

SYTAR Accepted Common Interest Community Proposals

Descriptions are unedited as submitted.

CIC #1: “Interprofessional Sutras: Healthy Conversations as the Fabric that Unites”

Co-chairs:

- Matthew J Taylor, PT, PhD, C-IAYT
- Staffan Elgelid, PT, PhD, C-IAYT, GCFP

This year we will be expanding the prototype around interprofessional conversations from our very popular 2017 session. Our theme is based on sharing insights and perspectives on pain management between professions. As our profession continues to develop, we should be the leaders in interprofessional communication as providers from an integral worldview. We get there through modeling and practice.

Beginning at 9 am, the full day will feature lecture, panel discussions, and primarily fun break out practice sessions with other professionals where you will practice your interprofessional “sutra-ing” with persons from other professions to create good will and good communication around pain management from case studies and real students.

The day will finish by capturing the experiences and challenges encountered throughout the day. We will also use the knowledge gathered to inform future interprofessional communications on how yoga therapy is an important team member in non-pharmacological pain management. We have a seat at the table of the policy makers on a national level. Won't you help us create effective communications that make yoga therapy a recognized and respected team member for preventing future suffering?

Audience: Yoga therapists and rehabilitation professionals working in pain management. Enrollment limited to 75.

Faculty:

Session Moderator: Matthew Taylor

Physical Therapist: Lori Rubinstein Fazio

Occupational Therapist: Arlene Schmid

Somatic Practitioner: Staffan Elgelid

Medical Doctor: Baxter Bell

Yoga Therapist: Yogacharya Dr. Ananda Bhavanani

Integrative Administrator: Kelli Maples Bethel

CIC #2: Mental Health and Yoga Therapy: Optimizing Mind Body Hygiene with Yoga Therapy

Co-chairs:

- Julie Carmen, MA, LMFT, C-IAYT, E-RYT 500, YTRX
- Suzanne Ludlum, MS, C-IAYT, E-RYT 500, YACEP

This session encourages yoga therapists, psychotherapists, social workers, psychologists, first responders and research scientists to share the evidence informed yoga therapy practices they find most effective when working with people who suffer from anxiety, depression and complex trauma.

We are interested in how you have each built community alliances related to this specialty. The term Mind Body Hygiene best describes a way to talk about what we teach yoga therapy clients while not practicing medicine without a license. In the field of Yoga Therapy for Mental Health, refining this language and these distinctions helps as we co-ordinate care with Western healthcare professionals.

CIC #2a: Yoga Nidra for Addiction; Do Less, Be More

Hanna Chusid, Ed.D; E-500 RYT, C-IAYT

Objectives: To seed and inspire wider disciplined training in, and use of, yoga nidra for Tx of mood regulation with adults in addiction rehab.

Description: Review of preliminary research conducted by the presenter exploring the efficacy of yoga nidra to reduce anxiety & depression w/adult clients in an addiction and trauma milieu based treatment center.

Interest to the Community: Yoga nidra is a potent, specific guided meditation entraining aware relaxation at each level of the kosha systematically and utilizing the natural stages of sleep to engage the participant's natural capacity for self healing, rebalancing brain chemistry, improving sleep, mood regulation and more. While there is a recent body of research applying yoga nidra to PTSD for use in VA hospitals, the practice has untapped potential to be relevant in the Tx of addiction.

CIC #2b: Tools for Stress Management: Yoga Therapy for Psychiatric Patients

Ellen Robertson, C-IAYT, E-RYT 500, CHHC

Objectives:

- Participants of the Mental Health Community will find this presentation valuable because it addresses the integration of yoga therapy as a complimentary and integrative treatment modality for behavioral health unit patients at a major medical center.

- I will share the yoga therapy curriculum I developed and feedback from participating patients.
- I will offer strategies, and those that the patients contribute, on how and when to use yoga therapy tools and techniques while in the unit and after discharge.
- I hope to encourage Yoga Therapists to think creatively and embrace adaptability in serving the patient population of adults ranging in ages 18–80+ years old.

Description: Implementation of a manageable, approachable and fun experience for patients coping with acute stress associated with their hospitalization and diagnosis of mental health conditions. These disorders include depression, anxiety, panic, suicidal ideations, bipolar and manic depression. Therapy adapts to patients' additional health concerns such as orthopedic issues, high blood pressure, chronic pain, etc. Create a supportive, accessible and inclusive environment for patients of varying ages and abilities. Techniques are introduced in a didactic and experiential way mindful that patients attend class 1–6 times based upon the length of hospitalization, typically 3–21 days. Reinforce the tools as coping mechanisms to be used in acute situations and also when feeling “good” to help patients shift their responses to triggers that cause them stress in healthier ways. Generate strategies to integrate yoga therapy techniques into daily life while in the behavioral health unit and after discharge.

Interest to the Community: Yoga Therapists help patients gently and compassionately lean into the discomfort of their situation by providing a group support setting in which to practice and discuss YT tools and techniques. These tools help patients manage: their hospital stay, fears associated with their condition, next steps in their treatment plan, re-entry to family/work life, adjustments to medications, relationships with themselves and provides an integrative and empowering approach to their treatment.

CIC #2c: Tailoring a Yoga Practice Based on Neuroscience

Angela Grace Faulk, MS, C-IAYT, E-RYT 500, YACEP

Objectives: Our nervous systems are extraordinary. They affect every aspect of our health from digestion to emotions to cognition. People who are living with any variety, any degree of mental health issues have nervous systems that are hypersensitive to stimuli which alters their entire physiology. Yoga techniques can change the activity of their brain and thus ease adverse symptoms. From the myriad of yoga techniques, how do we know which to choose to best serve a client? We can use current neuroscience research as a tool to guide practice design. Participants of the mental health CIC will find this presentation valuable because it describes specific changes in brain activity measurable after four distinct meditation practices and how each meditation style can be utilized to design a complete yoga practice tailored to meet a client's unique needs.

