

SYTAR Accepted Common Interest Community Proposals

CIC#1: Rehab Professionals: Bridging the Past with the Future

Co-chairs:

- Staffan Elgelid, PT, GCFT, PhD
- Matthew J Taylor, PT, PhD

Conventional rehabilitation professions make a natural bridge to yoga therapy in our physically oriented culture. Join members of the rehabilitation professions (OT/PT/SLP/RD/RT, etc) that are incorporating yoga therapy into their practices, and all yoga therapist/teachers that interact with rehabilitation professionals as they share ideas and form community to connect the various professions. In the three and half hours, you'll hear six peer-selected short presentations on how to most effectively build bridges via rehabilitation relationships. Topics will include best practices, innovative collaborations, new models of care, and how to interface effectively between the yoga world and conventional rehabilitative medicine. You will also have a chance to make connections with the other attendees, build long lasting connections with like-spirited colleagues, and participate in planning how to maintain the group beyond the meeting time. Coming together in community, we leave connected and better prepared to help bring forth the best possible future.

CIC #1a: Integrating Therapeutic Yoga into an Adult Day Program

Pat Barnes

Objectives: Participants of the Rehab Professionals Community will find this presentation valuable because it addresses the process of integrating yoga practices and yogic lifestyle habits into a rehabilitation setting. Participants will develop an appreciation of an approach that represents an alternative to the private practice-based models presented in prior workshops. Participants will experience an appreciation for an interdisciplinary team model of Adult Day Care that is all-inclusive in contrast with the fragmented approach prevalent in the medical model. Participants will gain a greater understanding of the potential role of physical and occupational therapists who aspire to integrate yoga into settings that provide care for older adults. Participants will learn of this presenter's shift in intention to the focus on being of service, and the philosophy that the clinic is the ashram. Participants will reflect on the feasibility of applying this approach to a setting in their community.

Description: According to the Centers for Medicare and Medicaid (CMS) Fact Sheet, a Program of All-inclusive

Services for the Elderly (PACE) program, is a capitated, managed care model for frail elderly participants. It includes comprehensive medical and social services with an interdisciplinary approach in a Day Health Center(DHC), supplemented by PACE at Home for participants who are unable to attend the Center.

In Baltimore, the PACE Program setting is known as Hopkins Elder Plus, or HEP. It is located on the campus of the Johns Hopkins Bayview Medical Center.

The rehabilitation department is located on the main floor of the center, and includes a PT,OT, PTA, COTA, and rehabilitation technician, as well as the rehabilitation supervisor. Participants receive an initial assessment from each discipline and a home safety visit from the OT within 3 weeks of enrollment. An Interdisciplinary Care Plan meeting is then held to coordinate the care plan with the family.

Interest to the Community: Participants will find this presentation beneficial because it discusses the potential of occupational and physical therapists to integrate yoga practices such as asana and pranayama as well as diet and stress management into the more conventional interventions such as pain management, exercise, and activity. This approach utilizes the kosha model, addressing the whole person including the physical, mental/emotional, and spiritual dimensions.

CIC #1b: Introducing Graduate Health Students to the Benefits of Yoga Fosters Interprofessional Collaborative Practice in Rehabilitative Professions

Heidi Crocker

Southern California University of Health Sciences (SCU)

Objectives: Obj1: Participants of the rehabilitative professions CIC will find this presentation valuable because it addresses how introducing graduate students in health education to the benefits of yoga can facilitate an interprofessional collaborative practice model and improve health-care outcomes for patients. Obj 2: The combination of formal and informal interprofessional learning experiences expose students, faculty, staff, and community to opportunities where they learn about and from each other through sharing a common interest such as a yoga practice. Obj 3: Engaging diverse healthcare professionals who complement each other's professional expertise to develop strategies to meet the needs of the patients and populations served. Obj 4: In preparation for collaborative practice, the interprofessional education of teams with an emphasis on prevention is a key implementation strategy and help prepare the next generation of health profession-

als to better address preventable health problems.

Description: SCU offers degree programs in chiropractic, acupuncture and oriental medicine, physician assistant, massage, Ayurveda, and most recently yoga. A small group of chiropractic students started a yoga club. Students of various programs soon joined and found themselves enjoying learning and building a stronger community both on and off the mat. Classes were opened to faculty and staff enhancing a culture of mindfulness and positivity across campus. In the past year, SCU implemented a 200-hour yoga teacher training program that attracted students from multiple disciplines including physical therapy, kinesiology, and sports medicine. This unique program is an example of interprofessional education in which yoga permeates across disciplines. Community classes are now offered that allow the opportunity to use yoga as a platform to promote overall wellness. The growth plan of the yoga program at SCU includes an advanced yoga therapy training program for health professionals.

Interest to the Community: Introducing students to formal and informal interprofessional experiences where they learn about, with, and from each other create a bridge toward collaborative team-based opportunities to work cooperatively and cultivate an environment of collaboration that will empower the future of healthcare by improving patient outcomes. Students can expand their therapeutic repertoire through incorporating yoga in nearly any discipline and will begin to see health care in a whole new, expanded way.

CIC #1c: Yoga Tools for Rehabilitation Professionals Working with Amputees: Clinical Approaches to Transformative Outcomes that Empower your Patients

Marsha Therese Danzig
Yoga for Amputees by Marsha T Danzig

Objectives: Rehab professionals will find this presentation valuable because it teaches them to seamlessly integrate simple, effective yoga & breathing techniques into their amputee patient care plan for improved outcomes for phantom pain reduction, increased range of motion, core strength, better balance if using a prosthesis and patient wellbeing.

Description: In this ten minute presentation, we will practice the Yoga for Amputees standard protocol which covers basic yoga breathing, seated yoga poses and meditation designed to address the unique needs of your amputee patient. My vision for this repeatable protocol is that it becomes the standard of care for every amputee patient facing the challenge of creating a new normal after limb loss. Amputees don't just lose a limb or limbs, they lose independence, confidence, time, health and mental/emotional stability. An integrated rehabilitation plan which includes yoga rekindles an amputee's sense of inte-

grated wholeness. Taught by someone who has been there and knows first hand what it is to come back to life after limb loss.

Interest to the Community: There are 185,000 amputations yearly in the US with 3,000 people losing limbs weekly. Diabetes and cardiovascular illness make up 80% of amputations, costing \$10 billion annually. Amputation due to war injury has other referred injuries and psychological symptoms which compound trauma and physical rehabilitation. Research is showing that yoga is highly beneficial and cost effective. My passion in sharing yoga with amputees is to greatly improve the quality of life for amputees.

CIC #1d: Risk Management and Ahimsa When Using Yoga Therapy in the Rehab Setting

Diana Zotos Florio
Co-Director and founder, PhysiYoga Global Owner, Diana Zotos Yoga

Objectives: 1. Present a brief summary of the current best science around risk management practice. 2. Share those practices that are part of the current standards of IAYT and those that might be further embellished. 3. Share how these practices might be part of any training or yoga therapy practice. 4. Invite sharing of how these are taught and practiced by the participants.

Description: My experience teaching rehab professionals and yoga professionals about the therapeutic applications of yoga drive my passion behind this presentation. I hope by sharing what I know and engaging the participants we can build on this important principle in our CIC. All parties have much to share" develop and create in order to successfully fulfill IAYT's mission of making yoga a recognized and respected therapy. The feedback I've gotten over the years of my teaching validate this idea.

Interest to the Community: Given the recent developments around the term "therapy" as it relates to yoga IAYT members carrying the responsibility of making the first Yama ahimsa a priority in their practice. Discussing and sharing current best risk management practices is a critical conversation to have within our Rehab CIC community and the IAYT in the larger sense.

