

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 know 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- sort of 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 mindful breathing and use it when I get stressed and angry"

- AT 15 year old boy

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

- MS 16 year old girl



Serves Colorado and Clients throughout the US

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Or visit The DYC/Savio Provider Site for youth corrections clients

Other Integrative Life Services

- Life and Mindful Eating Coaching
- Mindful Living: and Eating Workshops
- Yoga and Mindfulness Based Counseling and Psychotherapy Adults/ Adolescents
- Evidence Based Practice Implementation
- Professional Clinical Training in Evidence Based Practices
- Psychotherapy and Addictions Counseling

Erica Viggiano has been using mindfulness-based approaches to help people develop healthy relationships with body, mind and food for over 20 years. Her journey as a clinical nutritionist led her toward integrative work as a psychotherapist, yoga teacher, addictions counselor and mind body health coach. She has been full time faculty at both Metro State College of Denver and the U. of CO Medical School where she has developed mental health and substance abuse treatment programs throughout the DYC continuum since 1995. Through Integrative Life Services she uses mindfulness based and evidence approaches to help adults, adolescents and families find rich and balanced ways to live.

Call us for more information about special workshops for youth and families:

Partner Yoga - Lotion Making and Aromatherapy - Eye Pillow Making - Mindful Eating

Mind-Body Therapy Services Youth and Families



Yoga and Mindfulness Based Therapy
Addictions Counseling
EMDR and Psychotherapy
Mindfulness Meditation and Life Skills
Private and Group Yoga Instruction
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
Director, Provider

Mind-Body Life Skills and Psychotherapy

“Mind-Body Life Skills” (MBLS) are “mindful awareness practices” (“MAPs”), represented by practices such as Yoga, Tai Chi, Meditation and Qi Gong (‘chi kung’). Mindfulness Based therapies integrate the wisdom of ancient healing traditions with the proven effectiveness of modern evidence based treatment practices. The last decade has brought a proliferation of brain and clinical research findings pointing to mindfulness interventions as effective in treating a variety of mental health and behavioral conditions.

There is promising evidence that mindfulness based interventions are helpful in addressing common problems in at risk youth such as , aggression, emotional reactivity or dysregulation, anxiety and mood disorders , sleep problems, substance abuse and trauma related issues.

Yoga and mindfulness based therapy alone, or integrated with other evidence based treatments, can actively support and reinforce the development of pro-social coping skills. The most effective mindfulness based interventions are grounded in cognitive approaches: Our therapists integrate cognitive behavioral therapy (CBT), Dialectic Behavior Therapy (DBT) and when relevant, Eye Movement Desensitization Reprocessing (EMDR).

Mindfulness and Yoga Based Therapy Is Effective for Youth with:

- Emotional Regulation and Impulse Control Problems
- Mood and Anxiety Disorders
- Limited response to talk therapy alone
- Substance Use Disorders
- Aggression and Conduct Problems
- Trauma and related challenges such as self harm



SERVICES

Yoga and Mindfulness based Therapy 8 Week Intro Group

The “Mind Body Life Skills” group is an introduction to mindful awareness practices (MAPs) and the personal application of these skills to decreasing high risk behaviors. A portion of each class is didactic and discussion oriented-while the majority of the class is experiential involving :

- guided mindfulness and focused breathing exercises
- physical practices (such as yoga postures or tai chi movements)
- Exploration of other behavioral challenges and focus on self guided practice between sessions.

Self guided activities target improving self regulation, current problem behaviors, and the practice of new coping skills. For youth that respond well, it is ideal to follow this introductory group with ongoing weekly groups.

Ongoing Mind Body Life Skills Classes

When delivered over longer periods of time, youth demonstrate measurable behavioral changes and verbalize greater awareness of how yoga and mindful awareness practices impact their behavior and life choices. Integration with other treatment components such as Anger Management Skills, Cognitive Behavioral Skills, Trauma therapy and Dialectical Behavior therapy skills can be customized based on program or individual client interest.



Pro-social Transition Passes

Yoga and other mindful awareness practices (MAPs) are therapeutic even when practiced outside of a therapy context. Attendance at community Mind-Body classes will be coordinated with client managers, residential programs, families, and community members to provide youth with linkages to “real world” places to continue their pro-social development. Caregivers, mentors, siblings and guardians can also be involved in this service.

Individual Mindfulness based Therapy and Addictions Counseling

For youth with individual needs, mindfulness and self regulation skills can be taught in individualized 1:1 treatment sessions. These Skills are integrated with other evidence based interventions such as CBT, DBT, anger management or substance abuse counseling . Yoga therapists will closely coordinate goal setting and interventions with client managers, other therapists, teams and treatment plans. **General Psychotherapy and Addictions counseling is also available.** We use a behaviorally focused CBT centered approach.

Eye Movement Desensitization Reprocessing (EMDR)

For clients who are able to work with traumatic or other difficult past experiences, EMDR can be utilized to support reprocessing and reintegration of memories. EMDR can also be utilized to “install” new coping resources and skills that will support healing, healthy coping behaviors, and reduced risk. All ILS providers are level I and II certified EMDR practitioners and licensed psychotherapists.