

MENTAL HEALTH FIRST AID FOR YOGA TEACHERS & PRACTITIONERS

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



I am a MHFA England Instructor Member

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 yourself, your family, community or in a yoga class. This course does two things: it trains you to use yoga to foster mental wellness and reduce the chances of becoming mentally ill **AND** it qualifies you as a Mental Health First Aider. By becoming a trauma informed 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
- Learn how to apply MHFA in yoga spaces

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 an MHFA and Yoga Certificate. You will gain Yoga knowledge, 15 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?

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 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.

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
- 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 will equip you to support and boost 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 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 and empathy
- 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 and invitations for students to report changes to their mental health
- An action plan for working with mental illness
- A map for assessing your own nervous state with practical ways of restoring wellness

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. The course:

- Takes your application of yoga to mental health to new heights
- Applies yoga more directly to advancing mental health and responding to mental illness
- Boosts your knowledge and confidence in dealing with mental ill-health

BWY Presents: MHFA Training for Yoga People

- Promotes early intervention which enables recovery
- Instils even greater confidence in your capacities as a yoga teacher for yourself, your students, and your community
- Brings greater self-awareness of your frames of reference and outlook

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)

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

COURSE FORMAT

The Spring 2022 Module is delivered online over 3 days, set over weekends. You complete online materials that supplement each live session, taking about 8 additional learning hours. Learning takes place through a mix of group activities, presentations, discussions, and brief practices. You cover the full Adult MHFA England Course curriculum in four of six sessions with questions to guide application in yoga settings. The first and sixth sessions are dedicated to learning new approaches to stress and trauma as well as practices, and applying MHFA in Yoga spaces.

Online Platforms: Enably, the MHFA England platform + Zoom

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

COSTS

The BWY MHFA Yoga Module on its own costs £428 + £30 BWY Module Registration fee.

Course Fee	Orientation Session	Course Dates & Times
£458 inclusive of MHFA Manual, Workbook & materials	<u>Brief Orientation:</u> Sat 5 th Mar, 1730-1830	<u>March - April:</u> March: Sat 12 th , Sun 20 th April: Sun 3 rd
Should you pay an Angel Fee of £497, this will help build a scholarship fund for the programme	This will orientate you to the online setup so that the course runs smoothly.	<u>Times:</u> 0930 – 1730 with morning, lunchtime, and afternoon breaks

If you are able to subsidise others, an Angel payment of £497 will allow us to build a scholarship fund to provide this training to those who would benefit but who find the fee inaccessible.

Early Registration by 15th February allows time for MHFA to mail your books by post so that you have time to browse.

Refund policy

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

BWY Presents: MHFA Training for Yoga People

MHFA and BWY Accreditation

Upon completion of the whole programme, you gain certificates from both MHFA England and the BWY. BWY membership is a pre-requisite for enrolment. BWY Guest Membership is currently £10 and full membership is £34. Joining instructions found at www.bwy.org.uk award you further benefits.

How to Apply

Please complete the Application form below and send it back to us. We will then send you an Acceptance email detailing how to settle your fee to receive your materials, and sign up online.

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

COURSE TUTOR



Dr Cathy-Mae Karelse is a qualified MHFA England Instructor, Yoga Teacher Trainer, Ayurvedic Practitioner, Yoga Therapist Trainer, Mindfulness Teacher Trainer and systems change expert. She has delivered multiple Yoga Teacher Trainings, Mindfulness Teacher Trainings, and Yoga Therapist Trainings as well as MHFA England courses. As Founder of Clear Mind International, Cathy-Mae embeds justice in all its work and adopts a holistic, systemic approach to personal and collective 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.

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.

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

TESTIMONIALS

We should all do this course! Rowena T

The MHFA qualification is a great asset, delivered by a caring and professional team, packed with information, and giving confidence and encouragement to students to recognise and help those suffering with poor mental health. Fran F

The planning, study between live sessions and adaptation were excellent ... extraordinarily good tutors, teaching styles and content. The resources are excellent. An amazing resource. I'll go back to and learn from the course and content for a long time to come. Maggie S

I am really pleased to have taken part in this course, the content is relevant and will benefit all my students and not only those who are experiencing acute Mental health issues. Wonderful teaching. Simon W

This was a wonderful course and I 100% would recommend it to others. I already have, in fact! Thank you! Michelle M

This course has really changed my view! Sally R

APPLICATION FORM

Kindly return by Friday 18th February to facilitate registration and delivery of materials by post.

Name:	BWY Membership No:
Date of Birth:	
Would you prefer your MHFA materials in large print? Yes / No	

Full Address with Postcode: [this is where your materials will be sent to]
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? [there is no minimum requirement]
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Why would you like to learn about mental health and mental illness? Tell us in no more than 150 words.
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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 Module and understand that Certification is dependent on successful completion of the course. I confirm payment of either the course fee of £458 (£428 + £30), OR the Angel fee of £497.

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

Upon receipt of your Form, we'll send you banking details for payment. Upon payment, MHFA England will send your materials in the mail.

Please note that MHFA England accept students from Scotland, Ireland and Wales to train on this course and receive a certificate but you'll need check with your local MHFA providers about whether you can use this training to apply for next level Instructor training (which is a course that allows you train other MH Fist Aiders) should you wish to become an instructor.