

## **Part 2**

# **IAYT 2019 Competencies**

## 2. 2019 Competencies

### Section 1. Yoga Foundations

Suggested Guidelines: 120 hours minimum for Section 1 in entirety

#### Category 1.1. Yoga Teachings and Philosophy

Suggested Guidelines: 35 hours minimum for this category 1.1

1.1.1 Familiarity with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.

Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy include but are not limited to

- a. *tanmatra/bhuta/indriya* (subtle elements/gross elements/senses);
- b. *purusha/prakerti* (consciousness/material world);
- c. *pancamaya kosha* (dimensions of the human system);
- d. *guna* (fundamental forces of nature); and
- e. *dubkha* (suffering/discomfort).

#### Category 1.2. Yoga and the Mind

Suggested Guidelines: 35 hours minimum for this category 1.2

1.2.1 Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including but not limited to

1.2.1.1 *drashtr* (seer), *drshya* (seen);

1.2.1.2 *antahkarana citta* (consciousness), *buddhi* (intellect), *ahamkara* (ego), *manas* (mind);

1.2.1.3 *citta vrtti* (activities of the mind), *citta pariama* (structural changes in the mind), *vyutthana/nirodha* (mind's potential for distraction and focus);

1.2.1.4 *artha* (cognition), *bhava* (mood), *svabhava* (inborn nature), *vasana* (residue of experience), *samskara* (conditioned pattern of thinking and behavior); and

1.2.1.5 states of mind: *mudha* (stupefied/dull), *kshipta* (disturbed), *vikshipta* (alternating between distraction and focus), *ekagrata* (one-pointed), *nirodha* (focus enveloped/held/restrained), *vaishvanara* (waking), *tajasa* (dream), *prajña* (deep sleep), *turiya* (beyond).

1.2.2 Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the *Yoga Sutras*, the *Bhagavad Gita*, and other texts, including but not limited to

1.2.2.1 *klesha* (affliction);

1.2.2.2 *lobha*, *kerodha*, and *moha* (greed, anger, attachment);

1.2.2.3 *dubkha* and *daurmanasya* (suffering/discomfort and negative attitude/thinking), *sarupyam* (identification with the contents of the mind or seer taking the same form as the mind); and

1.2.2.4 *antaraya* (obstacles to progress in yoga).

### **Category 1.3. Framework for Health and Disease**

Suggested Guidelines: 50 hours minimum for this category 1.3

1.3.1 Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of

1.3.1.1 *pancamaya kosha* (fundamental structure of the human system);

1.3.1.2 subtle anatomy;

1.3.1.3 *tri-dosha* (effect of the elements on the physical body);

1.3.1.4 *tri-guna* (effect of *sattva* [equilibrium], *rajas* [activity], *tamas* [inertia]);

1.3.1.5 *prakerti/vikerti* (*dosha* constitution at birth/imbalance of the *dosha* currently expressed in the body);

1.3.1.6 *ama* (undigested food, emotions, etc., accumulated in the body);

1.3.1.7 *agni* (internal fire(s) and their contribution to health);

1.3.1.8 *prana vayu* (*prana*, *apana*, *vyana*, *udana*, *samana*);

1.3.1.9 *prana prakopa* (disturbance of the *vayu*);

1.3.1.10 *surya/chandra* (sun/moon);

1.3.1.11 *brmhana/langhana* (expansion/contraction); and

1.3.1.12 *vyuha* model: *heya* (the symptoms), *hetu* (the causes), *hana* (the goal), *upaya* (the tools).

1.3.2 Knowledge of categorizing illness, including

1.3.2.1 Development/evolution of disease (*samprapti* [pathogenesis]), including but not limited to direction, intensity, onset, and duration and their influence on the ease or difficulty of healing and disease management.

1.3.2.2 Setting priorities: symptoms/pacification (*shamana* [short term]) and purification/strengthening (*shodhana* [long term]).

## **Section 2. Biomedical and Psychological Foundations**

Suggested Guidelines: 155 hours minimum for Section 2 in entirety

### ***Category 2.1. Anatomy and Physiology***

Suggested Guidelines: 90 hours minimum for this category 2.1

2.1.1 Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.

2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist.

2.1.3 Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.

### ***Category 2.2. Additional Biomedical Knowledge***

Suggested Guidelines: 15 hours minimum for this category 2.2

2.2.1 Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist.

2.2.2 Familiarity with common medical terminology, as relevant to the work of a yoga therapist.

2.2.3 Knowledge of how to reference current healthcare information, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.

