

Teen Yoga Teacher Training

I am extremely grateful to the FPSA for providing me with the funding to complete 'Teen Yoga Teacher Training' with The Elbow Room in Dublin. This training course was held over four weekends from September to December 2024. Having completed this training, I am now certified to teach yoga to teenagers. This training is accredited by the Yoga Alliance Professionals.

I have been working as a Senior Occupational Therapist in the area of Child & Adolescent Mental Health (CAMHS) for over 7 years.

Working in CAMHS I feel it is essential to continually consider creative ways to engage with young people who attend the service. Through this training I have gained valuable skills that will enhance the way I deliver a service and improve the quality of the service delivered to the young people I work with. On successful completion of this training, I feel confident to teach yoga to young people that attend CAMHS. This training has equipped me with knowledge in how to create class sequences that engage and challenge teens building strength and trust.

On a personal level having practiced yoga for many years, I am well informed about the positive benefits of yoga. The use of yoga as a therapeutic intervention has been well researched. Studies have shown participating in yoga has positive impact on attention, self-esteem and mood. Yoga can also help young people learn how to regulate their emotions, enhance physical strength and reduce stress. Yoga poses provide a variety of different sensory inputs from vestibular, tactile and proprioceptive neurological pathways. It also addresses balance, coordination, and body awareness which many of our young people in CAMHS also struggle with.

As an Occupational Therapist I feel well positioned to offer yoga as a therapeutic occupation as it complements my repertoire of OT skills and interventions. Occupation based 'doing' therapies can be particularly beneficial for young people who find the face to face talking therapy challenging. Having completed this training my aim is to deliver yoga as part of an occupation-based intervention via group or 1:1 depending on the needs of the young people attend the service. My best hope is to inspire and empower young people to utilise a yoga practice as a tool to increase participation in activities of daily living and enhance the quality of life of young people experiencing mental health challenges.

I would like to thank the FPSA for the opportunity to share this approach with young people attending CAMHS.