

Yoga Therapy in the West: Integrating Yoga Philosophy and Integrative Healthcare Models

Amy Wheeler, Ph.D.



SYTAR 2017
SYMPOSIUM ON **YOGA THERAPY**
AND RESEARCH June 15-18, 2017
Newport Beach, CA

Keynote Speakers: John Weeks,
Aadil Palkhivala, Nicole Culos-Reed, PhD
Nikki Myers

Where your talents and the needs of the world cross, that is your vocation

The banner features a scenic background of a coastal town and ocean. On the right, there are four portrait photos of the keynote speakers. Below the photos is a photograph of a yoga class in progress, with participants performing a standing balance pose using a strap.

IAYT Ends Statement:

- IAYT exists to increase worldwide physical health, mental balance and spiritual consciousness through yoga therapy as a known, respected, healing modality.



There are many meaningful ways to practice yoga therapy.



Is it: 1) important & 2) possible to integrate yoga philosophy and western integrative medical models?



1) *Is it **important** to integrate yoga philosophy and western integrative medical models?*



**KEEP
CALM
AND
SAY
YES**

Why healthcare needs us now:

- Patient-centered communication & care
- Increased patient satisfaction
- Self-care of medical professionals is needed



COMMUNICATION SKILLS FOR PATIENT-CENTERED CARE

RESEARCH-BASED, EASILY LEARNED TECHNIQUES FOR MEDICAL INTERVIEWS
THAT BENEFIT ORTHOPAEDIC SURGEONS AND THEIR PATIENTS

BY JOHN R. TONGUE, MD, HOWARD R. EPPS, MD, AND LAURA L. FORESE, MD

An Instructional Course Lecture, American Academy of Orthopaedic Surgeons

Better physician-patient communication is linked to increased patient satisfaction and patient adherence to medication and treatment regimens as well as to improved clinical outcomes^{1,2}

patients, but only 21% of the orthopaedic patients reported satisfactory communication with their physicians. This gap was most evident in categories such as listening and caring and time

language and cultural barriers, increasingly complex medical treatments, and constraints from managed care. Good communication skills improve medical care and reduce

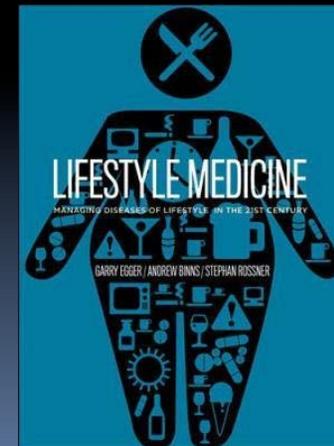
Why healthcare needs us now:

- Self-empowered practices (heal thyself)
- Teaching personal responsibility for health
- Prevention of disease with lifestyle medicine



Why healthcare needs us now:

- Personalized medicine
- Whole person wellness paradigm
- Complementary medicine



Why healthcare needs us now:

- Lowering costs of medical care
- Model for preventative lifestyle medicine

Journal of Occupational Health Psychology
2012, Vol. 17, No. 2, 246–258

© 2012 American Psychological Association
1076-8998/12/\$12.00 DOI: 10.1037/a0027278

Effective and Viable Mind-Body Stress Reduction in the Workplace: A Randomized Controlled Trial

Ruth Q. Wolever
Duke University School of Medicine

Kyra J. Bobinet
Aetna Inc.

Kelley McCabe
eMindful, Inc.

Elizabeth R. Mackenzie
University of Pennsylvania

Erin Fekete
University of Indianapolis

Catherine A. Kusnick
Headlands Consulting

Michael Baime
University of Pennsylvania School of Medicine

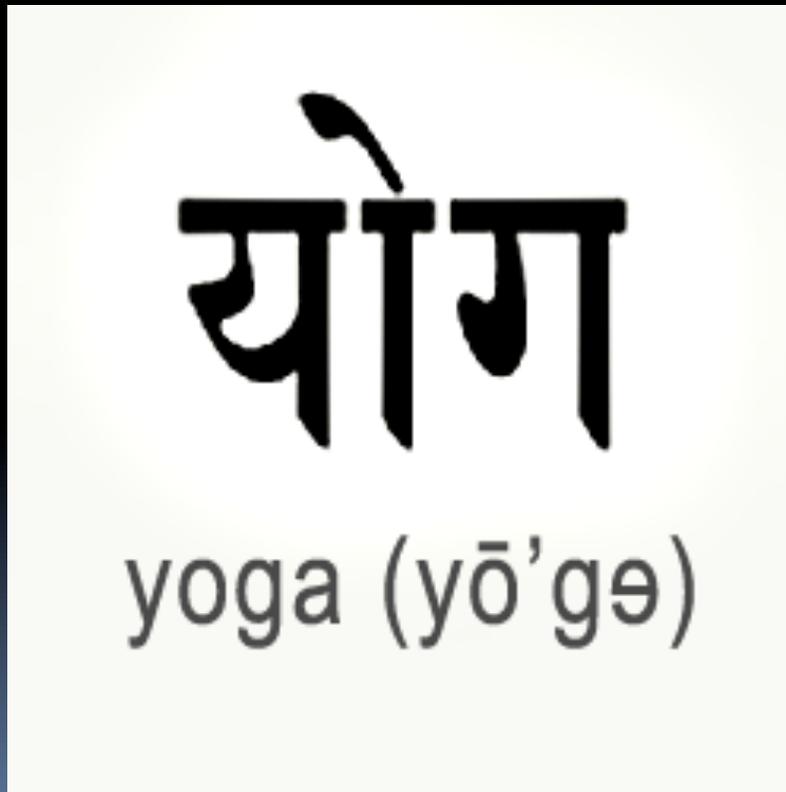
Highly stressed employees are subject to greater health risks, increased cost, and productivity losses than those with normal stress levels. To address this issue in an evidence-based manner, worksite stress management programs must be able to engage individuals as well as capture data on stress, health indices, work productivity, and health care costs. In this randomized controlled pilot, our primary objective was to evaluate the viability and proof of concept for two mind-body workplace stress reduction programs (one therapeutic yoga-based and the other mindfulness-based), in order to set the stage for larger cost-effectiveness trials. A second objective was to evaluate 2 delivery venues of the mindfulness-based intervention (online vs. in-person). Intention-to-treat principles and 2 (pre and post) X 2 (group) repeated measures analysis of covariance demonstrated significant differences between



The time is ripe for
Yoga Therapy in healthcare.



2) Is it **possible** to integrate yoga philosophy and western integrative medical models and **how?**



Chief Complaint:

S History of Present Illness:

Medical History:

Med Conditions	Medications	Allergies	Past Sx	Social Hx: Tobacco ETOH
----------------	-------------	-----------	---------	-------------------------------

Vitals: BP HR Temp

Clinical Exam

Extraoral: (Asymmetry, Swelling, Erythema, Pain, Parasthesia, TMJ)

Intraoral: (Swelling, Exudate, Erythema, Hemorrhage, Mobility, Occlusion, Pain, Biotype, Hard Tissues)

O Radiology: (PA, Pano, CT)

Endodontic Testing
Tests: # # # #
Cold:
EPT:
Perc:
Palp:
Prob:
Mob:

Assessment:

A

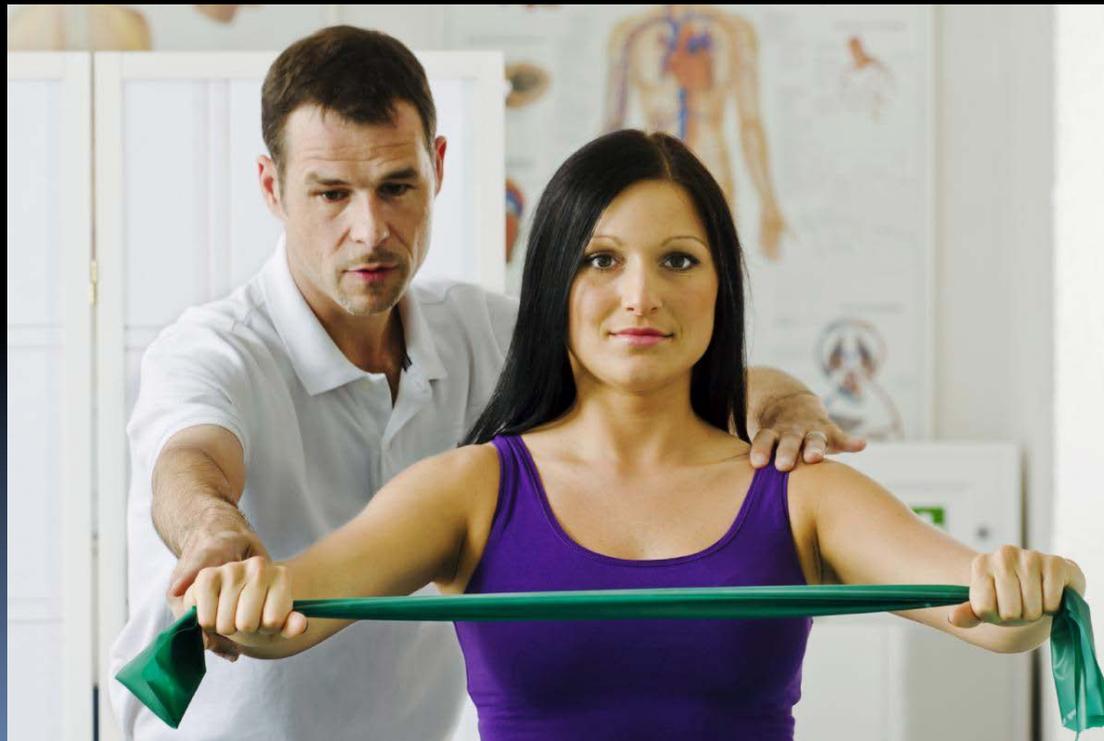
Plan:

P Treatment Rendered Today:

Therapeutic yoga & stress management for individuals and groups in healthcare settings



Use of yoga “tools & technologies” inserted into other licensed healthcare modalities





Therapeutic yoga for individuals and groups in
healthcare settings

VS.

Use of yoga “tools & technologies” inserted into
other healthcare modalities

VS.



Providing yoga therapy with yoga philosophy as
the foundation for assessment of the
individual and creation of a corresponding
therapeutic plan

Defining Yoga Therapy

Definition of Yoga Therapy

Yoga therapy is the process of empowering individuals to progress toward improved health and wellbeing through the application of the teachings and practices of yoga.

- 1) The assessment of the individual is based on yoga philosophy;
- 2) The therapeutic plan corresponds to the unique assessment of that individual;
- 3) The therapeutic plan is based on yoga phil.



We assist in healing deeper levels of the human system.

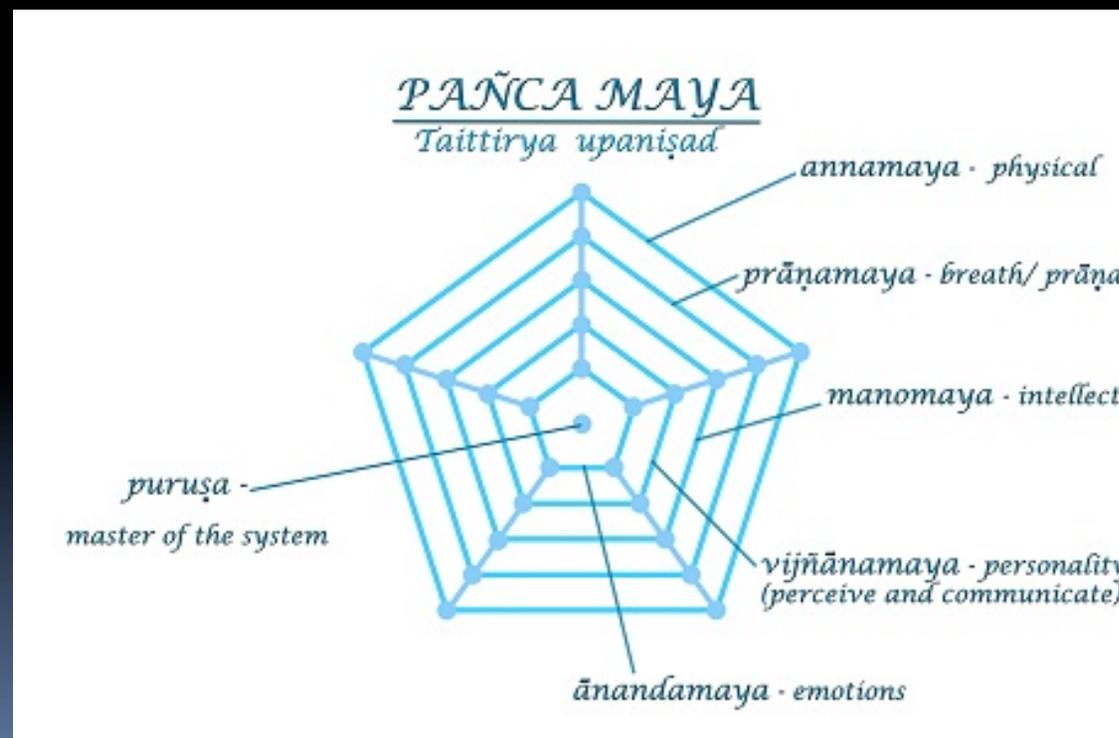
- Increased faith in Self, humanity, the divine;
 - Acceptance of the human condition;
 - Improved clarity about our relationships;
 - Answers deeper questions of life and death;
 - Contentment in the present moment;
 - Reflection on lifestyle and choices
 - ...THIS is where Yoga Therapy shines!
- 

Yoga Therapy Assessment



THE YOGA SUTRAS OF
PATANJALI

Assessment of individual using the panca maya model



Assessment of the individual using the panca maya model

Topic: PANCHA MAYA ASSESSMENT	Yoga Therapist Name: Objective Symptoms																				
Physical Layer		<p>S</p> <p>Chief Complaint:</p> <p>History of Present Illness:</p> <p>Medical History:</p> <table border="0"> <tr> <td>Med Conditions</td> <td>Medications</td> <td>Allergies</td> <td>Past Sx</td> <td>Social Hx: Tobacco ETOH</td> </tr> </table> <hr/> <p>Vitals: BP HR Temp</p> <p>Clinical Exam</p> <p>Extraoral: (Asymmetry, Swelling, Erythema, Pain, Parasthesia, TMJ)</p> <p>Intraoral: (Swelling, Exudate, Erythema, Hemorrhage, Mobility, Occlusion, Pain, Biotype, Hard Tissues)</p> <p>O</p> <table border="0"> <tr> <td>Radiology: (PA, Pano, CT)</td> <td>Endodontic Testing Tests: # # # #</td> </tr> <tr> <td></td> <td>Cold:</td> </tr> <tr> <td></td> <td>EPT:</td> </tr> <tr> <td></td> <td>Perc:</td> </tr> <tr> <td></td> <td>Palp:</td> </tr> <tr> <td></td> <td>Prob:</td> </tr> <tr> <td></td> <td>Mob:</td> </tr> </table> <hr/> <p>Assessment:</p> <p>A</p> <hr/> <p>Plan:</p> <p>P</p> <p>Treatment Rendered Today:</p>	Med Conditions	Medications	Allergies	Past Sx	Social Hx: Tobacco ETOH	Radiology: (PA, Pano, CT)	Endodontic Testing Tests: # # # #		Cold:		EPT:		Perc:		Palp:		Prob:		Mob:
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	Cold:																				
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	Prob:																				
	Mob:																				
Prana/ Breath Layer																					
Mental Layer																					
Personality Layer																					
Emotional Layer																					

Assessment of the individual using the yoga philosophy

KLESHAS

F - FEAR - ABHINIVESAH

I - IGNORANCE - AVIDYA

E- EGO - ASMITA

L - LIKES (ATTACHMENT) - RAGA

D - DISLIKES (AVERSION) - DVESA

Yamas: restraints

Ahimsa – non-violence (compassion toward yourself & others)
Satya – truth (being honest with thoughts, feelings & deeds)
Asteya – non-stealing (being content with what comes to you)
Brahmacharya – continence (self-restraint & moderation)
Aparigraha – non-greed (not coveting what others have)

