal.

Drawing on this classical text, as well as contemporary scientific validation of these methods, we will explore and experience the science and art of Yoga Psychology. This sophisticated and multifaceted discipline, which many a Western system of psychology has borrowed from, has a multiplicity of tools applicable to most clinical populations.

This illuminating and joyful work will immerse you in the many different aspects of Yoga Psychology. We will perform role play to help you learn how to confidently integrate these many healing models, exercises, and tools into your life and your work. From this embodied growth, you will increase your repertoire of potent and effective clinical tools to expand your practice and share with your clients.

The following Introductory Level Learning Objectives will help us build a solid foundation. Over time, we will deepen and broaden our understanding and embodiment of these aspects. In addition, we will develop more sophisticated understandings and embodiments of these aspects, as well as additional models and countless additional tools.

1. Become familiar with the paradigm of Yoga Psychology and its Clinical Relevance.
2. Learn 3 Foundational Models of Yoga Psychology:
 - a. Structure and Definition of the Mind
 - b. Conditions of the Mind
 - c. Causes of Mental Suffering
3. Provide Theoretical Frameworks, Wellness and Prevention Intervention Techniques, Assessment Tools, and Client Assignments that will enhance the understanding and practice of Professional Clinical Counseling.
4. Experience and practice a sampling of Yoga Psychology Interventions applicable to a wide variety of clinical issues including mood, personality & addiction disorders.
5. Empower Mental Health Professionals to help themselves and their clients:
 - a. Identify and reduce stressors with life situations and relationships
 - b. Reduce reactivity and impulsivity
 - c. Become more directive in managing life choices and responsibilities
 - d. Provide a rational framework to transform behavior
 - e. Make more satisfying and growth-producing choices
 - f. Mature and grow within the psychosocial aspects of relationships
6. Provide Mental Health Professionals with a safe, healing space to explore and grow as a person and clinician.

To learn about Deborah, please select/click the webpage icon and read YPT About Deborah.

To learn how to get started with Yoga Psychology Training for Mental Health Professionals, please select/click the webpage icon and read YPT for MHP Getting Started.