CIC #1e: Teaching Pearls I've Learned from Either Side of the Bridge

Emily Large
Living Large Therapeutics

Objectives: 1. Facilitate better understanding of strengths and weaknesses of teaching methods for rehab professionals and yoga professionals. 2. Initiate conversations that promote respect and recognition of both systems. 3. Breakdown potential misunderstandings for novice participants from these traditions that might not initially value

the potential of the various teaching methods. 4. Invite participants to become aware of their own biases and limitations in teaching methodology as they return home to teach and promote yoga therapy.

Description: I will share my observations of the strength and weaknesses of my training and teaching experiences as both physical therapist and yoga therapy training faculty member/yoga conference presenter. In the final 5 minutes of conversation, I hope to have stimulated participants' thinking, gathered new insights for my further teaching opportunities and initiated conversations that will extend beyond the afternoon for the betterment of everyone.

Interest to the Community: IAYT's goal of making yoga a respected and recognized therapy invites learning from various traditions to enhance both conventional rehab education and yoga therapy education. By starting and expanding this exploration of best teaching practices from both sides, this goal can be realized. My sharing my experiences and then capturing other's insights and experiences will build bridges of understanding to re-enforce both tradition's teaching pedagogies.

CIC #1f: Yoga Therapy for Constipation

Lisa Manheim

Rebalance Yoga Therapy, Bucks County Community College

Objectives: To supply healthcare professionals with information and approaches to offer their patients who suffer from constipation and other digestive issues. Many people do not realize there are many things they can do to heal themselves and lessen their discomfort. My CIC presentation includes: explanation of the causes and symptoms of constipation, dietary guidelines, lifestyle choices, and ways yoga can reduce suffering and target digestive disorders

Description: I am a yoga therapist with a private practice. Chiropractors and local physicians refer patients who are open to exploring complementary approaches to healing. Often they are not responding well or are uncomfortable with the side effects of traditional treatment. I also work with people who recognize that stress is a major contributor to their condition. I provide a yoga-centered practice that promotes body awareness and empowers self-healing. We begin with breathing to focus and relax, noticing the tools to release stress are already present. We spend time to make sure clients understand the causes of their specific condition and explore what may have contributed to their situation. We cover diet, lifestyle, thoughts & habits. I offer breath work, movements and asana, to help overall circulation and comfort and stimulate the abdominal organs. I present options for an ongoing 'stay healthy' practice and ways to address acute discomfort.

Interest to the Community: One in five Americans suffer from chronic constipation and many more suffer intermittently. More than 700 million dollars are spent annually on over the counter remedies and prescription drugs.

Often there are side effects and the drugs / supplements become less effective over time. Generally the drugs target the symptoms and do nothing to cure the causes. With the increased awareness of alternative modalities, many will be interested in drug-free methods to increase digestive health.

CIC #1g: Yoga Therapy in Healthcare: Overcoming Obstacles in Delivery and Bridgebuilding

Shelly Prosko

Objectives: 1) Participants of the Rehab Professionals CIC will find this presentation valuable because it addresses ways in which Rehab Professionals can overcome common obstacles when attempting to integrate yoga therapy into their rehabilitation practice.

2) Discuss a variety of marketing ideas, that have been valuable in my experience, to promote bridge building between yoga therapy and rehabilitation healthcare professions.

3) Promote creativity and thinking 'outside the box' when attempting to create a successful and sustainable business model.

4) Participants will learn key take home pearls of wisdom intended to inspire them and help to enhance feelings of support and confidence on their journeys.

Description: The key intention of this presentation will be to share my perspective, experience & ideas with other rehab professionals on creative ways to overcome some common obstacles when attempting to integrate yoga therapy into our rehab professions. The most common inquiries I regularly receive from rehab professionals trying to integrate yoga therapy into their practices are: "How do you: Successfully deliver & market your services? Connect with the healthcare industry so that they're willing to listen & accept this approach? Make a sustainable living at this?" This presentation will concisely address answers to these questions, from my experience & perspective, to offer our community of bridgebuilders inspiration, tangible ideas & confidence to continue to pursue this integrative approach to health. This presentation and round table discussion will promote support, encouragement and emphasize the importance of how building successful bridges includes collaboration.

Interest to the Community: This session will be of interest to rehab professionals that are wanting to either start or continue their pursuit in finding successful & sustainable ways to deliver their unique service & ways to build bridges between yoga therapy & healthcare. A variety of challenges are presented along this path, which can act as a deterrent to continue. My presentation followed by a round table discussion with input from others with experience will result in an educational, inspiring and valuable session.

CIC#2: Yoga Therapy: A Worthy Partner in Mental Healthcare

Co-chairs:

- Linda Lang, E-RYT
- Elizabeth Visceglia, MD

Linda Lang and Elizabeth Visceglia co-chair this CIC, dedicated to exploring the art and science of Yoga therapy in the arena of professional mental health disciplines.

Explore the two-way street where mental health issues and conditions are considered in yoga therapy and where therapeutic yoga practices are integrated into mental health settings. Join members of the mental health professions who incorporate Yoga therapy into their work and Yoga therapist/teachers who support students and clients in mental health settings, as they come together to share ideas and to build a professional learning community.

CIC #2a: Yoga Therapy Clinic: An Urgent Care Model for Fast, Focused, Accessible Healing

Theresa Conroy
Yoga On The Ridge

Objectives: Participants of the Mental Health CIC will find this presentation valuable because it addresses ways to offer more Yoga Therapy, in a more manageable and affordable form, to more individuals. shared by the group.

Description: Imagine walking into a clinical setting, like the local Urgent Care center, but instead of receiving a shot or prescription, you learn a yoga pose or relaxation technique to relieve your aching back or help manage rippling panic attacks.

Welcome to your local Yoga Therapy Clinic, where therapeutic Yoga reaches more people, more effectively, than ever before.

My Yoga Therapy Clinic opened inside my Philadelphia studio in September 2015. It is the first of its kind in the country.

Yoga Therapy clients are able to walk-in or schedule an appointment. Each session lasts just 30 minutes and is laser-focused on the client's pressing need. Visitors leave with a personal plan that describes a short, manageable practice of 2-3 postures, breathing or relaxation techniques or lifestyle options. The appointment and the treatment plan are designed to break the hourlong Yoga Therapy session into a manageable, approachable portion that doesn't intimidate or overwhelm.

Interest to the Community: Learning how to distill the work we do--much like the way we strip an asana down to its essence in order to modify it for someone with limited mobility--will enable practitioners to touch more people, and integrate therapeutic Yoga seamlessly into the everyday lives of our students and clients.

CIC #2b: Creating a Clinical Yoga Therapy Internship Site

Michelle Fury and Kristen Chamberlain
Pediatric Mental Health Institute, Children's Hospital Colorado (CHCO)

Objectives: Our objectives are to 1) describe our current pilot yoga therapy internship program at CHCO; 2) talk about the relevance and importance of internship sites in relation to the current development of graduate yoga therapy programs; 3) share what to do and what not to do when creating an internship program, and 4) discuss next steps with the group, such as connecting with universities (and other higher education institutions) who offer or are in the midst of developing yoga therapy masters or certificate programs.

Description: The field of yoga therapy is expanding to the academic setting, as several universities create masters or certificate programs. A key component of graduate level learning is the internship experience, when a student takes what s/he has learned in the classroom and applies it in the field under the supervision of a trained & licensed professional. Practicing yoga therapy in a clinical setting such as an academic pediatric hospital requires many different skill sets, most of which are learned best "on the job." For yoga therapy to continue gaining traction as a profession, the development of high-quality internship programs at reputable sites is essential. At the start of the academic year 2015–2016, we began piloting our current yoga therapy internship program. As yoga therapists at a pediatric hospital for mental health, we want to discuss how to further grow our internship program and how to collaborate with other mental health care professionals in the academic medicine setting.

