

# MENTAL HEALTH FIRST AID FOR YOGA TEACHERS & PRACTITIONERS

BECOME A  
MENTAL HEALTH  
FIRST AIDER (MHFA)  
WITH A BWY ONLINE  
COURSE THAT ALSO  
TRAINES YOU TO  
REDUCE ILLNESS  
THROUGH YOGA



I am a MHFA England Instructor Member

a crisis.

Adult MHFA England courses are for everyone aged 16 upwards. Every MHFA England course is delivered by a quality assured Instructor Member who has attended our Instructor Training programme accredited by the Royal Society for Public Health and is trained to keep people safe and supported while they learn.

## WHY TAKE THIS YOGA-BASED MENTAL HEALTH FIRST AID MODULE?

Mental illness is on the rise. There is a growing chance that you will encounter mental illness in your family, community or in a yoga class. This course does two things: it trains you to use yoga to reduce the chances of becoming mentally ill AND it qualifies you as a Mental Health First Aider. By taking this course and becoming a MHFAider, you will be better able to support people around you, and yourself.

## WHY QUALIFY AS A MENTAL HEALTH FIRST AIDER?

This Adult Mental Health First Aid (MHFA) Certificate is offered as a BWY Module to all members. Whether you're a yoga teacher, student, or practitioner, you are eligible to apply.

Through a blend of instructor-led live sessions and self-learning activities, you will:

- Learn yoga tools and techniques that ease the whole system
- Understand and apply polyvagal theory and feel the effects
- Develop practical skills to spot triggers and signs of mental ill-health
- Gain confidence to reassure and support a person in distress
- Learn how to guide them to further support for recovery

## An MHFA England Certificate + a BWY Module Certificate

This module is double accredited by both MHFA England who will award your First Aid Certificate as well as the BWY who will issue a Certificate of Completion MHFA and Yoga. You will gain Yoga knowledge, CPD points and an internationally recognized Mental Health First Aid qualification.

### Did you know?

- 1 in 4 people experience mental ill-health
- Only 1 in 8 or 12.5% of adults with mental illness receive treatment
- Yoga is known to calm the nervous system, and reduce stress, anxiety, and mental agitation. It restores mental and physical wellbeing.

### What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill-health and provide help on a first aid basis.

MHFA England training won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in

### Some MHFA Facts

- Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid
- MHFA England is the only provider of licensed Mental Health First Aid Instructor Training in England. Information about MHFA England and its courses can be found at [mhfaengland.org](http://mhfaengland.org)
- MHFA England training provides participants with the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support
- MHFA England's mission is to help people develop the skills to look after their own and others' wellbeing and reduce the stigma associated with mental ill health.
- MHFA England training, courses and Instructor Members are continually quality assured, using robust assessment and evaluation measures
- MHFA is an internationally recognised course, taught in 25 countries around the world. There are now over 2.6 million people trained in MHFA skills worldwide

### What will I learn?

MHFA England training and the Yoga component of this course won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis. The Yoga component will also equip you to support good mental health and restore general good health to reduce the chances of mental illness.

You will gain practical skills and awareness designed to give you the following **Outcomes**:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support
- Understanding of how to apply this knowledge in yoga contexts and what to look for
- Knowledge of yoga tools that can help reduce stress, anxiety and restore calm to the system, and how to apply them
- Developing assessment strategies including sensitively worded Questionnaires; invitations for students to report changes to their mental health
- Knowledge of yoga frameworks of mind, key *marma* points and calming herbs to bring into yoga teachings

### How will attending an MHFA England course help?

Research and evaluation shows that taking part in an MHFA England course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts your knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

### How will attending this BWY Yoga for Mental Health Module help?

Research shows the powerful effects of Yoga on the whole being, especially the nervous system:

- Takes your application of yoga to mental health to new heights
- Applies yoga more directly to advancing mental health and responding to mental illness

## BWY Presents: MHFA Training for Yoga People

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- Boosts your knowledge and confidence in dealing with mental ill-health
- Promotes early intervention which enables recovery
- Instils even greater confidence in your capacities as a yoga teacher for yourself, your students, and your community

### Some UK mental health statistics

- One in four people in the UK will experience at least one diagnosable mental health issue in any one year (Health & Social Care Information Centre, 2009)
- Suicide is the biggest killer of men aged 20 to 49 (Office for National Statistics, 2015)
- Mental ill health is responsible for the largest burden of ill health in the UK, representing 28% of the total burden, compared to 16% for cancer and 16% for heart disease (Annual Report of the Chief Medical Officer, 2013)

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*To book onto this BWY Yoga & MHFA Module, contact Course Instructor  
Dr Cathy-Mae Karelse via [info@clearmindinternational.com](mailto:info@clearmindinternational.com)*

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### COURSE FORMAT

The Course is delivered online over five live mornings (3 hours each) spread over a two-week period. Learning takes place through a mix of group activities, presentations, and discussions. You cover the full Adult MHFA England Course curriculum in four of these sessions with the Yoga teachings interspersed throughout. The entire fifth session is dedicated to the application of Yoga to mental health. In addition, you complete online materials that complement each live session, taking about 7 additional learning hours.