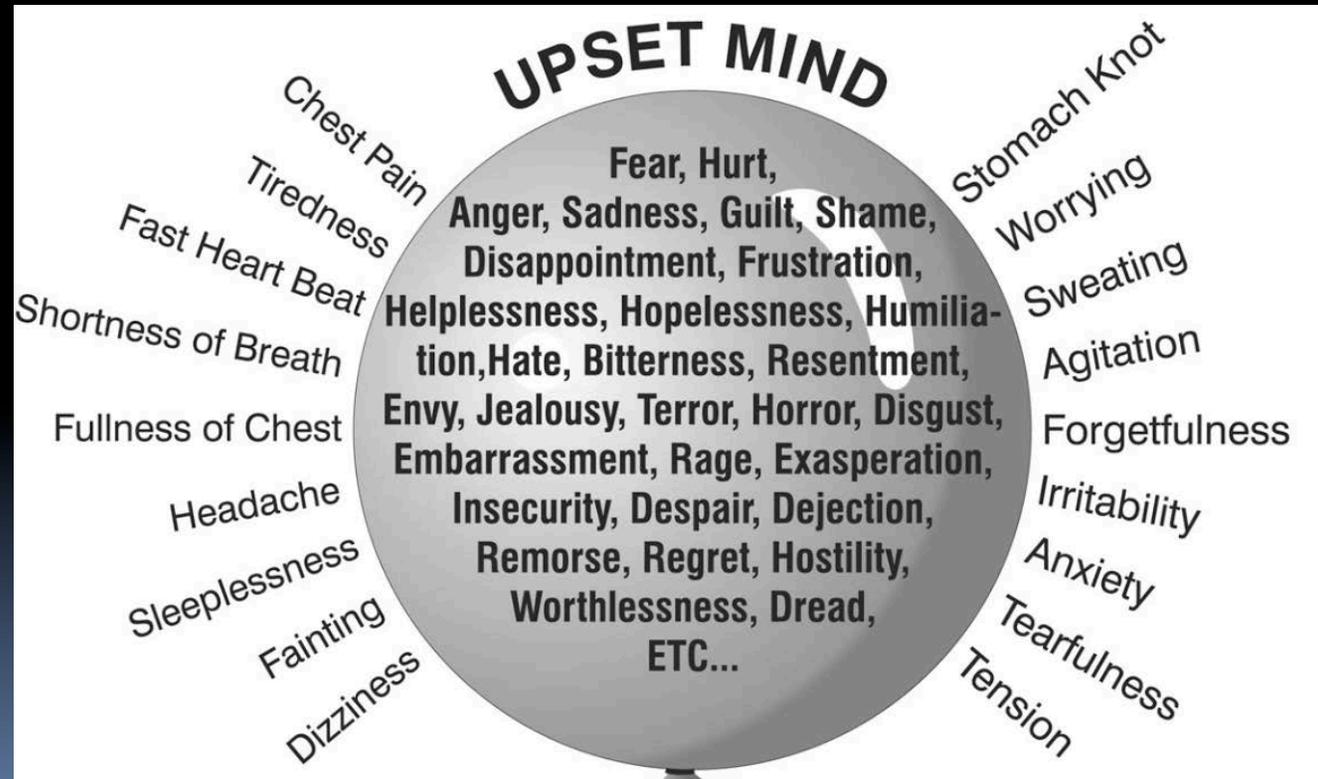
Niyamas: practices

Saucha – purity (cleanliness of mind, body & spirit)
Santosha – contentment (self-acceptance)
Tapas – self-discipline (heat & perseverance)
Svadhyaya – spiritual study (self-observation)
Ishvara pranidhana – celebration of spiritual enlightenment (surrendering to your higher power)

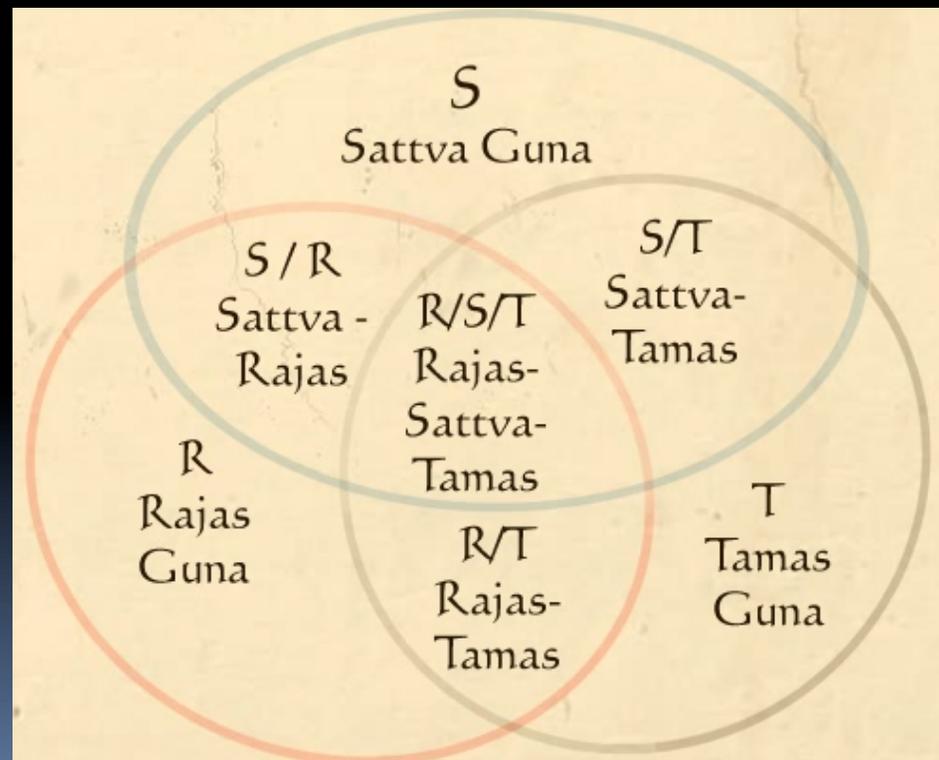
Assessment of the individual using the pulse



Yoga therapy assessment: Suffering begins in the “mind”



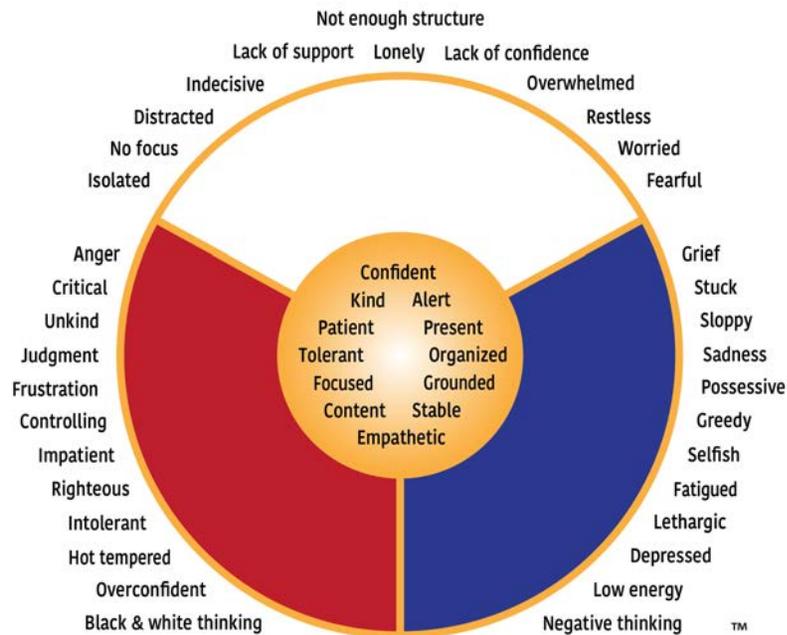
Assessment of the individual's mind using The 3 Guna-s Model



Mental-emotional assessment by Amy Wheeler

OPTIMAL State of Living™

Mental Emotional State Assessment Tool



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Spring 2017

YTT a publication of
The International Association of Yoga Therapists
YogaTherapyToday Volume 13, Issue 2, \$5