Interest to the Community: Given the current development of higher yoga therapy certifications and degree programs, it is time to consider how students of these programs will get practical, hands-on experience in a structured internship program where they have clinical supervision. Graduate level therapy programs in other fields require an internship for a student to successfully obtain his or her degree, so developing reputable internship sites is a necessity for our field to grow.

CIC #2c: Befriend the Fear of Trauma Work for Empowered Client Results

Renee A Groenemann
Phoenix Rising Yoga Therapy & Spirit(ed) Growth LLC

Objectives:

1. Participants of the Mental Health Community CIC will find this presentation valuable because it addresses the fear of working with trauma, including the concern for retraumatization. Participants will:
2. Identify personal fears surrounding trauma work using embodied mindfulness.

3. Understand how their personal fears can lead to disempowered reactions such as over care-taking, avoidance, or fumbling inaction.
4. Learn how to use the physical body in the present moment to respond rather than react, thus empowering the client to self-regulate.
5. Understand basic brain and body mechanisms of embodied mindfulness that foster healing of trauma.

Discover that even in trauma therapeutics “less is more.”
Description: Participants will be led through an embodied mindfulness activity to discover their underlying fears around trauma and their impulses to react to these fears. Therapists will learn this personal process of self-mentoring to overcome nervousness and build foundational trust with clients that have a trauma history. In addition, participants will learn that effective work with trauma includes: drawing awareness to and acceptance of our fears as therapists; understanding the rudimentary mechanisms of trauma recovery; and learning to trust that when we “do less” via embodied mindfulness the client “gets more” empowered resiliency. Handouts will give additional information about the trauma process and address common fears using effective intakes and therapist self-introspection.

Interest to the Community: Even skilled therapists avoid working with trauma out of fear. When a client dissociates, projects anger, or sobs violently while holding a stretch, how do you show up? What do you notice in your experience at that moment? What action do you then take? Do you react or respond? In order to be therapeutically present and responsive to your client, you must first be present to your own reactions and address the angst of trauma work.

CIC #2d: Integrating “Evidence-Informed” Yoga Therapeutic Practices for Mental Health: Challenges, Experiences and 3 Tips

Pam Jeter
Science Sutras and Maryland University of Integrative Health

Objectives: In my recently published bibliometric review, yoga for mental health disorders made up the majority of publications between the years 1967 and 2014. Yoga therapy programs were devoted to the full spectrum of mental disorders, including anxiety, depression, PTSD, schizophrenia, and addiction. Yoga research is paving the way for acceptance of yoga therapy as an effective complementary or alternative treatment in mental healthcare communities. In light of the growing body of evidence on yoga for mental health disorders, challenges exist in bridging evidence informed therapeutic yoga and mental health settings. Challenges and solutions for integration of relevant evidence and for building partnerships in yoga therapy practice will be discussed. Participants of the “Yoga Therapy: A Worthy Partner in Mental Healthcare CIC” will find this presentation valuable because it will inspire participants to integrate evidence informed yoga therapy and mental health practices shared by the group.

Description: In this CIC, we will explore challenges faced by yoga therapists for improving research literacy and providing evidence-informed services. Medical professionals are often ill-equipped to provide referrals for patients interested in yoga as a therapeutic alternative. Remaining informed of the current evidence elevates the yoga therapist's ability to maintain high ethical and professional standards as well as bridge the gap between mental health settings and the patient's needs and desires. By way of example, I will briefly describe an incident from personal experience implementing a 'Yoga for Stress' workshop for blind patients at Johns Hopkins Hospital and how we overcame barriers from the hospital administration. Then, I will discuss common challenges experienced by yoga therapists in implementing practices into a mental healthcare setting. Finally, I will share 3 tips for using evidence informed practices to integrate yoga therapy into mental health settings.

Interest to the Community: This presentation will benefit yoga teachers, yoga therapists, and the rehabilitation community by raising awareness of the value of evidence informed practices as a means to engage partnerships between yoga therapy and the healthcare community.

CIC #2e: Creating a Safe Crucible: Incorporating Shadow Work Curriculum into Yoga Therapy Teacher Training Programs

Ann Maxwell
Yoga North International SomaYoga Institute

Objectives: Yoga North ISYI has developed a tiered curriculum for supporting teacher training students to explore their own shadow work. Demonstrating how three phases of curriculum that focus on compassionate self discipline, long term mind study and shadow work explored through facilitated group process, prepares the student to hold safe space for their own personal growth and healing and that of their clients. This program utilizes best practices for supporting each teacher trainer to take his/her shadow journey while simultaneously maintaining healthy group dynamics. Exploring shadow work is a valid and important curriculum component for high level graduating yoga therapists as demonstrated through previous graduate testimonials.

Description: Creating a safe crucible is key to promoting deep innermost change. This is important work that must first be done by the yoga therapist in order for her/him to support another human being in their own studio or private practice. As Bud McClure, transpersonal psychologist on staff says, “Creating a proper holding environment in the therapeutic relationship invites clients to enter into a liminal state in which rigid personality characteristics formed by early childhood experiences might give way to more spontaneous behavior. On the mat, in the safety of the studio, clients might experience an unintegrated state. Here the unburdening of ego boundaries may occur, compulsivity may be relinquished and the client's psyche may

be freed to enter a state of play. The client may develop a more enlarged, conscious sense of self."(McClure 2014). Attendees will learn a healing path forward on how shadow work is a crucial component to our own yogic journey. Interest to the Community: This topic would interest yoga teachers, schools and faculty that are searching for skill development in group process and creating a learning environment that is both safe and "unintegrated" so growth and healing can happen for the student and class.

CIC #2f: Benefits of a Heart to Heart Connection and the Somatic Need for Touch in Assisting Young Adults with Anxiety and Depression in an Over Medicated Health System

Laura Jane Mellencamp-Murphy
Director/Founder of Yoga Among Friends, Facility Teacher of Surya-Chandra Healing Yoga School

Objectives:

1. Participants of the Mental Health CIC will find this presentation valuable because it addresses ways to integrate western psychology and the tools of yoga with other members of the mental healthcare team.
2. Share my experience working one on one with students to break addictive behavior patterns from the false coping skills of the over use of pharmaceutical drugs
3. At the end of the presentation, participants of the Mental Health CIC will be able to:
 - a) Identify why the use of pharmaceutical drugs leads to false coping skills
 - b) Describe yoga therapy approaches and yoga tools, e.g. pranayama, to shift the physiology of the mood and perspective
 - c) Describe why these tools can help restore positive behavior lifestyle with feelings of inner confidence
 - d) Identify obstacles to creating a trust relationship with teens and yoga therapist
 - e) Communicate effectively with various mental health-care professionals regarding ways to integrate yoga therapy as part of the wellness solution.

Description: When working with teenagers suffering from imbalances, I introduce breath techniques so the student feels the somatic effects. By relaxing the physical body, the overused sympathetic nervous system shifts to the parasympathetic. This creates a safe container to reframe memories, redirecting them to a positive experience. Teens learn to return to their breath as an efficient way to regulate their moods and stresses. By modifying lifestyle habits, we gradually reduce their need for medication. Together with the medical model and the psychiatric community, we create a therapeutic yoga approach that allows touch, listening, lifestyle, and dynamic asana with breath to introduce a better intention of attitude. Through storytelling, I'll engage my audience by passionately reflecting on vital lessons that I have learned from my students. Integrating practical wisdom with my understanding of the mind and behavior, I'll articulate the benefits of holding space: to feel more and think less.

Interest to the Community: Yoga is becoming more main stream, and yet it is mostly understood with the bias opinion of only being asana-based. I love introducing other tools of the eight limbs to medical doctors, school psychologists, health educators, and a general public suffering from today's over and misuse of the pharmaceutical approaches to health. I am thrilled that the yoga community is finally finding their teachings reaching broader public interests, and yoga is being used to restore health in a holistic way.