**Dates:** Monday 5<sup>th</sup>, Tuesday 6<sup>th</sup>, Wednesday 7<sup>th</sup> July + Monday 12<sup>th</sup> & Wednesday 14<sup>th</sup> July

**Times:** 1000-1300

**Online Platforms:** Enably – MHFA England use this platform; you will be supported in how to use it, + Zoom

**Materials:** MHFA England will provide you with a substantial manual and workbook once you are booked. You will receive additional course materials for the yoga component.

### COSTS

The MHFA Course on its own costs £300.00.

Early Bird	Course Fee	Angel Fee
£350	£397	£450
inclusive of £30 Module Registration fee + MHFA Manual, Workbook & materials	inclusive of £30 Module Registration fee + MHFA Manual, Workbook & materials	inclusive of £30 Module Registration fee + MHFA Manual, Workbook & materials

MHFA for Yoga Teachers and Practitioners: early bird £350.00 all-inclusive means that for this first course, we will absorb the Module Registration fee of £30.

We are extending the early bird rate of £350 as this is the first course but encourage those who can afford it, to pay the course cost of £397.

If you are able to subsidise others, an Angel payment of £450 will allow us to build a scholarship fund to provide this training to those who would benefit but who find the fee inaccessible.

**Registration by mid-June** is helpful for MHFA to have time to mail your books to you by post for the course start.

### Refund policy

We are able to offer an 80% refund for any cancellations up to 4 weeks before the launch date of the course. Thereafter, unfortunately, you will lose any monies paid unless another student can be found to replace you.

## BWY Presents: MHFA Training for Yoga People

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### **MHFA and BWY Accreditation**

Upon completion of the whole programme, you gain a certificate from both MHFA England and the BWY. To enrol on the course, you have to be a member of the BWY and also pay for the BWY registration fee of £30 (which we are absorbing for this pilot). BWY Guest Membership is currently £10 and full membership is £34. You can easily become a member via [www.bwy.org.uk](http://www.bwy.org.uk) to reap further benefits.

### **How to Apply**

Please complete the Application form below and send it back to us. We will then send you an Acceptance letter detailing how to log on and sign up for the online component of the training. Please refer to the Acceptance letter for further details on how to pay.

We look forward to working with you!

### **COMPLAINTS PROCEDURE ON MODULAR COURSES**

1. In the unlikely event of a complaint being raised about the content or a tutor on a BWY Modular course, in the first instance, it is desirable that the complainant raise the matter with us the tutors running the course and the matter be resolved at this level.
2. If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the Module's officer, in writing. The Module's officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible.
3. Written records of all data and correspondence involved in the complaint to be retained by the Module's Officer.

**For further course-related enquiries please email [info@clearmindinternational.com](mailto:info@clearmindinternational.com)**

### **COURSE TUTOR**



Dr Cathy-Mae Karelse is a qualified Yoga Teacher Trainer (BWY 2005), Ayurvedic Practitioner (2007), Yoga Therapist Trainer (2008), Mindfulness Teacher Trainer (2010) and systems change expert. She has delivered multiple Yoga Teacher Training, Mindfulness Teacher Training, and Yoga Therapist Training courses. As Founder of Clear Mind International, Cathy-Mae embeds social justice in all its work and adopts a holistic, systemic approach to personal mastery. She leads on [Awesome](#), a dynamic new project that trains wellness leaders from marginalised communities. Cathy completed a cross-disciplinary PhD at SOAS on Mindfulness and Justice in 2019 and is an MHFA England Instructor.

### **HOW TO APPLY**

To apply for this course, please email your completed Application Form (found below) with subject line:  
**BWY Module: Yoga MHFA England** to [info@clearmindinternational.com](mailto:info@clearmindinternational.com) by Sunday 20<sup>th</sup> June 2021.

We will guide you on how to proceed with both MHFA Registration and BWY Registration.

## Application Form

### Application Form

Name:	BWY Membership No:
Date of Birth:	

Full Address with Postcode:

Tel:

Email address:

Do you have any pre-existing medical conditions, including mental ill-health? Please state below.

How much Yoga have you done and in what style?

Why would you like to learn about mental health and mental illness? Tell us about yourself in no more than 150 words.

By completing and returning this application form, I hereby confirm that I have read and understood all the information provided on the Mental Health First Aid for Yoga Teachers Online Course and understand that Certification is dependent on successful completion of the course. I confirm payment of either the extended early bird rate of £350, course fee of £397, or Angel fee of £450.

Please send your completed application electronically to: [info@clearmindinternational.com](mailto:info@clearmindinternational.com) with subject line **BWY Module: Yoga MHFA England**.

Once we receive your Form, we'll send you banking details for payment and further information.