



December 1, 2017

Accreditation Pre-Application Readiness Assessment

Overview

The yoga of action is a way of discipline involving self-reflection based on the sacred texts and surrendering the fruits of action to a higher force.
Yoga Sutras, 2.1

In order to apply for IAYT accreditation of your yoga therapy training program, the curriculum and necessary operational support, such as faculty, school and program policies, must be developed and ready to be documented.

The following self-assessment is designed to engage you in a yogic process modeled on yoga sutra 2.1—the yoga of action—to gauge your readiness to apply for IAYT accreditation of your yoga therapy program.

It necessitates:

- *svadyaya* or self-reflection in which you engage a process of *vicara* or inquiry into all aspects of your program and School that support your program,
- *tapas* or discipline in which you prepare all the aspects of your program and School that support your program to a state of readiness, and
- *isvara pranidhana* or surrender of ideas, feelings/emotions, ego to a point of refinement and right action with respect to your program and School that support your program becoming accredited by IAYT.

Engaging in this readiness assessment will help clarify your present state, your direction or path, and any changes that must be contemplated, and, ultimately, implemented, to achieve success in your accreditation endeavor. We find that applicants who engage in this yoga of action-like process, that can take anywhere from months to years, *prior* to applying are not only more prepared for the accreditation process, but also in greater alignment with the philosophies, policies, procedures, and practices that IAYT requires of the programs it accredits, making the entire experience more positive and valuable and helping you achieve a result that aligns with your yogic path.

Once you feel prepared and knowledgeable about what the accreditation process entails, you begin the formal application process by submitting a Letter of Intent (LOI), which serves as a pre application preliminary assessment. IAYT currently accepts LOIs twice a year. LOIs enable IAYT to determine your projected time line to submit an application, and validate your readiness and expectations. This process typically takes one-three months for completion.

Schools that move on to the application submission phase that are *fully prepared* typically take 3 months to submit a completed application, as there is often some refinement and revision following the LOI review. All complete application submissions must be received within 12 months of your LOI submission date, or will be administratively closed. This is to encourage applicants to be certain of their readiness before undertaking this endeavor.

The application review process begins with the submission of your full and complete application, which again, must be submitted within 12 months of your LOI. Applicants who submit a full, complete, high quality application can expect to achieve a final accreditation determination within 12 months from the date of application submission, while those who are not well prepared take much longer, and may not be successful at all. While this may sound like a lengthy period of time, keep in mind that IAYT relies on the documentation and supporting conversation to make accreditation determinations, and conducts a thorough, complete and comprehensive review that is also of high quality and high integrity. Our accreditation process is rooted in the yoga of action model, and just as that requires time for you to prepare your application, it requires time for us to review it.



Self-Assessment

General

The following questions are designed to explore your general readiness for accreditation before you undertake program-specific self-study.

1. Are you an IAYT Member School?

In order to be eligible for IAYT accreditation of your yoga therapy program, you ***must*** be an IAYT Member School.

2. Does your Program Director meet the following criteria:

- Is an Individual IAYT Member in good standing
- Has his/her C-IAYT
- Has a minimum of five years practical experience as a yoga therapist

Currently, IAYT requires that the Program Director be an Individual Member in good standing, have a C-IAYT, and a minimum of five years practical experience as a yoga therapist. These criteria must be met at the time of full application submission.

3. Have you read the most current version of the *IAYT Educational (Accreditation) Standards for the Training of Yoga Therapists- 2017 Edition*?

IAYT's *Educational Standards* are the heart of the accreditation process. Because you'll need to be thoroughly familiar with this document, we recommend reading it, ***in its entirety***, first. As you read, carefully note where you believe you already address the standards and competencies and what you'll have to do to address any standard or competency that you don't currently address. In order to be accredited, all standards and competencies must be met. This reading and level of self-evaluation must be done ***before*** you begin writing your LOI.

4. Have you read IAYT's *Scope of Practice for Yoga Therapy*?

Just as the *Educational Standards* are the heart of the accreditation process, the *Scope of Practice for Yoga Therapy* is the soul. The goal of IAYT's accreditation process is to prepare professional, entry-level generalists who are prepared to practice in any setting with competencies that are consistent with IAYT's *Educational Standards* and the *Scope of Practice*. If your program does not prepare graduates consistent with both the *Educational Standards* and the *Scope of Practice*, you will need to align your program with these documents ***before*** you begin writing your LOI. When you submit your LOI you'll electronically sign an attestation indicating that your program aligns with both of these documents.