CIC #2g: Embodying Creativity: Moving from 'Me' to 'We'—Yoga and the Transformation of Behavioral Health Leadership

Allie Middleton
Integrative Leadership Practices

Objectives: Participants will find this presentation valuable because it both addresses new requirements under the Affordable Care Act while also addressing the leadership challenges of implementing unfunded mandates. Today's challenge is to deliver value-based integrative programming with population health outcomes. This means really changing the conversation to champion recovery and resilience practices. Yoga as a life-style management tool can do this. Yoga-based interventions can help peer leadership development in emerging models of mental health care. In addition, this presentation will introduce how a hybrid of yoga and other mind-body integration strategies can help behavioral health strategists become more mindful and person-centered influencers. Employing mind-body practices at all levels of intentional change can establish an understanding and practice of well-being.

Description: The idea I wish to share: research-based yoga interventions can be useful stress management tools at the level of peer workforce development as well as an organization development strategy for system leaders. In order to inspire some interest, we'll engage in a few practices together. I'll also share key points that help illustrate how prototypes and projects have already demonstrated this new concept. In order to make an emotional connection, I'll harvest a few words and gestures from the audience expressing their challenges in integrating yoga in MH systems integration. I'll share highlights from my research collaborations with the Institute for Extraordinary Living at Kripalu, Office of Mental Health in NY, Psychiatric Rehabilitation Association, Presencing Institute and with other academic researchers and applied practitioners at Rutgers and Arizona State Universities. These may help inspire future collaboration or frame a creative brainstorming about other future possibilities.

Interest to the Community: Integrative mind-body practices such as yoga help move the agenda from a 'Me' focus to a 'We' focus. Yoga professionals can play significant role in the evolving mental health care system by shifting the conversation between caregiver and receiver with research-based yoga and other creative embodiment practices. These compassionate and courageous practices cultivate an innovation mind set, setting the stage for successful recovery and resilience, aka Wellbeing.

CIC#3: Yoga for the Cancer Community: A Gathering of Practitioners

Co-chairs:

- Lara Benusis, E-RYT 500, RCYT
- Tari Prinster, MA, RYT

The rate of cancer survivors is increasing and yoga is a natural bridge that can provide support for people during and after treatment. There are an increasing number of yoga professionals drawn to serving this growing need. Yoga therapists in this emerging field must be able to apply the tools of yoga in the context of a therapeutic relationship. Equally important, is the need to embrace a constantly changing health care environment and a new paradigm of health and well-being while keeping a watchful eye on the research as we interface effective new models of care. It is imperative to develop innovative collaborations while integrating and benefiting from practiced skills and knowledge. In this session, you will hear from colleagues who have brought their abilities and compassion to support the cancer community. This gathering is a unique and intimate opportunity to share stories, to discuss resources and forge new relationships as we draw inspiration from one another. Coming together, we leave better prepared to uphold the best possible future for our communities.

CIC #3a: Who's Afraid: Managing My Fear and Finding Confidence When Bringing Yoga to Cancer Survivors

Jennifer Brilliant
Jennifer Brilliant Yoga & Personal Training, LLC

Objectives: Participants of the Yoga for the Cancer Community CIC will find this presentation valuable because it addresses our culture's collective fear of cancer, illness and death and how Yoga for this community is a multi-layered and complementary therapeutic tool. Yoga can offer a sense of vitality to those touched by cancer by developing physical and mental strength, flexibility and balance.

Even experienced therapists can feel intimidated when working with someone who is dealing with cancer. There are many factors to consider when working with this population including treatment side effects and the fear of reoccurrence. Jennifer Brilliant will share her personal challenges and steps she has taken to overcome them.

Years of practice and special Yoga for Cancer trainings prepare teachers and therapists to help people facing cancer to manage the stress associated with the disease, regain a sense of empowerment, and to find a pathway to thrive.

Description: As of January 2014, there were over 14.5 million cancer survivors with survival rates increasing all the time. The number of diagnosed new cancer cases in 2016 will exceed 1.5 million. The changes, information

and treatments associated with a diagnosis of cancer can be overwhelming and exhausting. Yoga helps those touched by cancer deal with stress, fear, fatigue and loss of strength, flexibility, balance and even a sense of self. More and more cancer survivors are coming to yoga to gain these benefits. With these growing numbers it becomes imperative for yoga teachers and therapists to gain knowledge and overcome the fear of working with someone touched by cancer. Jennifer will discuss her work with various students and the approaches she has found to overcome her own fear including attending specialty trainings. Consistent self-practice and ongoing education enables us to share the path of yoga; living a mindful, resilient life with people who need it most.

Interest to the Community: Complementary and alternative therapies are increasingly popular and practical in improving quality of life for the growing population of cancer survivors and patients. Yoga and Yoga Therapy address symptoms of stress, fear and fatigue. Specialty programs educate teachers and therapists to safely and effectively teach yoga to people touched by cancer. Knowledge and experience helps overcome the fear of how to work with this population and to become involved in support of this community.

CIC #3b: Yoga Therapy For Cancer Classes, a Framework To Integrate Yoga Therapy Tools in a Yoga Class

Karen Gagnier

Objectives: 1) To provide a clear methodology and template for yoga teachers to integrate the self help tools of yoga therapy into a "yoga for cancer" class. 2) To explain how to use this framework to reach and connect with as many students as possible, as it relates to the cancer survivor population. Understanding not only the needs of this diverse population, but acknowledging the various learning styles of all students-teaching to the "whole student".

Description: This presentation will outline a class template for the development of a theme based class which is kosha driven, and will review the yoga therapy tools which are to be integrated into the class. As yoga teachers we need to teach students the self-realization practices of yoga in a way that is ? accessible and sustainable. Approaching classes from a "kosha" perspective acknowledges the many layers of an individual, and, by teaching through this lens, we are able to reveal different access points for individuals. The visual, auditory, and tactile references used in the class also take these differences into account.

The format of the class includes: discussion of theme (from a physical, energetic, emotional, and practical perspective); centering (self observation); short meditation; intention/sankalpa; asana; yoga nidra; and closing (poem/quote).

Interest to the Community: Yoga teachers will learn how to integrate yoga therapy most effectively for the cancer community. The format of this class provides structure for

the teacher and student, and yet offers the freedom of inquiry on many levels. The relevance of yoga nidra for this community will also be presented.

CIC #3c: Hospital Yoga for Cancer Patients in Active Treatment: *The Eight Limbs and the Four H's*

Leigh Leibel
NY-Presbyterian/Columbia University Medical Center

Objectives: Many oncologists prescribe traditional Indian Yoga to ease the side effects of chemotherapy and radiation. However, teaching the Eight Limbs to a diverse patient population in the outpatient hospital setting can present unique challenges for the Yoga therapist. This presentation will provide insight into some of these issues, and offer actionable solutions that may be replicated in both a clinical and in-home setting. Participants of the Cancer Community CIC who want to work with cancer patients, survivors, and their families will find this presentation valuable because it addresses important issues that Yoga therapists must consider when establishing their own in-clinic and/or private practice, and it offers practical solutions proven to work in a major NYC Comprehensive Cancer Center. This CIC presentation encourages Yoga therapists to think creatively, critically, and collaboratively when designing a therapeutic Yoga program that is appropriate for a diverse, immunosuppressed clientele.