2.2.4 Knowledge of how to access and utilize research relevant to the work of a yoga therapist.

### ***Category 2.3. Psychology and Mental Health***

Suggested Guidelines: 30 hours minimum for this category 2.3

2.3.1 Basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions—their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.

2.3.2 Basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist.

### ***Category 2.4. Additional Knowledge***

Suggested Guidelines: 10 hours minimum for this category 2.4

2.4.1 Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.

2.4.2 Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.

### ***Category 2.5. Body and Mind Integration***

Suggested Guidelines: 10 hours minimum for this category 2.5

2.5.1 Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

## Section 3. Yoga Therapy Tools and Therapeutic Skills

Suggested Guidelines: 140 hours minimum for this Section 3 in entirety

### **Category 3.1. Yoga Therapy Tools**

Suggested Guidelines: 60 hours minimum for this category 3.1

3.1.1 In-depth knowledge of the application of *yama* and *niyama* in the context of yoga therapy.

3.1.2 In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include but are not limited to

3.1.2.1 *asana* (postures);

3.1.2.2 *pranayama* (regulated breathing);

3.1.2.3 meditation and relaxation techniques such as *bhavana* (visualization), *mantra* (recitation), and ritualized activities such as *nyasa* and *mudra*; and

3.1.2.4 *vihara* (lifestyle modifications), including basic yogic dietary concepts.

3.1.3 In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.

### **Category 3.2 Basic Principles of the Therapeutic Relationship**

Suggested Guidelines: 35 hours minimum for this category 3.2

3.2.1 In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.

3.2.3 Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.

3.2.4 In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.

### **Category 3.3 Principles and Skills for Educating Clients/Students**

Suggested Guidelines: 35 hours minimum for this category 3.3

3.3.1 In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.

3.3.2 In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.

3.3.3 In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student.

### ***Category 3.4 Principles and Skills for Working with Groups***

Suggested Guidelines: 10 hours minimum for this category 3.4

3.4.1 Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs.

3.4.2 Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants to the degree possible in a group setting.

## **Section 4. (Mentored) Practicum**

Suggested Guidelines: 180 hours minimum for Section 4 in entirety; 150 hours minimum of practicum delivery and 30 hours minimum of practicum mentorship.

### ***Category 4.1 Providing Yoga Therapy***

4.1.1 Demonstrated ability to conduct intake and assess the client/student, including

4.1.1.1 taking a history of the client and his/her condition(s); and

4.1.1.2 assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.

4.1.2 Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student.

4.1.3 Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.

4.1.4 Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.

4.1.5 Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student.

4.1.6 Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies.

4.1.7 Demonstrated ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.

4.1.8 Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual.

4.1.9 Demonstrated ability to apply knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients.

4.1.10 Demonstrated ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy.

4.1.11 Demonstrated ability to facilitate the client/student's experience of the practice, including

4.1.11.1 providing instruction, demonstration, and education of the client/student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools; and

4.1.11.2 providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools).

4.1.12 Demonstrated ability to develop and maintain therapeutic relationships, including

4.1.12.1 fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; and

4.1.12.2 practicing effective, client-/student-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors.

4.1.13 Demonstrated ability to provide follow up and re-planning, including

4.1.13.1 gathering feedback, re-assessing, and refining the practice and determining short-term and long-term goals and priorities;

4.1.13.2 addressing new and changing conditions, goals, aspirations, and priorities of the student/client and providing appropriate support; and

4.1.13.3 providing appropriate closure for the therapy sessions.

## **Section 5. Professional Practice**

*Suggested Guidelines: 30 hours minimum for this Section 5 in entirety.*

### ***Category 5.1. Ethical Principles***

*Suggested Guidelines: 15 hours minimum for this category 5.1*

5.1.1 In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles.

5.1.2 In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles.

5.1.3 Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships.

5.1.4 In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.

5.1.5 Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.

***Category 5.2. Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy***

Suggested Guidelines: 5 hours minimum for this category 5.2

5.2.1 Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.

5.2.2 Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.

***Category 5.3. Relationships with Peers, Mentors, Clinicians, and Organizations***

Suggested Guidelines: 5 hours minimum for this category 5.3

5.3.1 Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.

5.3.2 Basic knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.

5.3.3 Basic knowledge of how to develop and maintain ongoing collaborative relationships.

***Category 5.4. Personal and Professional Development and Continuing Education***

Suggested Guidelines: 5 hours minimum for this category 5.4

5.4.1 Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.

5.4.2 Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.

## **End of Part 2/Competencies**