**C-IAYT
Grandparenting
Window Closes
June 30!**

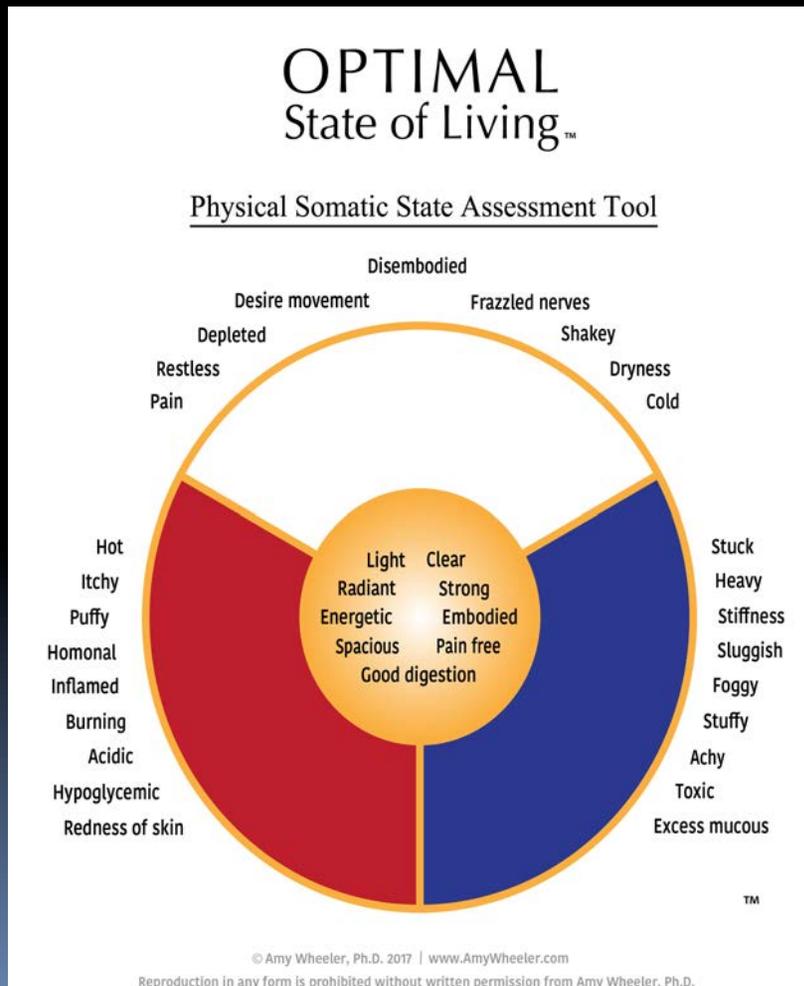
**Grandparenting Ends
JUNE 30
2017**

**IAYT Certified
YOGA THERAPIST**
APPLY NOW!
See Certification pages at iayt.org

There's never been a better time to be a yoga therapist!
See Page 8 for details

Mark Your Calendars!
SYTAR 2017 June 15-18 **SYR 2017** Oct. 16-18

Physical-somatic assessment by Amy Wheeler

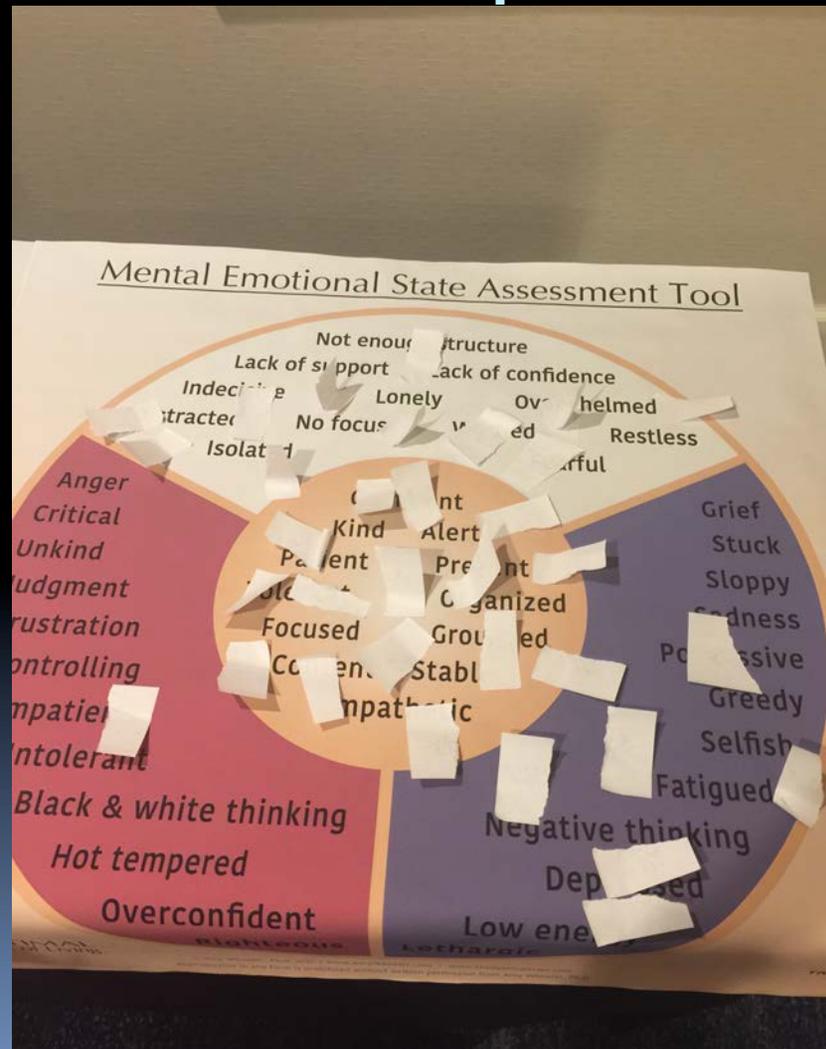


Feedback for teacher

Awareness for
student

Changes over time

Mental-emotional assessment SYTAR 6.17.2017 practice 😊



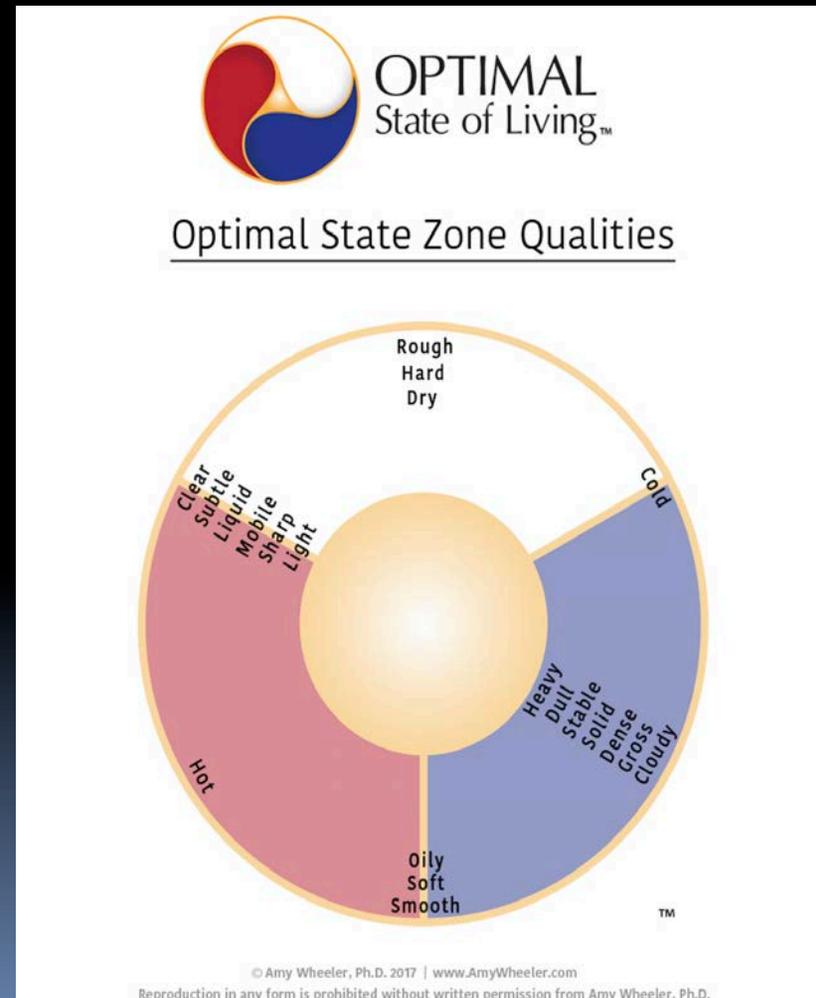
Assessment based on the 10 pairs of opposites