Description: Practicing Yoga with cancer patients in a large urban hospital presents unique challenges for the Yoga therapist:

Hygiene: Cancer patients are immunosuppressed; hospitals enforce strict antisepsis procedures. Yoga mats and all props must be covered with barriers and changed between patient contact; floors disinfected. *Should therapists touch patients with compromised immune systems?*

Come to work sick? **Heterogeneity:** *How do you teach a class that might include a Muslim, a Christian, a Jew, an atheist—and/or a wheel chair, oxygen tank, and guide dog? How do you communicate with your hearing impaired, blind, and non-English speaking patients?*

Holding Space: *For your patient as she cries during meditation and asks if she's going to die? For yourself in the midst of grief and sadness?* **HIPAA:** Yoga therapists are part of the healthcare team and subject to HIPAA privacy procedures. *How does this affect your In-take Assessments and use of personal laptops? Social media?*

Interest to the Community: There is a growing trend among medical oncologists to practice integrative medicine. As a result, physicians and nurse practitioners often prescribe Yoga for cancer patients and their families. As it becomes better appreciated that evidence-based Yogic techniques will ameliorate many of the debilitating side effects of cancer treatment and improve the patient experience at less cost than pharmacologic interventions, there will be an increasing demand for oncology-trained Yoga therapists.

CIC #3d: Releasing the Shock of a Cancer Diagnosis Through Yoga Therapy

Anne Pitman
Ottawa Integrative Cancer Centre

Objectives: “You have cancer”; all cancer patients remember the lived experience of hearing those words. They remember the date, the room, maybe even the doctor’s expression. Some aspects of shock can remain as significant body memory indefinitely - the protective tension at the centre of the body, the eyes wide and rigid, the whole body still, barely breathing. This sympathetic nervous system pattern can linger, continuing to signal the body to protect against imminent danger, resulting in a feeling of uncomfortable vigilance or generalized anxiety. People can feel as though they are not in their body, not in the present, and thus not able to support themselves or direct their care. Participants of the Cancer CIC will find this presentation valuable as it demonstrates simple ways of working with diagnosis shock, a common patient experience. The wisdom of yoga asana and somatic experiencing distills to a unique and potent practice that acknowledges, de-patterns and releases shock.

Description: I would start with these words: “You have Cancer”. Then ask people at the table to bring awareness to the felt sensations of their body and breath. (If those words don’t create a strong sympathetic tone I would ask that they remember a salient shocking experience in their life). Once the pattern of shock in the body is noticed and acknowledged, I will lead them, seated, through a direct experience of the nervous system. Cultivating curiosity, we will begin with an inquiry of slow somatic oppositional movements with the eyes, the head and the spine, intending to gently release shock and communicate safety. Looping awareness from “frozen” areas to neutral will widen perspective and change sensation. Many aspects of the exhaled breath will be explored and practiced with a friendly, non-insistent attitude. Most likely, attendees will notice their embodied shock has softened, and they feel grounded, balanced (both relaxed and energized) and fully present.

Interest to the Community: Through yoga we can have a direct conversation with the nervous system and begin to heal the trauma of a cancer diagnosis. As yoga therapists we can help clients face into cancer with grounded authenticity and regain agency in their treatment and self-care. Through embodied practice, Yoga Therapists can empower their clients, and subsequently teach doctors and health practitioners these simple movements to support patients in their offices, enhancing overall integrated cancer care.

CIC #3e: Yoga Therapy for Breast Cancer Survivors

Joan Ryan
Radiant Wellness Yoga Therapy

Objectives: To share the outline for an 8 week multifaceted yoga therapy program for breast cancer survivors offered for the past 3 years at Baptist MD Anderson Cancer Center Jacksonville, Florida.

Description: 8 week program Week 1=What is yoga? How it can help you improve the quality of life as a breast cancer survivor? (Guest Speaker Breast Cancer Survivor) Week 2=What is stress and how does it impact your life as a breast cancer survivor? And your life in general? (Guest Speaker Hospital Oncology Dietician) Week 3=Breathing, Breath Awareness and Health. Week 4=Postural Health (Guest Speaker Plastic Surgeon) Week 5=Body Awareness, Stress and Health.(Guest Speaker Lymphatic Massage Therapist) Week 6= Emotional Health (Guest Speaker Hospital Mental Health Counselor). Week 7 Energetic Health (Guest Speaker Accurpuncturist). Week 8=Spiritual Health.

Interest to the Community: This program successfully offered four times a year for the past 3 years is a prototype for offering Yoga Therapy to all types of cancer survivor groups.

CIC #3f: Yoga for Survival, Yoga for Life

Sara Szeglowksi
Shine Yoga

Objectives: Participants of the cancer community will find this presentation valuable because it addresses how to engage female survivors in their 30s and 40s in a lifelong yoga practice. The majority of general yoga practitioners are young women, yet yoga teachers often have difficulty filling a studio for yoga for cancer classes. The presentation aims to educate the community about the unique needs of young female survivors and provide strategies for reframing "cancer yoga classes" so that they fit into the hectic world of mothering young children, building a career and dealing with post treatment symptoms that have a huge impact on the new normal of survivorship. The presentation will provide strategies for building relationships with hospitals and providers, outreach and marketing, approaches for connecting yoga to the bigger life picture for people who are new to yoga, and ways of transitioning clients from cancer classes to a lifetime of yoga.

Description: I am a young cancer survivor, writer, yoga teacher, and studio owner. Like many survivors, I found that the real terror of a cancer diagnosis came when all the treatment was done. A year and a half ago, I began writing a blog, "My Careful, Joyful Life...afetr cancer" that sought to provide both myself and other young mothers, careerists, and survivors with a roadmap for preventing recurrence. The blog is rich in resources, reflections on the fear that so many survivors deal with, and the joys of

real life. The blog peaked interest from Rosewill Park Cancer Institute and I was asked to develop a yoga video for the more than 200,000 cancer patients receiving treatment at Roswell. Yoga became more and more important to my recovery from cancer treatments and my ability to live my life again. I began teaching again and this last October opened a studio specializing in therapeutic and alignment based yoga and currently offer a yoga for cancer class through my studio.

Interest to the Community: Although I have a background in public relations and was able to get a great deal of local publicity for my Yoga 4 Cancer classes, I still had difficulty filling them. I thought about the classes from my own perspective as a survivor and changed the way I marketed them. Yoga gives these women a tangible tool that allows them to bring other healthy strategies into their lives, it is also a powerful demographic that can help our community to integrate yoga into cancer and survivor healthcare.

CIC #3g: West Moves East

Robyn Tiger
Yoga Heals 4 Life

Objectives: Participants of the Yoga for the Cancer Community CIC will find this presentation valuable because it addresses that patients are comprised of so much more than just their disease, and that there is a significant hole in patient care which needs to be filled. Patients need assistance in healing at all layers of being. That hole is filled by a safe and effective evidence-based yoga practice created specifically for those with cancer.

Description: As a physician, I spent 15 years in Diagnostic Radiology with a focus on Women's Imaging. I realized early on in my career that there was a large portion of patient care that was missing: the healing component. Cancer treatments often result in physical limitations, emotional distress, and dampened spirit. For years, I knew that my job as a doctor was not nearly complete. Finding a patient's cancer was just the beginning of what they needed. Yoga's profound impact on my life combined with substantial medical research showing the benefits of yoga opened my eyes to my true dharma. I founded Yoga Heals 4 Life, integrating my knowledge and experience as a western medicine physician with the eastern science of yoga. Practicing yoga therapy enables me to fill that hole in patient care. Ultimately, my vision is the inclusion of yoga for cancer recovery as part of every patient's treatment plan, giving each patient the opportunity to take an active role in their own journey to healing.

Interest to the Community: It is imperative that patients be given the opportunity for complete care by including yoga for cancer recovery in their treatment plan. I propose teaching the tools of yoga to patients to aid in their healing path during all stages of their cancer journey from the time of diagnosis, post operatively, during chemotherapy and radiation therapy, and beyond.

