



***Introductory SuperHealth® Weekend Training:  
“Yogic Science for Breaking Habits & Addictive Behavior”***

***as authentically taught by Yogi Bhajan***

SuperHealth presents a multidisciplinary education and training program providing yogic therapeutic technology to address breaking habits and addictive behavior. We offer comprehensive training programs as well as educational services and materials in the fields of yoga, meditation and yogic lifestyle. Upon completion of the training, participants are able to incorporate what they have learned both the professional and personal settings in the transformation from recovery to self-discovery.

**SuperHealth is approved for the following Continuing Education Units: (See last page for Terms + Conditions)**

- **Nursing:** Approval to award (12.16 CNE) Contact Hours through September 8, 2018. AHNA Approval #1218
- **NAADAC (13.5CEUs)** Addiction counselors, healthcare professionals as required by the National Certification Commission. #103382
- **Physical Therapists (13.5 CEUs)** through New Mexico Board of Physical Therapy.
- Course meets the qualifications for (13.5 hours) of continuing education credit for **LMFTs, LCSWs, LPCCs, and/or LEPs** as required by the California Board of Behavioral Sciences. CAMFT Provider# 131565.

**Goals and Objectives:**

- Learn practical techniques to counter addictive patterns that imprint on the psyche. These patterns debilitate and prevent us from acting effectively with intuitive sensitivity. Understand unconscious triggers and the impact of addictive behavior on relationships.
- Identify immediate gratification behaviors that activate impulse and urge instincts to counter the debilitating effects of addictive behavior. i.e. depression, fear, anger, insecurity and isolation, and enable ability to act more effectively with increased awareness and conscious insight.
- Identify foods that promote health and healing to expedite detoxification of toxins from the bloodstream and enhance the rehabilitation process. Develop an understanding of the impact of diet and nutrition and the healing properties of food, herbs and vitamins, and apply that understanding with the use of specific therapeutic juice blends to rebuild the system.
- Demonstrate an understanding while experiencing specific technology of how Kundalini Yoga strengthens the central nervous system and glandular system that are directly weakened by substances, stress and external sensory stimuli or depressants.
- Introduction to interventions that facilitate change in themselves/clients' cognitive beliefs that promote self-reliance, self-esteem and self-determination necessary to withstand the pressures and responsibilities of remaining calm and non-reactive under challenging and vulnerable situations.
- Integrate new therapeutic modality into yoga environment/clinical caseload with patients as well as to enhance their own personal life of recovery and sobriety.



## The Course: Yogic Therapeutic Technology for Addictive Behavior

The experiential workshop includes the following components:

- a. The Addictive Personality and the Exploitation of Hope
- b. Touching the Human Spirit: Practical Applications
- c. The Analytic Technician of the Teachings
- d. From Recovery to Self-Discovery
- e. Nutrition Restoration: Food Metabolism; Blood Chemistry
- f. Specific Therapeutic Formulas with juice recipes and diets
- g. Power point presentation
- h. Component of SuperHealth: Physiology and Psychology
- i. Small group Process
- j. Yoga Set combat addictions with detoxify, cleansing, rehabilitation effects
- k. DVD Anger and Fear with Yogi Bhajan
- l. Science of Addiction: Crack Cocaine, Marijuana, Smoking, Alcohol
- m. Relaxation and Breathing Techniques
- b. Celestial communication Therapy
- e. Peer and Community Support (Focus Groups, Counseling Therapy)
- f. Teaching skills and practices for mental health professionals, caregivers and individuals with addiction.

As professionals we frequently find that people who are vulnerable to addictive patterns have spent their lives looking outside themselves for a quick fix. While it has become common knowledge that the real answers lie within, to find suitable therapeutic tools continues to be a challenge both to the mental healthcare professional and the afflicted patient.

This training provides a holistic approach, meditation and yogic techniques, as well as an overview of established therapeutic treatments, to help professionals and clients deal with addictive behavior patterns as they transition from recovery to self-discovery.

SuperHealth successfully addresses addictive behaviors such as alcohol and drugs, smoking, eating disorders, co-dependency, and stress disabilities. Using natural holistic techniques of Kundalini Yoga, meditation, nutrition and diet, the mind becomes controlled with greater focus and the body detoxified with specific formulas for cleansing and rehabilitation.