Authenticity to ancient texts

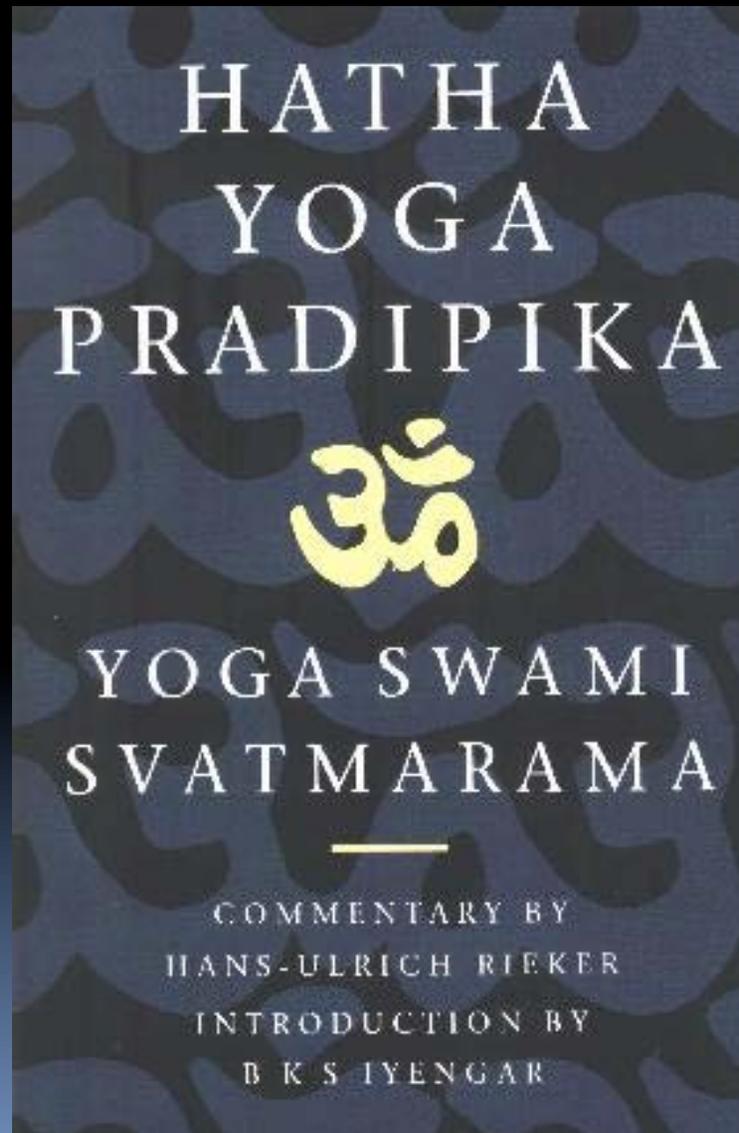
Maintain the function

Ease for user at beginning

Meeting them where they are and bring them along

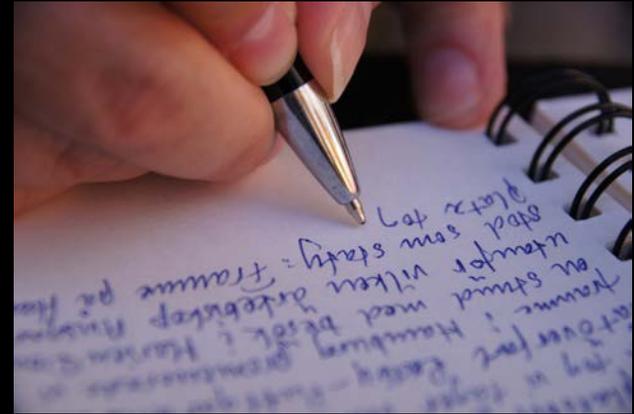


Therapeutic Plan



Therapeutic plan for reducing klesa

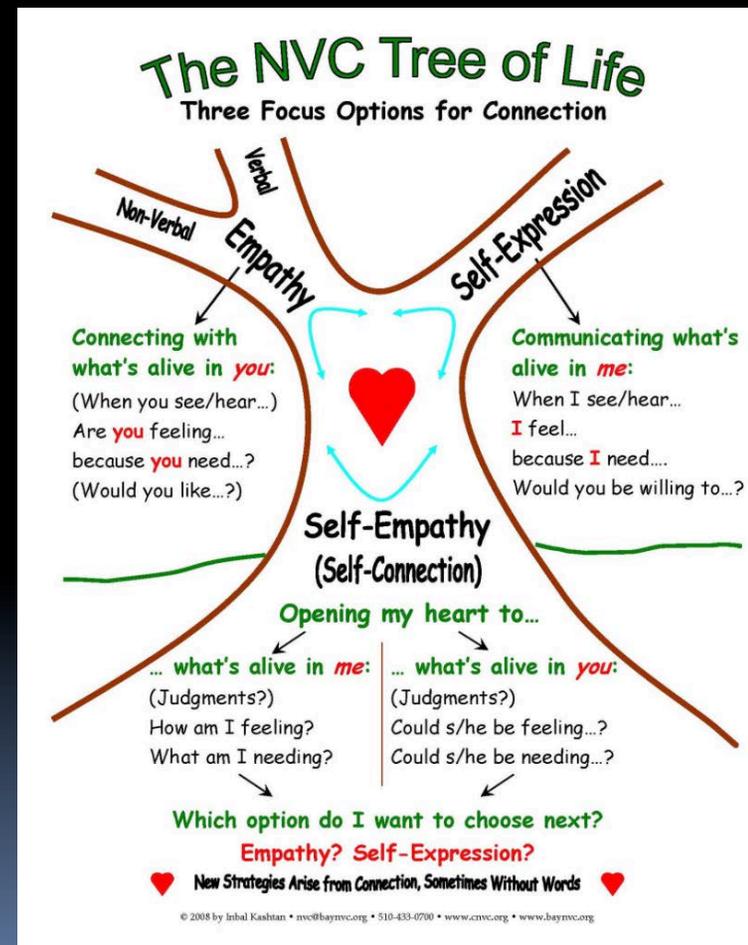
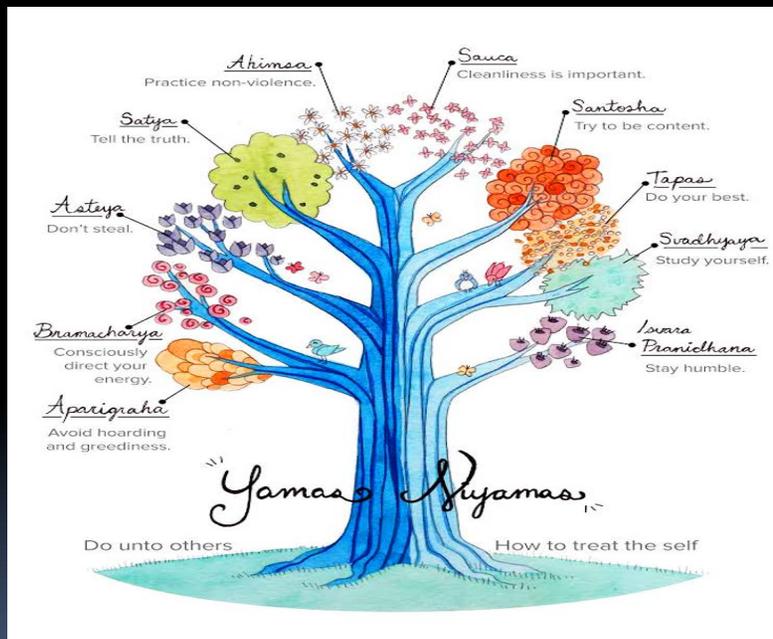
- Klesa-s:
- Misperception
- Misidentification
- Attachment
- Aversion
- Fear



krama pāthah

tat savītuh |
savītur vareṇyam |
vareṇyam bhargah |
bhargō devasyā |
devasyā dhimahi |
dhīmāhiti - dhimahi |
dhiyo yāh |
yo nah |
nah pracodayāt |
pracodayāditi pra - codayāt ||

Therapeutic plan for yama-s: Improved communication (satyam)