CIC#4: Yoga Therapists Today: Careers with Meaning

Co-chairs:

- Mary Partlow Luttamus, MSW, RYT 500
- Biz Magarity, E-RYT

With the increasing visibility of yoga therapy as a practice and a vocation, we have remarkable opportunities to represent the field as practitioners, business owners, members of integrative health teams, researchers and, above all, advocates for our profession. Successful yoga therapists in this emerging field must be able to apply the tools of yoga in the context of a therapeutic relationship. Equally important, we need to embrace a constantly changing health care environment and a new paradigm of health and well-being while keeping a watchful eye on the marketplace to find ways to utilize and benefit from our skills and knowledge. In this session, you will hear from colleagues that have adopted an entrepreneurial mindset in order to launch their businesses and careers in yoga therapy. Learn how others have ignited the fires of creativity and innovation to turn their passion into a profession and leave with ideas that you can use to awaken your entrepreneurial spirit and propel your career forward.

CIC #4a: Bringing Yoga Therapy into Academia: The How and Why

M. Mala Cunningham
Positive Health Solutions

Objectives: Yoga Therapy classes have a place in academia. With healthcare workers suffering from high burnout levels and low morale, medical centers & medical education departments are looking for options to address these problems. Nursing and Medical Schools have become increasingly interested in providing students and healthcare workers to compassionate care initiatives that include yoga therapy and mindfulness interventions. Participants in this Careers with Meaning CIC will find this presentation valuable as it will address and provide participants with:

1) an awareness for the need to bring Yoga Therapy courses into Academia, and 2) will provide ideas and strategies for how to introduce and implement yoga therapy classes into Medical and Nursing Schools.

Description: This CIC is for those Yoga practitioners who would like to teach concepts of yoga therapy in an academic environment. I will share some ideas of how I have developed and successfully brought Yoga Therapy courses into the Univ. of Virginia Medical and Nursing Schools. My goal is to share what I have learned, provide ideas and inspire Yoga Therapists to consider reaching out to academic institutions with creative ideas for teaching yoga therapy courses and classes. I will share strategies that have been successful at the Univ. of Va. and will share

ideas for designing a Yoga Therapy 3 credit semester course.

Interest to the Community: This CIC is for those Yoga Therapists who would like to teach Yoga Therapy in an academic environment. I will share how to get started, who to contact, and how to format a semester long course for teaching Yoga Therapy as a compassionate care initiative. I believe that higher education and academia is a welcoming environment for yoga therapy to be taught. Implementing Yoga Therapy courses into higher education is an opportunity to expand and grow the field of Yoga Therapy as a whole.

CIC #4b: Educating High-Stress-Career Populations to Serve Professionals and to Promote Yoga Therapy and Mindfulness

Clare E. Freeman
Source for Mindfulness, L.L.C.

Objectives: Participants in the Careers with Meaning CIC will find this presentation valuable because it addresses ways to reach professional populations shown to need the services we offer, who are currently under-served in terms of exposure to yoga therapy and mindfulness practices. This presentation will address new avenues for educating professional populations that may not be aware of the need for and benefits of yoga therapy and mindfulness. It will include a discussion of methods and statistics to better cater to these populations. Attendees will receive ideas for using professional conferences and seminars as advertising avenues to grow their practices.

Description: Professionals, like doctors, lawyers, and executives, suffer from high rates of depression, anxiety, compassion fatigue, and burn out. These populations lack exposure to the benefits of yoga therapy and mindfulness practices. Professional associations, however, are becoming increasingly familiar with terms like “mindfulness” because of the current media buzz surrounding such terms. These associations are eager to promote new methods for increasing professional satisfaction and competence. As yoga therapists, we can fill this void, expose these professional populations to the benefits of our career field, and use professional presentations as a means for promoting our practices. As a former criminal-defense attorney who has been promoting yoga therapy and mindfulness to bar associations since 2012, I would like to share ideas about reaching these professional populations in ways to benefit the professionals and lead to increased advertising and professional exposure for yoga therapists.

Interest to the Community: We are all seeking to grow yoga therapy as a profession. Exposing other professional fields to our work creates new client populations while serving people suffering from stress, burn out, depression, and anxiety. Together, we can explore ways to break into professional presentations to serve more clients in pressing need of our services.

CIC #4c: The Yoga and Business Mix— They Aren't Oil and Water

Susi Hatley
Functional Synergy inc.

Objectives:

- Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses how they can earn a living in yoga therapy.
- This session will demonstrate that business and yoga therapy do mix and as a yoga therapist, they can be a success by yogically applying basic business principles.
- Participants will understand that they don't have to compromise their fundamental beliefs and values as yoga practitioners in order to build and run a successful yoga therapy business.

Description: Just as the yamas and niyamas are principles that deepen one's yoga practice, business has its own set of principles. When applied to a yoga therapy company, these principles will help it run that much more smoothly and effectively. I will address 3 of these basic principles in this 10-minute talk:

- business is relationship and marketing is communication;
- planning is powerful; and
- fiscal management leads to freedom.

To highlight, I will share 3 inspiring real life examples of how therapists applied these principles and were able to fine-tune their businesses and their lives. Chaos turned to calm, uncertainty turned to clarity and doubt turned to confidence—a synergistic blend of yoga and business. It can be done.

Interest to the Community: There is a widely held belief that it's not possible to make a living in yoga therapy. Many who do are barely eking out an existence and/or are burning out in the process. It doesn't have to be that way. There is a catch though. They can't just put it out to the universe and expect that clients will flock to their door. The yoga community needs to get the message that they can make a living—the key is to keep the yoga in the business while artfully applying business to the yoga.

CIC #4d: "I'd love to try yoga, but . . ." Overcoming Barriers to Practice by Offering Gentle Yoga in a Clinical Setting

Carol Krucoff
Healing Moves Yoga, LLC & Yoga for Seniors

Objectives: This presentation will discuss the Gentle Yoga program at Duke Integrative Medicine, part of the Duke University Health System. This unique class enables participants with a wide variety of health challenges to learn a safe, effective yoga practice as part of a like-minded community, for just a \$10 drop-in fee (or free to clinic members). Participants of the Careers with Meaning Community will find this presentation valuable because it offers a strategy for affordably bringing the healing tools of

yoga to people with physical limitations who cannot or would not participate in a "regular" yoga class or pay for private sessions. It also builds bridges with physicians and other providers in a clinical setting and enables doctors to refer their patients to a reputable, low-cost yoga program. Gentle Yoga has attracted new members to the clinic and fitness center and for non-members, the \$10 drop-in fee is more affordable than most other area yoga classes.

Description: We began offering Gentle Yoga at Duke Integrative Medicine in 2010 as a way to provide an appropriate yoga practice for clinic patients, caregivers and others whose health challenges made them reluctant to try a "traditional" yoga class. Flyers for the program stress that "no yoga experience is required," and that participants could sit in a chair if they needed and/or wanted to and that the practice is suitable for anyone who is able to breathe. The class attracts a broad array of students—mostly over age 50, but some younger—with a wide variety of health issues including chronic pain, heart disease, cancer, osteoporosis, IBS, PTSD, and blindness. The class became so popular that we were turning people away, so we now offer a second class.

Interest to the Community: The Gentle Yoga class offers a unique service within the Duke University Health Care System, as it allow doctors within the hospital community to feel comfortable referring their patients to yoga. We receive referrals from a wide variety of specialty areas including cancer, neurology (Parkinson's Disease), cardiology and orthopedics. The class also has brought more clients into my Yoga Therapy practice.

CIC #4e: Facebook Groups and Webinars: How to Grow Your Community and Your Business with Awesome Online Content

Laura Kupperman
www.laurakupperman.com

Objectives: Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses an effective online strategy to grow your yoga therapy business. Participants will learn why building community and delivering outstanding free content can be the backbone of business growth, especially if you have - or want to add - online offerings, e.g., a paid online course, videos, Skype sessions. It is my objective to make this an accessible and lively presentation in which participants will learn the basics (and beyond!) of Facebook groups and webinars, and explore how to use them to their best advantage. Participants with "tech phobia" or "social media fatigue" are welcome, as are experienced digital marketers.