## Brief Outline of the Training:

### First day: Morning:

- Introduction to history and benefits of yogic techniques for addictive behavior and philosophy of addiction recovery, using the yogic model and specific meditations.
- This helps to develop the individual's ability to connect to a spiritual identity through experiential exercises.
- Create understanding of the wide range and levels of addictions.

General discussion of the impact and use of meditation, breathing and movement practices that can bring about physiological changes by strengthening the nervous system and enable the glandular system, which is the guardian of health, to function optimally. Increase understanding of the importance of the breath in regulating thought. Change habitual thought patterns through deliberate breath control and mantra.

- **Experiential:** Time will be given to drink a fresh juice blend to aid in detoxification.
- Specific meditations working on core issues of addictions, i.e., forgiveness, self-defeating mental attitudes, self-animosity.
- An aerobic yoga set specifically designed to energize and especially effective for the rehabilitation process.

### First day: Afternoon:

- Continue discussion of the benefits of yogic therapeutic techniques in the addiction recovery process, deepening the understanding and awareness of the body/mind connection.
- Focus on stress relief, clearing emotions (use of hand pose/mudra, controlled breathing pattern).
- Focus on Conquering Self-Animosity and Mindfulness Meditation to calm the mind followed by a slow yoga movement practice to reconnect body and mind.

### Final focus group for the day:

- PowerPoint presentation on overall component of SuperHealth with specific meditation sets.
- Discussion and processing of the individual experiences, i.e., benefits and effects of meditation and breathing, exploring the impact on emotion/mental state.
- Discussion of practical implementation and application in clinical settings.
- Adequate time for questions and answers.



## Second Day: Morning:

- Discussion of understanding the significance of specific meditation techniques that may help to break the addictive cycle, as well as the practice of simple breathing exercises that can help control urges and cravings.
- Discussion of the value of community support.
- Discussion on how to go about integrating what has been learned into your personal and professional life working with addiction.
- Participation in meditation for “Self-Blessings” (use of mantra, hand movement), followed by discussion.
- Juice served.
- Participation in meditation for “Clearing Negativity” (hand pose, controlled breathing pattern), followed by discussion.
- Participation in meditation on “Self-Defeating Mental Attitude”, followed by discussion.
- DVD by Yogi Bhajan: Yoga set to work on Anger and Fear.

## Upon conclusion:

- Break into focus groups for discussion and processing of the individual experience.
- Discuss what triggers were ignited, and discuss how you coped or compensated in your life with the core issues of anger and fear.
- Explore relationship to meditation sets; discuss the effect of breathing, mantras and hand movements.
- Discussion of practical use of techniques for healthcare professionals, caregivers, etc.

## Second Day: Afternoon:

- Continue to discuss the effects of using meditation and yogic techniques in addition to cognitive behavioral and conventional treatments.
- Energetic Yoga movement set with breathing patterns to release emotions of anger and fear. Experience the body/mind connection.
- Focus on forgiveness (use of mental affirmations and breathing patterns.)
- Focus on releasing toxins - Breath of Fire meditation.
- Focus on balancing right/left hemispheres of the brain (use of hand pose and mantra)
- Focus on habituation meditation (use of pressure point on temple, hand pose and breathing pattern).
- **Science of Addiction:** The effect on the brain, nervous and glandular system from marijuana, crack cocaine, alcohol and tobacco. Therapeutic formulas and specific perspectives from Yogi Bhajan to combat urges and cravings and address physical breakdown and mental trauma.



## Final focus group:

- Discussion and processing of individual experience. Exploration personal spiritual growth.
- Discussion of the value and usefulness of these tools and techniques for private practice and clinical settings.
- Discussion of how to apply these therapeutic techniques in practice, private life, self-help and as a teaching tool.
- Summarizing the individual components of the workshop.
- Summarization: This workshop provides the mental health professional who deals with addictions an opportunity to experience alternative techniques for themselves, not only as a potential additional therapeutic tool but also for themselves as a means to maintain a healthy balance and self-care regimen.
- Adequate time for questions and answers, completion of the evaluation form, and presentation of award certificates.

## Terms & Conditions:

### Approval Statement:

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval Expires 09/08/2018.

### AHNA Disclaimer:

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients. Approved to award 12.16 CNE Contact hours for trainings given on or before 09/08/2018.

SuperHealth is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for **LMFTs, LCSWs, LPCCs, and/or LEPs**. SuperHealth maintains responsibility for this program/course and its content.