

WHAT KIDS SAY ABOUT MIND BODY LIFE SKILLS

"I learned to sort of put my mind 'on pause' and let things go"

- SL 17 yr old boy

"I have the power to calm myself down."

- AC 17 yr old girl

"In yoga I actually learned how to be more patient and in my daily life I am more patient- like when I try to be patient when going through the yoga poses"

- BC, 16 yr old boy

"I believe everyone can benefit from this in their own way"

- BD 14 year old girl

"What I learned about myself is that no matter what people think of me, I can always find a quiet or peaceful spot inside and say 'it's OK'"

- DD 17 year old boy

"I was able to let go for one minute at a time and focus"

- WJ 17 year old girl

"I have been able to learn deep breathing and use it when I get stressed."

- AT 15 year old boy

"I plan on enrolling in a yoga class when I leave here- it's a much better way to deal with my stress than doing drugs."

- MS 16 year old girl



Serves the Denver Colorado Metropolitan Area
and Clients throughout the United States

For more information on how
to bring Mind-Body Skills to
your Clients or Program,
contact:

Erica Viggiano

Phone: 303-733-9519

Fax: 866-461-4932

Erica@Integrativelife.net

Other Integrative Life Services

- Life coaching
- Mindful Living: Coaching and Workshops
- Organizational Development
- Evidence Based Practice Implementation
- Professional Training in Evidence Based Practices

Integrative Life Services LLC (ILS) was founded by Erica Viggiano in 2003 and has since provided a range of quality human services, specializing in intervening with at risk youth, their families and organizations that serve them. ILS provides group and individual transition services to youth in the area of mind-body wellness, incorporating pro-social behavioral health practices such as Yoga, Tai Chi, and mindfulness meditation.



Mind-Body Life Skills Services For Youth And Families



Yoga Mindfulness Meditation Stress Management Pro-Social Transition Support

At Integrative Life Services we believe that families, professionals and communities play a central role in helping youth succeed. Our talented team of professionals is dedicated to providing a variety teaching, training, coaching and counseling services to organizations, individuals, adults and youth. Through the promotion and implementation of best and promising practices and innovations in human services, we help people make their goals a sustainable reality.

Erica Viggiano

LCSW, RD, CACIII,
Registered Yoga Teacher
Owner, Provider

Mind-Body Life Skills

Mind Body Life Skills Provide Youth with:

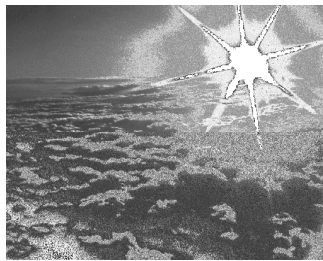
Life Skills and Wellness Services within “Mind-Body Life Skills” (MBLS) are represented by practices such as **Yoga, Tai Chi, Meditation and Qi Gong** (‘chi kung’). These practices can also be referred to as “**Mindfulness Practices**” and are rooted in traditions that evolved during ancient times. Mindfulness practices have become increasingly popular in modern times due to their inherent wisdom and utility in addressing modern problems --from every day stress to mental health and behavioral problems.

MBLS have been found to be particularly helpful in addressing common problems in at risk youth such as **impulse control , aggression, emotional reactivity or dysregulation, anxiety and sleep problems.**

The last decade has yielded a proliferation of brain and clinical research looking at the effectiveness of mindfulness interventions as an enhancement to already effective cognitively based interventions.

With this view, yoga and mindfulness skills training actively support and reinforce other therapeutic interventions and best practices found in behaviorally oriented treatment such as : cognitive behavioral therapy (CBT), Dialectic Behavior Therapy (DBT) .

- Enhanced effectiveness with Evidence Based Interventions such as CBT (cognitive behavioral therapy) and DBT (Dialectic Behavior therapy)
- Stress and self management skills development
- Healthy Pro-Social Skills Development
- Improved Sleep
- Reduced Aggression
- Improved Impulse Control and Emotional Regulation



SERVICES

MBLS 8 Week Introduction Series

The 8 week MBLS curriculum serves as an introduction to mindfulness and mind-body health concepts for youth. A portion of each class is didactic while the majority of the class is experiential involving :

- guided relaxation and focused breathing exercises
- physical practices (such as yoga postures or tai chi movements)
- deep relaxation

Youth are given homework activities targeted at improving self regulation and the practice of new mindfulness skills. Assignments are experiential in nature and designed to be completed between classes.

It is ideal to follow this introductory curriculum by then offering ongoing Yoga/Mindfulness (MBLS) Classes.

Ongoing Mind Body Life Skills Classes



Yoga and Mindfulness skills are best taught

twice weekly for optimal learning and skill retention , though once weekly classes can be offered. When delivered over longer periods of time, as an adjunct to other treatment components, it is

more likely that measurable behavioral changes will take place in youth.

Integration with other treatment components such as Anger Management Skills, Cognitive Behavioral Skills, and Dialectic Behavior therapy skills can be customized based on program interest.

Pro-social Transition Passes

Attendance at community Mind-Body classes will be coordinated with client managers and residential programs to provide youth with linkages to “real world” places to continue their pro-social development. Caregivers, mentors and guardians can be involved in this service.

Individual Mindfulness Skills Training

For youth who grow more quickly with individual attention, mindfulness skills and self regulation skills can be taught in individualized 1:1 sessions. These Skills can augment and enhance other interventions that youth are receiving (i.e. CBT, DBT, anger management) . Yoga therapists will closely coordinate goal setting and interventions with other therapists, teams and treatment plans.

Special Mind Body Skills Workshops

Contact ILS for a Menu of topics and activities !

Youth and Families Served

- Male and Female youth in the Denver Metro Area residing in secure programs
- Youth who have recently transitioned to, or reside in the Denver Metropolitan area and surrounding community