5. Have you read IAYT's *Accreditation Policies and Procedures*?

In addition to complying with the *Educational Standards* and aligning your program with the *Scope of Practice*, your program must also adhere to IAYT's *Accreditation Policies and Procedures*. This document outlines a number of business and operational structures that must be in place to support the teaching of your program, such as the communication of tuition, fees, and refunds, among others. If your program does not adhere to the *Accreditation Policies and Procedures*, you will need to take steps to ensure that it does ***before*** you begin writing your LOI. When you submit your LOI you'll electronically sign an attestation indicating that your program aligns with the Accreditation Policies and Procedures.

6. Are all your School and program policies, procedures, and practices documented clearly, completely, and accurately? Are they reviewed and updated regularly?

The accreditation process consists of a comprehensive documentation review and ad hoc interviews with key stakeholders (e.g., Program and/or School Director). If your documentation does not portray your program clearly, completely, and accurately demonstrating full compliance with the *Educational Standards*, alignment with the *Scope of Practice*, and adherence to the *Accreditation Policies and Procedures*, the process will be more difficult for our staff and volunteers to evaluate your LOI and full application, and may compromise your ability to have your program accredited successfully.

Please Note:

7. Applicants who Speak English as a Second Language.

- Are all program documents written in or translated to standard, idiomatically correct American English by a qualified professional translator?
- Do you have a qualified program leadership representative who is fluent in written *and* spoken English and can be an active participant in the accreditation process?

IAYT conducts all accreditation processes and communications in contemporary American English. If American English is not the primary language in which you teach your program, conduct your operations as a School, *and* in which your documents are written, we highly recommend that *all* required submission information be fully, completely, correctly, and comprehensively translated into grammatically and idiomatically correct American English by a qualified professional translator *and* that you have a qualified leadership representative who can communicate with IAYT in fluent written and spoken American English available throughout the entire accreditation process *or* provide a person who can. Failure to do this may result in your submission taking much longer to be reviewed, being incorrectly evaluated, or being rejected at the discretion of IAYT.

8. Did you attend an IAYT Meeting of Schools (MOS) *and* an Accreditation Workshop within six months of your intended LOI Submission?

North American Schools. Beginning in 2018, IAYT will no longer accept LOIs from North American (NA) applicants who do not attend the MOS and the Accreditation Workshop offered before the MOS *either just prior to or after* the LOI submission window in which they plan to submit an LOI.

If you plan to submit an LOI during the January/February 2018 submission window and did not attend the 2017 MOS and Accreditation Workshop, you must purchase and view the video of the Workshop and schedule a conference call with Accreditation Program staff before submitting your LOI. You will still be required to attend the June 2018 MOS and Accreditation Workshop before submission of your application will be accepted. If you do not wish to purchase the Video, you can defer your LOI to the July/August LOI submission window.

If you plan to submit an LOI during the July/August 2018 submission window, you must plan to attend the June 2018 MOS and Accreditation Workshop.

Non-North American Schools. It is highly recommend that non-NA Schools follow the same criteria as the North American Schools. However, if it is prohibitive to attend, you must purchase and view the most current Accreditation Workshop video and schedule a conference call with Accreditation Program staff in order to be approved to submit an LOI.

9. Do you have the necessary technology outlined in the *Technology Guidance for Accreditation Applicants* to engage in the accreditation process?

You must have the hardware and software technology as outlined in the *Technology Guidance for Accreditation Applicants* to complete the application and all supporting documents.

Program-Specific Questions

The following questions are designed to enable you to explore elements of your program that are often areas in which applicants have historically experienced challenges. They are designed to help you identify and areas in which you may need to make programmatic changes *before* you undertake LOI submission.

1. Do you have a generalist yoga therapy training program that is a minimum of 800 hours and taught over a minimum of two years (24 months)? Have you taught or have you begun teaching this program?

If you don't have a minimum 800-hour program that is preparing students to practice as generalist yoga therapists, you will have to modify an existing program to meet this requirement or design a new program to meet it. You'll need to plan, organize, document, and review your curriculum in relation to the *Educational Standards*, with particular attention to the Competencies Profile, and the *Scope of Practice*. The program syllabus and practicum should be **fully developed** and documented **before** you submit your LOI. Programs that are able to fully plan, organize, document, and review their curriculum find the accreditation process is more fluid and less arduous. It also enables accreditation program staff to provide clear and specific direction to applicants during the application development process.