Therapeutic plan uses a comprehensive yoga approach

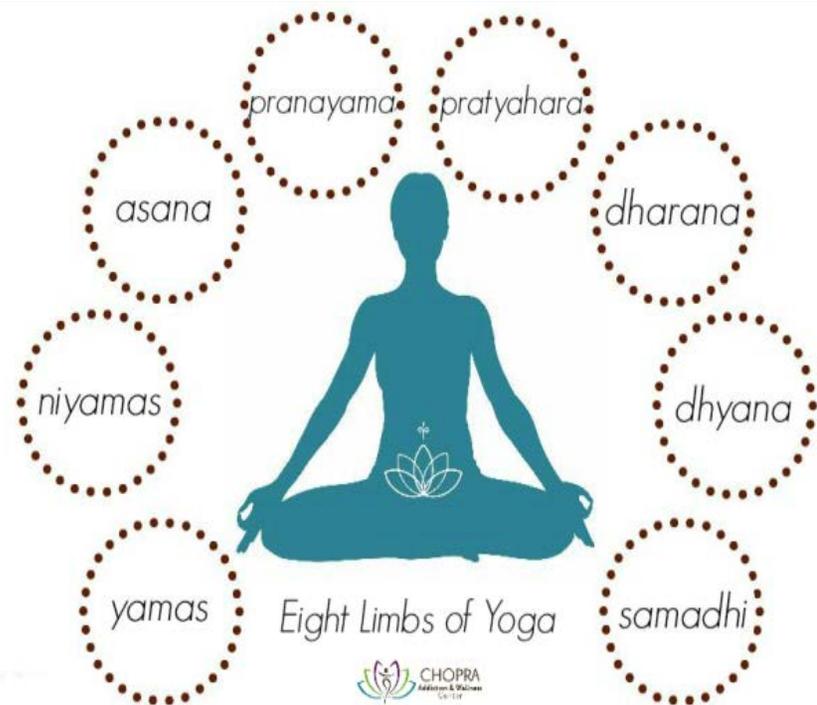
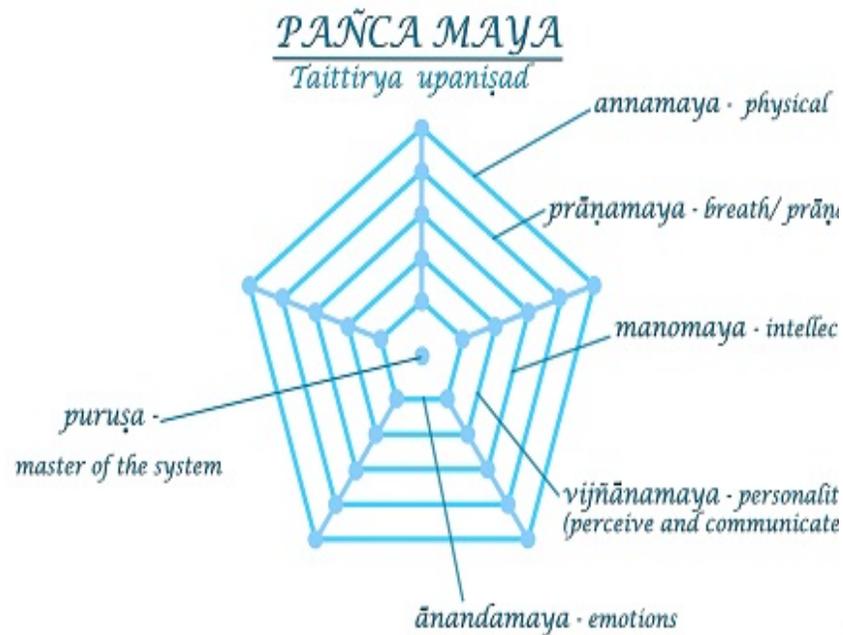
Course Planning Tool	Short-Term Goal (1 st prac.) Long-Term Goal (3 months)	Tools Chosen From Each Layer for Prac.
<u>Tools Chosen for Physical Layer:</u> Asana (Specific Postures)		
<u>Tools Chosen for Prana/ Breath Layer:</u> Pranayama (Breathing) Ahara (Food) Vihara (Lifestyle) Abyanga (Oil) Nidra (Sleep)		

Therapeutic plan uses a comprehensive yoga approach

<p><u>Tools Chosen for Mental Layer:</u></p> <p>Dharana/ Dhyanam/ Samadhi (Meditation) Visualization Opposite Perspective Textual Readings/ Reflection</p>		
<p><u>Tools Chosen for Personality Layer:</u></p> <p>Relationship Changes Svadhyaya (Self-Analysis)</p>		
<p><u>Tools Chosen for Emotional Layer:</u></p> <p>Mantra (chanting) Spirituality/ Religion</p>		

Keep the yoga philosophy in the care:

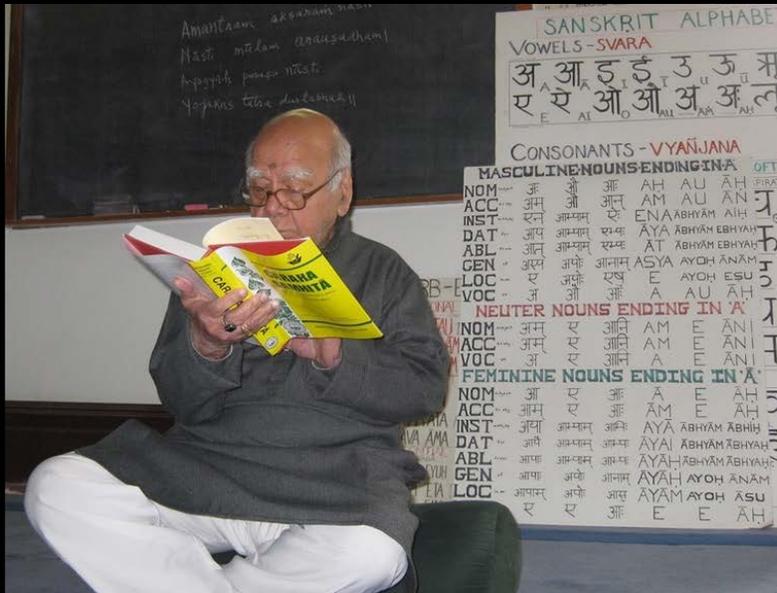
- Assessment based on yoga philosophy
- Therapeutic plan based on yoga philosophy



So how do we bridge yoga philosophy with healthcare?



We need to **think** with our language and **speak** with their language in order to instill confidence.



