



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 fully developed and documented*.

The following self-assessment tool 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 pro- gram 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 *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 will begin the formal application process by submitting a preapplication which serves as a preliminary assessment tool for the IAYT Accreditation team. You will be contacted by the IAYT Accreditation team as part of this assessment.

Programs that decide to move on to full application submission are then given a maximum of 12 months to submit a complete application (including all required documents). Those that miss this milestone will be automatically administratively closed and will need to start again. Therefore, as part of the preapplication, we guide applicants to be certain of their readiness before undertaking the FULL application process. Submission of your full and complete application, again, must be submitted within 12 months of your approved preliminary application. As you prepare for accreditation, keep in mind that IAYT relies on the documentation and supporting communication and 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.

The following questions are designed to explore your general readiness for accreditation. It is not a guarantee of a successful outcome, but a tool to assist you to prepare.

Are you an IAYT Member School?

- o **You must be an IAYT Member School to be eligible for IAYT accreditation of your yoga therapy program**

o **Have you read the *IAYT Accreditation Standards for Yoga Therapy Educational Programs - 2019 Edition*?**

IAYT's 2019 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 already meet the standards and competencies and where you don't. In order to be accredited, all standards and competencies must be fully and completely met.

o **Have you read the *IAYT Scope of Practice for Yoga Therapy*?**

While the Accreditation Standards are the heart of the accreditation process, the *Scope of Practice for Yoga Therapy* is the soul. The primary goal of IAYT's accreditation process is to prepare professional, entry-level generalists for practice in any setting with competencies that are consistent with the IAYT Accreditation Standards and the Scope of Practice. Your program must prepare graduates consistent with both the standards and scope of practice. You will electronically sign an attestation as part of your application indicating that your program aligns with both of these documents, and it will need to be evident throughout your application documentation

o **Are all of your program policies, procedures, and practices documented clearly, completely, and accurately?**

The IAYT accreditation process consists of a comprehensive document review and ad hoc interviews with key staff (e.g., Program Director). Submitted documentation should portray your program clearly, completely, and accurately, demonstrating full compliance with the 2019 *Accreditation Standards and Competencies*, alignment with the 2016 *Scope of Practice*.

For Applicants who write and speak English as a Second Language:

- o Are all program documents written in or translated to standard, idiomatically correct American English by a qualified professional translator?
- o 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 at this time. If American English is **not** the primary language in which you teach your program, conduct your operations, and in which your documents are written, all required submission information be completely, correctly, and clearly translated into grammatically and idiomatically correct American English by a qualified professional translator. You must also have a qualified program leadership representative who can communicate with IAYT in fluent written and spoken American English available throughout the entire accreditation process. *Failure to meet this requirement will result in administrative closure of your application at the discretion of IAYT.*

o **Do you have the necessary technology proficiency to engage in the accreditation process?**

You must have current and adequate computer hardware and software technology to complete the online application and all supporting documents, including current versions of Word and Excel, even if you work on a Mac. Dial up modems will not work for the online application process; you will also need reliable high-speed internet access to complete the submission. IAYT does not provide technical support for computer hardware or software issues.

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 areas in which you may need to make programmatic changes *before* you undertake application submission.

o Does your Program Director meet the following:

- o Is an Individual IAYT Member in good standing**
- o Is a C-IAYT or equivalent***
- o Has a minimum of five years practical experience as a yoga therapist**
- o Has experience administering educational programs, preferably yoga-related**

*Equivalency is determined by the Accreditation Committee. Staff can provide guidance to applicants in the pre application phase. See new 2019 standards.

o Does your program comply with the prerequisites for student entry to an accredited training program?

A minimum 200 hour YTT, one year of teaching experience and one year of personal practice are required for entry to an accredited program. Prerequisites cannot count to the 800 hour+ requirement.

o Do you have an operating generalist yoga therapy training program that is a minimum of 800 hours(not including any prerequisites) and taught over a minimum of two years (24 months)? Have you taught or have you begun teaching this program?

If you do not 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 will need to plan, organize, document, and review your curriculum in relation to the *Standards* and the competencies and the *Scope of Practice*. Your program curriculum and practicum should be fully developed and documented before you submit an application. Programs should have organized, documented, and reviewed their curriculum before starting. If an applicant has not operated any form of a yoga therapy training program prior to application, they typically have more difficulty with the accreditation process, although not expressly prohibited, it is advisable that the program have operated at some level for a period of time before applying. **NOTE:** Program graduates are not eligible to apply for C-IAYT status unless their graduation date is after a program is awarded accreditation.

o Is the program curriculum, including practicum, fully integrated and cohesive and do your documents clearly demonstrate these attributes?

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 entry-level generalists, consistent with the Accreditation Standards, competencies and the *Scope of Practice for Yoga Therapy*.

o 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 Accreditation standards, competencies and the *Scope of Practice*.

All yoga therapy delivery work with individuals and small groups must include individualized intake, assessment, protocol/plan development, protocol/plan delivery, reassessment, protocol/plan refinement, and documentation.

o Does the practicum portion of the curriculum include mentorship?

The practicum portion of the curriculum must include mentorship in addition to the 150 hours of delivery. A minimum of 30 mentorship hours that specifically support student delivery of practicum must be clearly documented as they play a critical 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, Practicum mentorship hours must meet the definition of 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 and not exclusively via email.

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

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

Next Steps

Once you have completed your readiness assessment and determined that you are ready to apply, you will proceed to next steps.

In late 2019, a link, documents, and templates will be viewable to applicants to guide your development and submission of the initial preapplication after logging on as a Member School.. These will include:

- Program Overview Form
- Practicum Description Form
- Program Director Resume Template
- Syllabus Sample and complete course list

Once you have prepared these documents, you will then submit:

- Online Pre-Application (available January 2020)
- First ½ Application Payment (non-refundable) with Preapplication.
- Completed Documents

These required preapplication documents are only a portion of the complete set of documents that you'll submit with a full application. However, these selected documents help familiarize IAYT with you and your program and serve to help you become familiar with the form and substance you'll submit with a full application .

We hope this document is helpful to you as you prepare for IAYT Accreditation. Please use accreditation@IAYT.org or CONTACT US to reach the IAYT Accreditation Department.

