WHOLEHEART
psychotherapy

Yoga for Recovery

16 week commitment
In person at WholeHeart Psychotherapy

We all know Yoga is good for us!! Research shows that yoga helps with eating disorders, anxiety, depression, pain management, circulation, lowering blood pressure, stimulating immunity, increasing bone density, creating inner calm, and much, much more. (Even Harvard just released a study on how valuable yoga is for our brains!)

We want to offer yoga for recovery -- a program that helps us integrate yoga into your emotional healing journey. Yoga can help access feelings stored in our bodies. Yoga will help to embody our work in recovery -- deepening our self-awareness as we addressed stored channels of energy and emotion in a safe environment.

This 16- week group will utilize yoga postures (asanas), breathwork (pranayama), and group process. The goal is to get use movement to get into our bodies and stimulate all the benefits of yoga practice. After the asansas, we will process and use the insights and connections made through yoga to deepen our work in recovery.

Call Tara at 404-964-6629 to interview for the group.

Dr. Tara Arnold

PhD, LCSW, CEDS-C, RYT-200

Dr. Tara Arnold is a dedicated Licensed Clinical Social Worker with a Doctorate in Social Work, specializing in the treatment of eating disorders and substance abuse. With intensive training in Dialectical Behavior Therapy (DBT) and certification as an Eating Disorder Specialist from the International Association of Eating Disorder Professionals, she brings a wealth of knowledge and expertise to her practice. Additionally, Dr. Arnold is Level 3 RO DBT trained, further enhancing her therapeutic approach.

Since establishing her private practice in 2003, Dr. Arnold has been a passionate advocate for mental health education, serving as a national educator in DBT and eating disorders since 2000. She offers both individual and group therapy, fostering an empathetic and nurturing environment where clients can feel safe and supported on their journey to healing.

Dr. Arnold's warmth and compassionate presence create a sacred space for connection and growth, allowing clients to explore their challenges with trust and openness. Her love of learning fuels her curiosity and engagement, enabling her to provide tailored support that resonates deeply with those she works with.

In addition to her therapeutic work, Dr. Arnold conducts individual and group supervision for fellow therapists, focusing on enhancing clinical skills, particularly in DBT and eating disorder specialization. She provides valuable case consultation, practice development, and ethics training, ensuring that mental health professionals are equipped with the knowledge and skills needed to excel in their practice.

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