Description: For most yoga therapists marketing is about as much fun as a 10 minute urdhva dhanurasana. At its essence though, marketing is simply *letting people know that you exist and can help solve a problem.*

If you can connect with potential clients and give them a taste of how you can help them, they will eventually become *followers*; people who know and trust you, and look to you as a valuable resource. Followers are impor-

tant because they are much more likely to become customers than people who don't know you. Additionally, the more followers you have the better you will understand the pain points of your target market and be able to develop home run services that precisely meet their needs.

In my experience and that of many entrepreneurs, Facebook groups and webinars are amongst the best free / low cost platforms to cultivate your tribe of followers. When used together strategically they can be a springboard for a variety of offerings that make your customers happy and your business grow.

Interest to the Community: Facebook groups are the ideal online hangout for like-minded people to communicate, share resources, and support each other. Webinars are a great vehicle to share information with your target audience. By intelligently incorporating these platforms into your online content strategy, you can accelerate your business growth and position yourself as a trusted expert. Come learn how these platforms work in synergy and why they are a natural fit for yoga therapists.

CIC #4f: Building an Evidence-Based Speciality Program

Steffany Moonaz
Maryland University of Integrative Health, Yoga for Arthritis

Objectives: 1) To explain "evidence-based practice" and dispel common myths about how it relates to ways of knowing and yoga philosophy. 2) To describe the development of Yoga for Arthritis as an evidence-based speciality program, including the ways in which it has been informed by research evidence and has contributed to further research evidence. 3) To provide a template for the development of evidence-based speciality programs through collaboration between yoga professionals and career researchers. 4) To promote the role of speciality programs as an important component of yoga therapy training and continuing education for yoga professionals, clinicians, and the general public.

Description: In 2003, I started working at Johns Hopkins Arthritis Center as research coordinator and later as a doctoral student. Our research on the effects of yoga for RA and OA has been replicated and adapted for diverse populations and conditions. It has resulted in multiple publications that have reached medical professionals and yoga professionals. It was also the groundwork for a yoga specialty program that is offered in a dozen states and has trained hundreds of professionals. The development of an evidence-based specialty program is a viable career option for yoga therapists with passion and experience working with a special population. The yoga therapist can serve as a subject matter expert on research teams, help to develop protocols, and assist in dissemination of findings to a broad audience. Such efforts can help make yoga accessible, appropriate, and available for populations that may have previously not been encouraged to incorporate yoga into disease management and self-care.

Interest to the Community: Specialty programs serve an important role in the field of yoga therapy. They provide

the opportunity for yoga professionals to dive deeper into a specific area and to specialize in their work. They can also provide programs for clinical populations, tailored to their needs and limitations. With the exponential growth in yoga research comes the possibility of developing evidence-based specialty programs, translating findings into quality care and bring peace of mind to referring clinicians.

CIC #4g: Strategies for Incorporating and Expanding Yoga Therapy in an Integrative Primary Care Practice: A Transformative Team-Based Coordination of Care

Mary Pappas-Sandonas
Casey Health Institute

Objectives: Participants of the Careers With Meaning CIC will find this presentation valuable because it addresses various strategies for incorporating, and expanding yoga therapy into an integrative primary care practice where patients and a diverse group of practitioners work together to reach optimal health and wellbeing for patients. The successful integration of yoga therapy into this innovative medical setting requires the unification of an ongoing, highly collaborative, mutually deferential, consultative relationship between providers and patients. That relationship fosters a holistically supportive environment and substantiates the transformation of the way healthcare is delivered. In doing so, the patient/provider relationship is transformed through team-based, real-time communication and coordination of care. In this medical model, yoga therapy is elevated to an integrative treatment that is valued in the same manner as all other integrative treatment modalities.

Description: Yoga Therapy (YT) can turn a skeptic into a practitioner. A patient with IBS began care saying "I don't know how yoga can help me, but at this point I'm willing to try." After a Yoga Therapy Short Course for Digestion that same patient said, "I don't know how yoga works, I just know it takes my pain away." Incorporating YT into Primary Care involves: 1. Points of Entry: Clinic Float Times, Internal/External Referrals, Yoga Class/Community Night Yoga, Online search 2. Appointment/Pricing/Tiers: Price Sensitivity/Accessibility 3. Biweekly Supervision/Collaboration: Sequencing 4. Individualized Asana/Pranayama Photo/Instruction Booklet, Self-Reported Class Progress Questionnaire, Home Practice Log 5. EHR documentation of YT Patient Progress Notes: Specific Charting 6. Provider Grand Rounds, EHR Texting: Updated, real-time care coordination 7. Follow Up Options: YT Group Class, Chair Yoga, Specialty/General Classes.

Interest to the Community: This presentation is of interest to the community as it offers a truly innovative medical model and proven experiential strategies for incorporating and expanding yoga therapy into primary care. Both patients and providers alike benefit as a result of this holistically team-based, collaborative relationship. Primary care has been recreated with the advent of the Affordable Care Act and its focus on prevention. This focus naturally aligns itself with the transformative nature of yoga.

CIC#5: Supporting Our Nation's Military and Veteran Communities

Co-chairs:

- Robin Carnes, MBA, E-RYT 500
- Natasha Glynn, RYT

The US Department of Veterans Affairs (VA) estimates that there are 22 million veterans living in the US, representing World War II through the post-9/11 conflicts. Although the veteran population in the US has declined since 1986, the number of veterans with a service-related disability continues to rise. For every active duty service member or veteran living with combat-related trauma, there are spouses, partners, children, extended family, friends and caregivers who cope with the effects of secondary trauma or caregiver fatigue. The Department of Defense and VA are working diligently to address the health needs of our veterans. Increasingly, these organizations are opening their doors to yoga and meditation professionals as the existing resources and treatments do not adequately address this population's needs. It is imperative that the yoga teachers and therapists employed in these pioneering endeavors are trained impeccably for the unique needs of veterans and families. In this CIC, we will bring six leaders in the field who are successfully bringing yoga and meditation to veterans with powerful results. Participants will have a chance to hear experts' "lessons learned" and to share and meet with other doing this work, or seeking to get involved.

CIC #5a: Caring for the Military Caregivers of the Wounded or Disabled

Lisa Todd Graddy

Objectives: This Presentation will highlight the interest under the military umbrella in Yoga Therapy for the Caregivers of the Military disabled population. It will review current structure and feedback from participants and give an overview to the program currently at Ft Knox for the Caregivers of the disabled military.

Description: Caregivers attend to the wounded, ill, injured or those diagnosed with PTSD. These patients are those who previously have served, retired, or still active duty soldiers. Some are in the Warrior Transition Battalion, WTB awaiting medical discharge. The VA has an established protocol for the caregivers of the identified group. The current caregiver program at Ft Knox, an active duty Army post, was established by the commercial organization that provides licensed mental health services to every branch of the military. It is currently limited to the mental health providers to offer services to the caregivers. The caregivers meet with the mental health providers, called Military Family Life Counselors once a month. I have been asked to participate by parodying a Yoga Therapy class

which includes asana's, breath work, visually guided meditation (or iRest practice).

Interest to the Community: This is an area where trained yoga therapists can participate in conjunction with the mental health community to provide both support and skills to lessen the stress of the military caregiver. This an identified area of need both at the VA level and the active duty level for these caregivers of the disabled military group.

CIC #5b: Developing a Yoga Therapy Program for Veterans with Chronic Back Pain

Shelley Levine

Integrative Pain Management, East Orange Campus, VA New Jersey Health Care System

Objectives: This presentation will help attendees understand:

1. The importance of focusing on chronic back pain in the veteran population.
2. The role of yoga therapy in managing chronic back pain in the veteran population
3. The development and creation of the Yoga for Chronic Back Pain series within the East Orange VA Medical Center.
4. The role of the lead physician, commitment from administration, and need to educate and involve referring practitioners.
5. Choices made in structuring the series using yoga therapy principles with attention to existing co-morbidities.
6. Lessons learned and changes implemented.