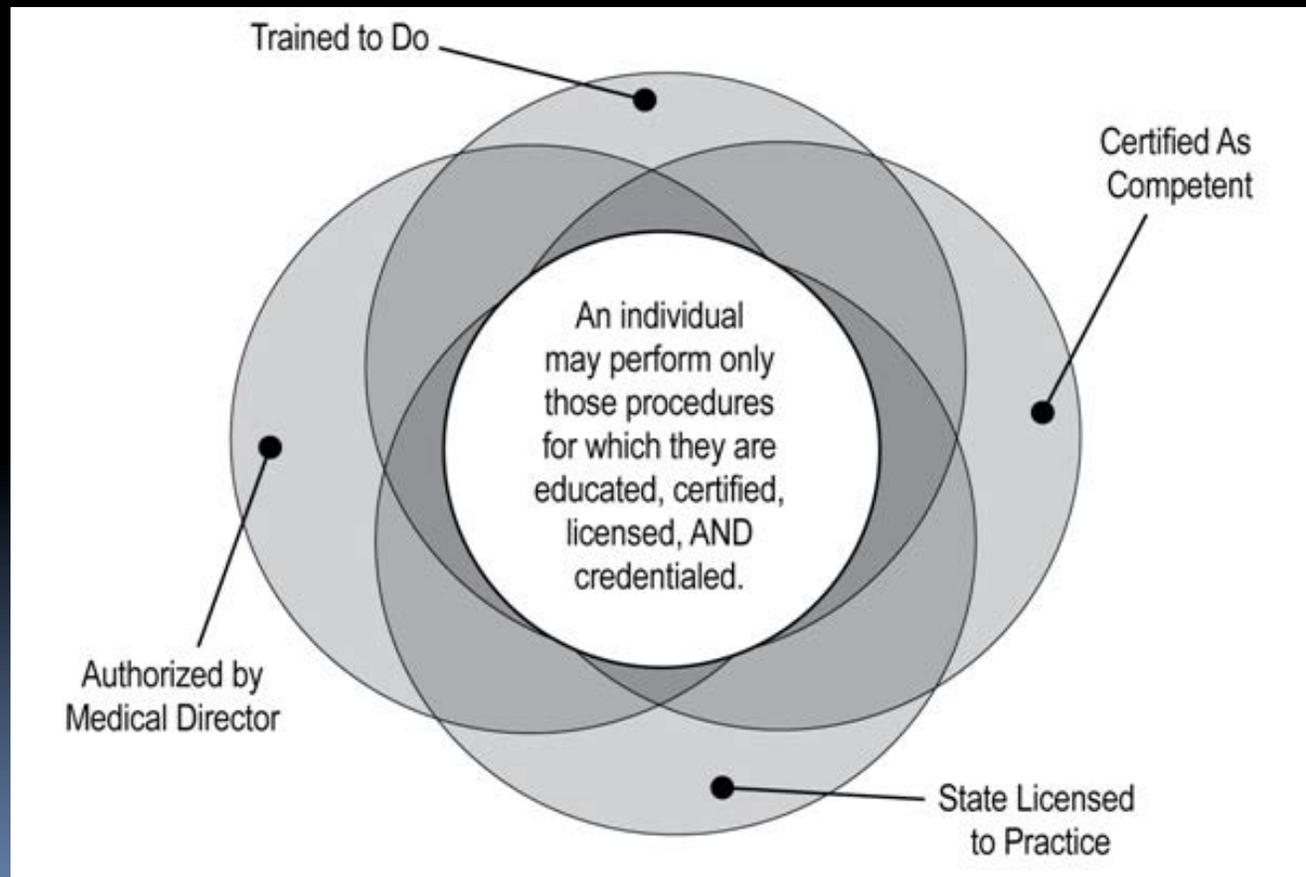
Use the language integrative
& medical professionals can
take in and understand



Use “Yoga” language with clients when appropriate



Know IAYT Scope of Practice: LHCP, country, state, local



Know the IAYT Educational Standards

INTERNATIONAL ASSOCIATION OF YOGA THERAPISTS

August 1, 2016

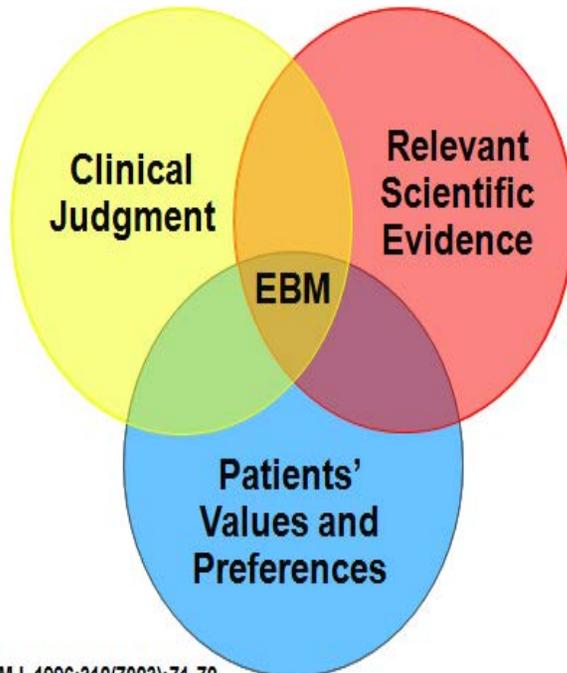


Educational Standards for the Training of Yoga Therapists

Preface to the 2016 Edition	2
<i>Effective Dates of the 2016 Educational Standards for the Training of Yoga Therapists</i>	4
Preface to the 2012 Edition	5
Definition of Yoga Therapy	7

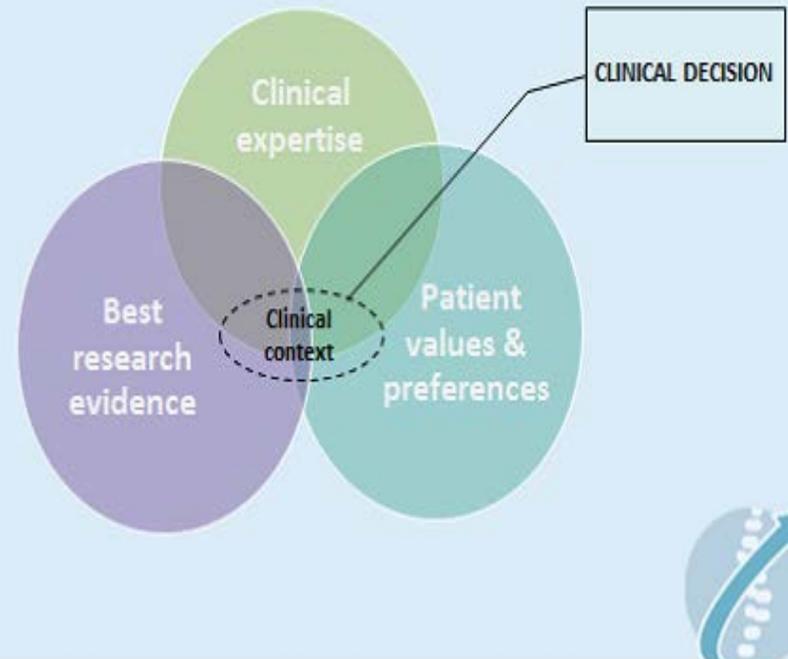
Know the medical jargon..

What Is Evidence-Based Medicine?



Sackett DL, et al. BMJ. 1996;312(7023):71-72.

Evidence-Informed Practice (EIP)



Be of service & educate healthcare practitioners about Yoga Therapy



SCU | YOGA FOR HEALTHCARE PRACTITIONERS
SOUTHERN CALIFORNIA UNIVERSITY OF HEALTH SCIENCES

Yoga for Healthcare Practitioners: Foundational Training

This training is a foundational program that provides a rigorous introduction to how yoga can be utilized by licensed health care professionals. While most foundational yoga trainings are tailored toward the general public regardless of health care related background, this program is specifically designed to meet health care practitioners at their level of education. It will therefore provide a context that honors their professional knowledge and evidence-informed practice while allowing them to expand their personal understanding of yoga as it pertains to their own self-care as well as their professional practice. The program will provide participants with the 200-hour required foundations for pursuing a full yoga therapy training should that become a goal, as well as the opportunity to earn continuing education units.

200 Hour Curriculum
4 Intensive Weekends (Fri-Sun)
4 Online Modules
Starts January 2018

Welcome to SCU

Founded in 1911, Southern California University of Health Sciences (SCU) has been a leader in preparing students to become competent and caring integrative healthcare practitioners for over 100 years.

16200 Amber Valley Drive, Whittier, CA 90604
For more information contact Dr. Laura Schmalz : (562) 947-8755 Ext. 654 · lauraschmalz@scuhs.edu

Laura Schmalz
Laura Schmalz, PhD, RYT, is an Associate Professor at Southern California University of Health Sciences (SCU). Laura teaches neuroscience and research methods, and is the program director of SCU yoga certificate programs. She is also Co-Editor In Chief of the International Journal of Yoga Therapy (IJYT).

Amy Wheeler
Amy J. Wheeler, PhD, C-IAYT, serves on the Board of Directors for the International Association of Yoga Therapists (IAYT). Amy also helped the National Ayurvedic Medical Association (NAMA) set standards for Ayurvedic Yoga Therapy. Amy is the Founder and Director of Optimal State of Living Programs, which provides both Yoga and Yoga Therapy Training Programs. For more see www.AmyWheeler.com.

Matthew Taylor
Matthew J. Taylor, PT, PhD, C-IAYT, leads training programs and creates resources to incorporate smart, safe yoga for the international yoga community. For 20 years, he's fostered creative resources for yoga teachers, students, yoga therapists and conventional medical professionals who want to incorporate yoga principles into their practices and studios. Matt is past-president of the International Association of Yoga Therapists (IAYT), and a leader in the field of yoga safety and business development. For more see www.drofyoga.com.

