IAYT Approved Professional Development (APD)

Program Guidelines

Introduction

The Approved Professional Development (APD) program supports C-IAYT Continuing Education (CE). A goal of the APD Program is to be a source for yoga therapists to search for additional training opportunities to maintain their core competencies and advance their professional growth. The APD Program provides an avenue to earn continuing education hours in recognized programs. These programs are pre-approved to meet the requirements of C-IAYT recertification. IAYT members and member schools who list APD Courses on the IAYT website gain visibility and direct access to both the growing population of IAYT-Certified Yoga Therapists as well as other IAYT members seeking yoga therapy professional development opportunities.

IAYT is currently accepting APD Provider registrations and applications for new courses that enhance the skillset of C-IAYTs.

The initial phase of the APD program began with a Pilot Program with courses limited in subject matter and teaching method. The program accepted courses during the last quarter of 2018 with 151 courses made available on the IAYT website. On March 4th of 2019, the APD program reopened with expanded criteria and new registration and application formats.

Please review these guidelines and the supporting information on the Applications Materials page (on the IAYT website under Certification) to learn more about the program and to begin the process.

ALL APD courses must have the following components:

1. An IAYT member who is the course “Provider.”

2. An active faculty member in all approved courses who is a C-IAYT (this may be the same as the provider.)

3. Clearly described yoga-therapy related content aligned to the Competency Areas of the IAYT Educational Standards and consistent with the IAYT Scope of Practice for Yoga Therapy.

4. Concisely defined learning objectives that support the content.

5. An evaluation of the student’s comprehension of the course content.

6. Collection of participant feedback regarding course satisfaction, including a willingness to handle any grievances internally.
7. 1-100 hours of educational content. Breaks, meals and homework may not be included in hours. New – APD Tier 2: 101-250 hours of educational content. Please note that Tier 2 courses use a separate application form than courses from 1-100 hours.

8. Courses formatted in one or more of the following 3 ways:
   
a. **Live In-person**: This type of learning involves teachers and participants who are gathered concurrently in the same location.

b. **Live On-line (Synchronous)**: Type of distance learning would take place with the teachers and participants being present concurrently and involves live communication. If two-way communication is not available during the presentation, students must be able to contact faculty by phone or email for technical support and content questions.

c. **Pre-recorded (Asynchronous)**: This type of distance learning involves pre-recorded material prepared by the teachers. Students may progress through the work at their own pace, typically following set deadlines. Students must be able to contact faculty by phone or email for technical support and content questions.

d. **Hybrid**: This type of course uses a combination of in-person and distance learning methods

9. Points of contact for course enrollees for technical support (online courses) and content questions.

10. Learning emphasis aligned with one or more of the following categories:
   
c. **Ethics**: Addresses the IAYT Code of Professional Ethics within the context of the course

f. **Clinical Skills**: A primary learning objective that focuses on acquiring a yoga therapy skill that can be applied in client sessions

g. **Mentoring**: Hours spent in individual clinical supervision with a mentor or in peer supervision groups with a mentor that support one or more of the competencies

h. **Business & Marketing**: Includes topics e.g. planning, marketing, referral relationships, negotiation, and other business-related skills

i. **Research Literacy**: Addresses the ability to access, interpret, and critically evaluate yoga-therapy related research studies and literature

j. **Philosophy**: Relates to the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy.

k. **Biomedical and Psychological Foundations**: Covers knowledge of anatomy and physiology; psychology and mental health; and the interaction of the body, breath, mind, intellect, and emotions in health and well-being.
1. **Ayurveda in Yoga Therapy**: Addresses ayurvedic principals as they pertain to the scope of yoga therapy.

11. Evidence of completion supplied to participants in the form of a certificate or letter containing:
   a. Course Title exactly as submitted and approved for the APD program.
   b. Dates of Course Taken.
   c. IAYT APD Provider name.
   d. Student name.
   e. Number of CE hours matching those approved for the APD program.
   f. Verifying signature - name and title.

**Additional requirements for Tier 2 courses (101-250 hours):**

1. Provider will include with the course application:
   a. Course syllabus/outline or course schedule/table of contents detailing timeline of topics covered or course manual if available. To be submitted as an attachment within the course application.
   b. Faculty qualifications relevant to the material being taught.
   c. Detailed description of evaluation of learning objectives. Quiz/test questions may be included as an attachment to course application.

**Steps to Apply**

To apply for IAYT APD designation, the applicant must:

1. Be a current member of IAYT at the individual or school level. This membership must be maintained throughout the applicable approval period.

2. Review the APD Application Materials on the IAYT website.

3. Register as an APD Provider and submit the one time APD provider fee. Provider registration is effective as long as IAYT Membership is maintained. (See Fees and Renewal Policy for provider and course fees). If you are a member school and have not received separate information about provider pricing, please use the Contact Us button to request the Promo Code.

4. Provider registration is reviewed by IAYT staff and, if complete, provider will receive an email with a link to submit course applications.
5. BEFORE filling out each course application, return to Application Materials and review policies carefully.

6. Complete and submit an online course application for each course.

7. Allow up to 60 days for application review by IAYT.

8. If needed, you may receive a request for more information if something is missing or is unclear.

9. Receive notification of either approval or reason for decline.

10. If approved, receive invoice for course payment. Upon payment course information will be published in the APD Course Listing.

11. Receive access to the APD Provider Group Page. This page contains:
   a. All APD policies.
   b. The Service Mark for use in marketing this APD course. (Note that the Service Mark is for the approved course only, and is non-transferable to other non-APD courses or providers. Do not forward or use for general, non-APD advertising).
   c. The course Certificate of Completion template for distribution to students who want to use this course for IAYT CE credit.

12. Over the course of your provider designation period, you must maintain active IAYT membership status and update IAYT with any course changes as needed.

13. APD course designation expires two years after date of submission, after which the Provider may choose to renew the original course or submit a new course.

The Application Materials page contains samples of the Service Mark and Certificate as well as a sample of the course application with detailed help text.

Please use Contact Us on the IAYT website for all APD-related questions and your query will be directed to the appropriate staff member for assistance.