

# *Keynote Workshop: Integrating Ayurvedic Practices into Counselling and Psychotherapy: An Ancient Indian Approach to Holistic Health Care*

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**Bio:** Ismat Nathani is the Founder and Director of Centre for Ayurveda and Indian Systems of Healing~ Education and S.E.L.F Wellness. Ismat Nathani brings over 20 years of experience as an academician, health practitioner and a researcher, drawing from her vast knowledge and experience she shares her aspect of mind-body-spirit& sensory integration, health & hygiene, food & nutritional understanding through Ayurveda, Yoga & Indian Naturopathy (prakruti chikitsa). Ismat has been featured number of times on television and newspapers in Britain, Canada and other countries.

Ismat Nathani, qualifications includes Bachelors in Indian Naturopathic and Yogic Sciences with specialization in so called Ayurvedic Neurotherapy (Nadi Vigyan). She persuaded her post graduation in integrative Medicine from UK. Ismat Nathani along with her highly qualified team teaches and practices at *Centre for Ayurveda & Indian Systems of Healing Education & S.E.L.F Wellness Toronto, Ontario. [www.caish.ca](http://www.caish.ca)*

## **Keynote Workshop Abstract:**

**Ayurveda**, the traditional Indian medicine (TIM) remains the most ancient yet living traditions. The word Ayurveda means “wisdom of life” and all aspects of life from nature, environment, food, housing, occupation, relationships are considered important in maintain optimal health and wellbeing.

Mind is an integral part of Ayurvedic medicinal system and need to be addressed at each and every part of physical/mental state. Without taking into consideration this mind factor any disease cannot be managed properly. Therefore Psychology is an integral part of practice of ayurvedic and vice versa.

There has been increased global interest in traditional medicines including Ayurveda & Yoga mainly due to its philosophical understanding in the developments of human body and its ecological applications in treating dis-eases.

In this workshop participants will be learning and exploring:

- **Ayurvedic Mind-Body Types**
- **Mental & Behaviour patterns of each body type**
- **Influential factors in Mental functioning in accordance to Ayurveda**
- **Ayurvedic view to the causes of common mental health conditions such as depression, anxiety, eating disorder and addictions**
- **Importance of Sensory functioning and integration in Mental Health**
- **Integrating traditional Ayurvedic Practices into counselling and psychotherapy**