The YogaMate website features vetted and high quality research articles

The screenshot shows the YogaMate website interface. At the top left is the logo for YogaMate, which includes a stylized purple icon of two figures in a yoga pose and the text "yogamate Empowering Better Health". To the right of the logo is a search icon and a user profile for "Amy Wheeler" with a dropdown arrow. Below the logo and search area is a navigation bar with the following items: "FIND YOGA SPECIALISTS", "BETTER HEALTH" (with a dropdown arrow), "INSPIRATION" (with a dropdown arrow), "LEARN" (with a dropdown arrow), "RESOURCES", and "ABOUT" (with a dropdown arrow). The main content area features a large image of a hand holding a white card with a purple "Rx" symbol and the word "yoga" written in purple cursive. To the right of the image is a text block with the heading "If you teach Yoga therapeutically, you'll want to know about" and a paragraph of text. Below the image and text is a search bar with a green background, containing the text "Enter a keyword", a search icon, a text input field with "Keyword", a "Filter By" dropdown menu, and a purple "Search" button. Below the search bar are two sections: "LATEST ARTICLES" and "CATEGORIES". Under "LATEST ARTICLES", there are two article thumbnails: "Yoga-Related Injuries in the United States From 2001 to 2014" and "Medical Yoga Therapy". Under "CATEGORIES", there is a link for "SCIENCE IN YOGA".

yogamate
Empowering Better Health

Search Site

Amy Wheeler

FIND YOGA SPECIALISTS BETTER HEALTH INSPIRATION LEARN RESOURCES ABOUT

Rx Date Name Address
yoga
Signature

If you teach Yoga therapeutically, you'll want to know about

In early 2016, Yoga Alliance made the announcement that the term 'Yoga Therapist', and several other terms, such as therapy and healing, would no longer be allowed on their registry. This controversial decision impacted a lot of teachers and teacher training

Enter a keyword Filter By

LATEST ARTICLES

Yoga-Related Injuries in the United States From 2001 to 2014

Medical Yoga Therapy

CATEGORIES

SCIENCE IN YOGA

Features

New Member Resource: The IAYT Research Summaries for Yoga Therapists

Features continued

RESEARCH SUMMARY FOR YOGA THERAPISTS

Yoga Therapy for Depression

By Pam Jeter and Timothy McCall

An expanded version of this summary is available on www.iayt.org; the full chapter on yoga therapy for depression can be found here:

Uebelacker, L., Lavretsky, H., & Tremont, G. (2016). Yoga therapy for depression. In: Khalsa, S. B. S., Cohen, L., McCall, T., & Telles, S. (editors). *The principles and practice of yoga in health care*. United Kingdom: Handspring Publishing, 73–94.

According to the American Psychiatric Association, major depressive disorder (MDD) is defined as a "period of 2 weeks or longer in which there is depressed mood or loss of interest or pleasure and at least four other

Psychological. Other psychological factors can co-occur with depression, such as anxiety, and deficits in cognitive control contribute to poor emotional regulation.

Social. Environmental factors such as childhood traumatic events, interpersonal difficulties, interpersonal loss, isolation, and ongoing stressors may contribute to depression.

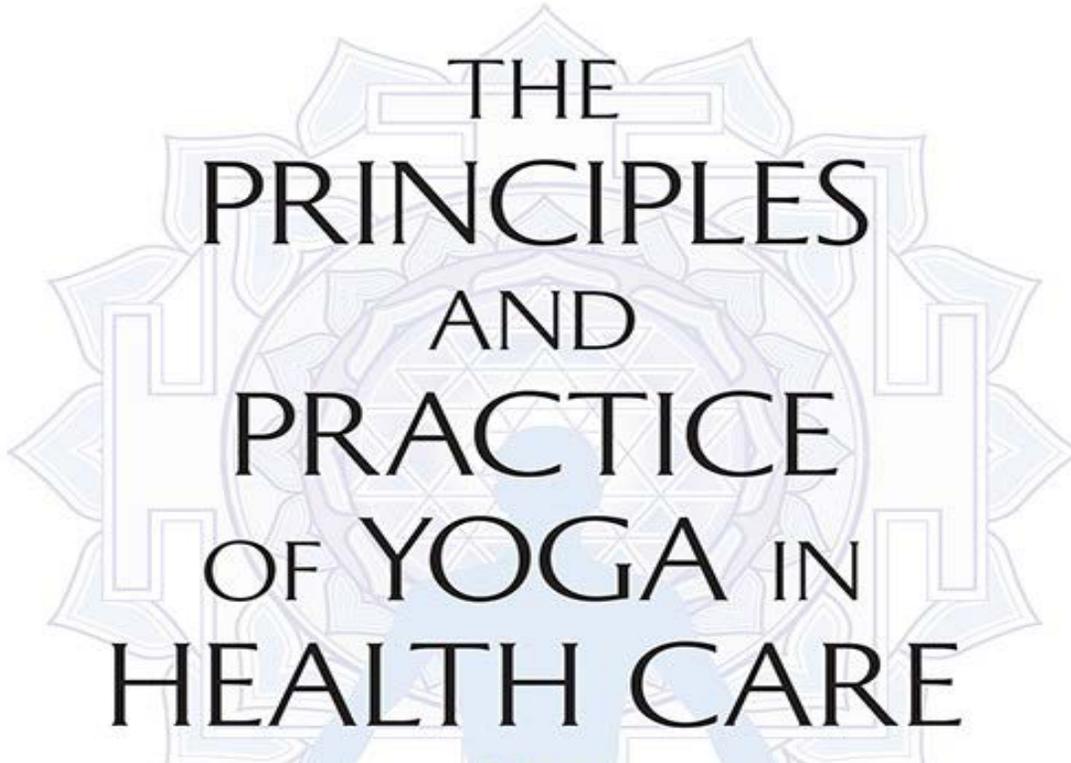
Rationale for Yoga

According to tradition, yoga is believed to cultivate happiness and reduce suffering with long-term, regular practice. Therefore, yoga for depression may seem intuitive. However, the clinical effects of yoga are difficult to measure in a research setting, so researchers tend to focus on qualitative outcomes as well as quantitative outcomes. While the underlying mechanisms

diagnosis of MDD or persistent depressive disorder, which is defined by the presence of depressive symptoms more than half the time for at least two years.

This overview of seven studies contained RCTs that compared yoga to various control groups such as no treatment, health education, partial yoga version of the intervention, electroconvulsive therapy, and antidepressant medications. The yoga styles differed across all studies but included some variants of pranayama, asana, and meditation such as Sudarshan Kriya Yoga, Sahaj Yoga, and Hatha Yoga. The method of delivery (e.g., manual/instructor), frequency (e.g., number of times/week), and duration (e.g., days/months in the trial period) differed across studies.

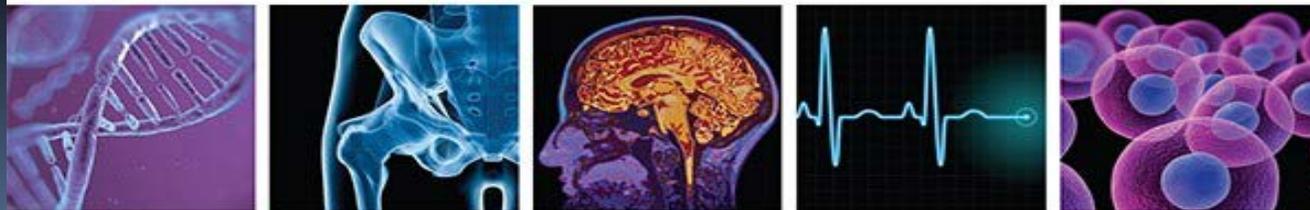
The outcomes used to measure



THE PRINCIPLES AND PRACTICE OF YOGA IN HEALTH CARE

Editors

Sat Bir Singh Khalsa • Lorenzo Cohen
Timothy McCall • Shirley Telles



Forewords by

Dean Ornish, MD • Belle Monappa Hegde, MD, PhD, FRCP





Call to action for the yoga therapist working in health-care community:

- Keep the yoga philosophy in your assessment and therapeutic plan;
- Think with the yoga philosophy lens;
- Communicate in the language the medical community can hear;
- Provide medical community and clients with “Evidence Informed-Practice” & Research.

And most importantly... Keep the heart connection in Yoga Therapy



The world needs us now
more than ever..



www.amywheeler.com