Keep in mind that whether you've started teaching your program or not, your program graduates will **not** be eligible to apply for C-IAYT status until you've successfully completed the accreditation process. Moreover, you'll need to ensure that any student completing the program concurrent to your application review has the requisite knowledge or skills related to curriculum changes that are made during the application review process in order to be eligible to apply for their C-IAYT.

2. Is the program curriculum, including practicum, fully integrated and cohesive and will your documentation clearly demonstrate these attributes?

Schools cannot cobble together curriculum from several stand-alone programs to meet the minimum 800-hour requirement and other accreditation requirements. Documentation of the curriculum and the practicum must create a clear and compelling picture of a comprehensive, integrated, and substantive program that enables students to progressively and systematically acquire the knowledge base and skill set to practice yoga therapy as an entry-level generalist, consistent with Competencies Profile and the *Scope of Practice for Yoga Therapy*.

3. Is the practicum portion of the curriculum structured to ensure that students deliver a minimum of 150 hours of yoga therapy as the lead, independent yoga therapist, whether one-to-one and/or in small yoga therapeutic groups?

As part of the minimum 800-hour curriculum, students are expected to deliver yoga therapy as the lead, independent yoga therapist for a minimum of 150 hours. These hours may include one-to-one sessions and/or small group therapy sessions (in any combination) that comply with the *Educational Standards* and the *Scope of Practice*. All yoga therapy delivery work with individuals and small groups must include intake, assessment, protocol development, protocol delivery, reassessment, protocol refinement, and documentation. All practicum delivery work must be mentored.

4. Does the practicum portion of the curriculum include a minimum of 55 hours of documentation and mentorship?

The practicum portion of the curriculum must include a minimum of 55 hours devoted to documentation and mentorship **in addition to** the 150 hours of delivery. These hours play an important role in supporting the success of students. Due to the significant contribution that mentorship makes to student success, not to mention the level of commitment required of mentors, mentorship hours are counted as residential hours regardless of how the student and mentor meet (e.g., in person or via technology such as the phone, Skype or other web conferencing applications).



5. Does your curriculum align with the requirements of the IAYT *Educational Standards*, the *Accreditation Policies and Procedures* and the *Scope of Practice*?

When you submit your LOI, you'll need to electronically sign an attestation that your program, to the best of your knowledge, aligns with the *Educational Standards*, the *Scope of Practice*, and the *Accreditation Policies and Procedures*. This will require a close and detailed review of how well your curriculum and program overall

- addresses each competency identified in the Competencies Profile in the *Educational Standards*,
- helps students develop a knowledge base and skill set that enables them to practice within the *Scope of Practice*, and
- meets the Training Requirements in the *Educational Standards* and adheres to the *Accreditation Policies and Procedures*.

Your application documentation must reflect this alignment.

Program Director, Faculty, and Mentor Qualifications

1. Does each individual in the following roles meet the qualifications and requirements outlined in the standards?

- **Program Director**
- **Faculty members**
- **Non-faculty mentors**

In 2017, the requirements for the Program Director and faculty changed. Applicants submitting LOI or Application after November 2017 that are unable to meet any requirement for individuals in each of these key roles, will need to make the requisite changes to your teaching roster ***before*** submitting your application.

Resources

There are a number of resources available on the website that will support your *svadhyaya* around your assessment of readiness to apply for accreditation of your yoga therapy training program.



What Next?

When you've completed your readiness assessment and determine that you intend to proceed with submission of a Letter of Intent, you will need to begin to prepare key documents that describe both your school and your yoga therapy training program.

Templates are provided to guide your development of these documents. We strongly suggest that as part of completing your readiness assessment, you familiarize yourself with the templates for these documents so you will be prepared to use them with ease when you begin your LOI. They include:

- Program Overview
- Practicum Description
- Program Director Resume
- Syllabus Sample

These documents are only a small portion of the complete set of documents that you'll submit with a full application. However, the LOI process helps us further familiarize ourselves with you and your program, and also serves to help you become familiar with the form and substance you'll need to provide when you submit a full application for review.

We encourage you to avail yourselves of all the resources provided on the IAYT website.

We wish you well in this endeavor and look forward to working with you when you are ready for the accreditation process.