Description: The chronic back pain series is based on Viniyoga principles and incorporates concepts from the Karen Sherman NIH studies as well as trauma-sensitive approaches from Peter Levine, Bessel Van der Kolk and Richard Miller. The initial series was given twice weekly for 12 weeks. Eight weeks are an introduction to breathing for structural support, graduated movement, PNF, pranayama, and meditation. The last 4 weeks offered YT strategies for stress, sleep, and anxiety. I am revising the series to an 8-week series in March based on observations and feedback and results will be presented at the SYTAR. Groups are small enough to provide individualized instruction.

Interest to the Community: The VA is committed to multi-modality approaches to pain control. Navigating through the VA system can be challenging. It is possible to create yoga therapy programs in VA's provided by paid yoga therapists. This presentation describes one yoga therapist's experience in helping to create a yoga therapy program at the VA level and the active duty level for these caregivers of the disabled military group.

CIC #5c: Safety, Predictability, and Control as Foundations for Recovery and Resilience

Daniel J. Libby
Veterans Yoga Project

Objectives: Participants of the CIC will find this presentation valuable because it addresses the community's interest in strategies for most effectively supporting our nation's military and veteran communities with the tools of yoga. Participants will 1) understand the role of Safety, Predictability, and Control in the experience of trauma and in the experience of veterans recovering from post-traumatic stress disorder; 2) understand how emphasizing Safety, Predictability, and Control in yoga practice can accelerate recovery and resilience; 3) learn specific techniques for enhancing Safety, Predictability, and Control in the classroom.

Description: Millions of veterans (and civilians) suffer from trauma-related conditions including post-traumatic stress, traumatic brain injury, and chronic pain. Traumatic events are characterized by a lack of safety, a lack of predictability, and a lack of control. Individuals who develop trauma-related challenges after a traumatic event often feel as if their everyday moment-to-moment experience lack these three essential requirements for psychological health and wellness. Emphasizing safety, predictability, and control in our teaching can accelerate the process of recovery and resilience by helping our students achieve greater autonomic regulation, leading to an expansion of thought-behavior repertoires, which characterizes the post-traumatic growth process.

Interest to the Community: As more military and veteran treatment programs integrate yoga as a complementary part of integrative treatment, yoga instructors and yoga therapists will be expected to have a basic understanding of trauma and how to competently support veterans who are recovering from post-traumatic stress. Learning specific ways to enhance safety, predictability, and control in multiple aspects of the yoga therapy encounter will help us serve military and veteran communities more safely and effectively.

CIC #5d: Insight into the Military Experience and the Return to Civilian Life

Louise Mahoney
WRIISC, VA Palo Alto Health Care System

Objectives: Participants of the Supporting Our Nation's Military & Veteran Communities CIC will find this presentation valuable because at the end of the presentation they will gain a unique understanding and empathy for the military community and will:

1. Learn valuable background information on the military including "creeds" - basic code of ethics for each branch of service
2. Have a better understanding of training and deployment conditions
3. Be aware of the strength of bonds with fellow members of their unit
4. Develop compassion for the unique stressors of military life
5. Learn about the factors that make it difficult to transition into civilian life after leaving service
6. Have a better understanding of how the fundamentals of yoga can help Veterans

Description: Yoga teachers are taught to meet the student where they are. By understanding what Veterans experienced during training and service, yoga practitioners will be able to adapt yoga to a Veterans specific needs. I will paint a picture of military training (boot camp) and how it's designed to create an artificial stress environment-to test the character and strength of recruits. I will describe the unique conditions and stressors of deployment in and out of a combat zone. The unique idea in this presentation is that all Veterans, deployed and non-deployed, were subjected to stressors that impact their life. Veterans were separated from their families and developed close bonds with other members of their unit and become used to living in an authoritative environment. They miss their buddies and the structure when they return home. Coping skills used to survive in the military do not serve them well when they return to civilian life.

Interest to the Community: I will cover common misperceptions about the Veteran community. Veterans are trained to push through pain at all costs-often causing more harm and injury. I will provide tips to help Veterans learn a new approach and illustrate how the 8 limbs of yoga align with military creed. Insight into the military world will guide the yoga provider to help Veterans live with long term physical and emotional injuries from military service and help them find a path to healing and adapting to civilian life.

CIC #5e: The Need for Yoga Therapy in Law Enforcement

Michael Quinn

Objectives: The objective of this presentation is to demonstrate the need for yoga and mental health therapy in the field of law enforcement. Yoga therapy can serve as preventative maintenance to avoid the build up of trauma, mental anguish and injury for new officers and can be used to heal trauma and injury in veteran officers. Police are domestic soldiers and are at war every day and they accumulate trauma over the course of days and years. As this trauma builds it begins to affect the physical and decision making abilities of the police officer resulting in a host of issues for the communities served, conflict in the personal life of officers and the increased liability to city government and police departments. Participants of the Military & Veterans Community will find this presentation valuable because it addresses the need for yoga therapy in an underserved population which operates according to a para-military structure and law enforcement employs a large amount of prior military.

Description: The idea is to create and implement a quality program that can be duplicated across police departments in the United States without compromising the mission of the police department or it's officers therefore making it easier to add it to existing physical fitness programs as well as gaining acceptance into employee assistance programs. Creating a program that minimizes the stigma yoga may receive in a law enforcement environment is crucial to increase the number of those who practice. The program would also include a meditative component to help officers stop operating from the limbic brain unless necessary thus resulting in more positive public interactions and peaceful off duty lives. The hope is to create a system that can be duplicated in police departments across the country.

Interest to the Community: I believe the community will find this topic of interest as it presents an emerging area for research and service. Law enforcement is in need of yoga therapy services and the experience of yoga therapists that go further than just asana but rather deeper into the physical and mental health benefits of yoga when presented in a therapeutic setting. If applied properly yoga therapy can result in improved relations between police departments and communities and create better police careers.

CIC #5f: Heart, Preparation and Tenacity: Getting In, Up and Going in the Veterans Health Administration

Pam Pence
Member, VA Yoga Working Group

Objectives: Participants of the Supporting our Nation's Military and Veteran Communities CIC will find this presentation valuable because it addresses the motivation, preparation, and tenacity helpful to gain access to and be successful in providing yoga to veterans through the Veterans Health Administration (VHA) system. The VHA has the largest healthcare system in the country by far, serving 8.3 million veterans annually. It has a unique culture due to its military ties and is sometimes difficult to access by those wanting to serve veterans with yoga. The VHA is also the most efficient avenue through which to serve large numbers of veterans because the veterans are already associated with the VHA.

Description: The idea is to 1) Motivate clarity and focus by describing the variety of opportunities available to serve and the importance of serving those to whom you are drawn, 2) Inspire by giving examples of the variety of groups of people I have served in the VHA system and the results, quotes and connections I have been inspired by to continue the work, 3) Encourage others by communicating the successes I've had by collaborating and putting out feelers and ideas. A list of organizations through which one can collaborate will be provided, 4) Prepare participants for action by declaring why they can do it and describing what I have found to be useful in gaining access and being successful in providing yoga in the VHA, including education and training, 5) Communicate the existence and actions of the VA Yoga Working Group, a committee of the Integrative Health Coordinating Center of the VHA Office of Patient Centered Care & Cultural Transformation.

Interest to the Community: The community has a desire to serve this population and may benefit by motivation and inspiration to stay the course. Specific information will be provided that will encourage and allow a broad range of participants to pursue who they want to serve in a way that nourishes them. It is my intension to create a buzz of possibilities and awareness of resources to connect.