Description: Dr. Jeff Tarrant, founder of NeuroMeditation Institute, has reviewed current neuroscience research on meditation and organized his findings into four distinct meditation

styles. Each style elicits unique brain wave activity in differing brain structures. Our discussion will focus on three topics.

1) I will present a summary describing the four styles of meditation and their effects on the nervous system. 2) I will also present information describing which meditation style is most effective for different mental health issues. 3) Furthermore, I will demonstrate how we can build asana and pranayama practices to facilitate and complement the objective of each meditation style leading to a targeted, complete yoga practice to offer clients. The session will end with a brief demonstration practice designed to produce pulse synchronized alpha brain waves.

Interest to the Community: Research focused on yoga's effects on human physiology is yielding rich, interesting information. While the results of such studies are of great value to yoga therapists, the body of scientific literature can be overwhelming and difficult to sort through. This presentation is of interest to mental health yoga therapists because it presents a concise, organized, accessible synopsis of meditation's effect on brain neurophysiology and how we can use the information to serve our clients.

CIC #2d: Integrative Restoration and Substance Abuse Recovery: The Application of Integrative Restoration (iRest) in Substance Abuse Treatment

Leslie J. Temme, PhD, LCSW, RYT

Objectives: Participants of the Mental Health community will find this presentation valuable because it addresses using yoga therapy, specifically Integrative Restoration (iRest), as a means of decreasing the risk of relapse for individuals with Substance Use Disorder (SUD). Mood and stressors as factors in the relapse process will be discussed. Meeting the challenges of integration within a treatment setting will also be explored.

Description: Relapse, the relapse process and relapse prevention in addiction treatment will be presented. Aspects of iRest that are thought to address stressors and triggers in the relapse process will be discussed. A brief segment of iRest will be practiced focusing on the specific aspects of Integrative Restoration (iRest) as applied to relapse and relapse prevention. The community will explore how the application of Integrative Restoration (iRest) has benefits in addressing stressors and triggers and its benefits as a complimentary approach to decreasing the risk of relapse for individuals seeking treatment for substance abuse disorders.

Interest to the Community: Substance Use Disorder is one of the most devastating conditions facing mental health practitioners today. The current opiate “crisis” seems to have brought the challenges of addiction treatment to the forefront of our awareness. For individuals seeking treatment relapse rates are high and the effects of treatment are not widely successful. Currently it is estimated that between two thirds and four fifths of individuals that have been in treatment relapse. To promote the growth of healthy individuals, families and communities the prevention of relapse becomes critical.

CIC #2e: Mantra Is for Every Body

Cynthia Snodgrass, PhD, MDiv, C-IAYT, RYT500

Objectives: Participants in the Mental Health and Yoga Therapy CIC will:

- 1) Begin to shift their perception of Sanskrit as only a language, and move towards the ancient understanding of *mantra* in general as manifesting multiple varieties of energy that effect the brain, the physical body, and the subtle bodies. Learn how, in this context, *mantra* can be used alone, or in combination with many other Yoga Therapy aids.
- 2) Experience how to lessen the effects of the ailments listed in Yoga Sutra I. 30–31 through antidotes of *mantra* in support of *bhaavana*.
- 3) Receive suggestions concerning how to incorporate therapeutic mantra into a client's Plan of Care using the *pancamaya* model in combination with the Eight Limbs of yoga.
- 4) Feel more comfortable with their own voices resonating in their own bodies—no matter what size the voice, or what shape the body.

Description: This presentation is based on 25 years of teaching Sanskrit, the Yoga Sutra, and *mantra* to yoga students and yoga teachers. I have heard story after story of teachers being forced to learn Sanskrit posture names in a minimal amount of time as part of passing Yoga Teacher Training. This has left many yoga teachers (now Yoga Therapists) averse to Sanskrit and still holding memories of discomfort or fear of *mantra*. I have found, however, that by focussing more on the sounds of mantra as energy, and not as language, a more familiar way opens for *yogi-ni*-s to relate to the sounds, being able then to give up old *sanskaara*-s and experiment with *mantra* as an equal remedy in Yoga Therapy, even in clinical settings.

Interest to the Community: The phenomenon of sound that we “speak, chant, pray, or offer up,” speaks directly from the human heart to the human soul. Cadence and melody, moods and intent can take us to the most personal, even vulnerable, parts of ourselves. However, the medium of sound is also a great healer. *Mantra* holds so many ways to improve people's mental health. As the Yoga Therapy community continues to grow and expand, it is my hope that one of the most powerful agencies, so central to the understanding of the Ancient sonic world of yoga healing, will not be left behind.

CIC #2f: Using Therapeutic Presence and Elements of Yoga Nidra to Foster Emotion Regulation in Clients

Kelly Birch, MS, NCC, C-IAYT

Objectives: Participants of the mental health CIC will find this valuable because they will learn how to use elements of yoga nidra in a therapeutic setting to facilitate emotion regulation in clients with anxiety, depression, and trauma. Yoga nidra is most commonly practiced in a group setting or by listening to a guided recording. In this CIC, we will discuss how elements of yoga

nidra can be powerful tools for working with individuals in a clinical setting to cultivate emotion regulation. We will see how the attuned presence of the therapist and the resonance of the therapeutic container work with yoga nidra, especially in balancing opposites of feelings, emotions, and cognitions. Clients are able to deeply relax and to access difficult inner material in a safe, self-led, yet interactive process. We will discuss how this helps clients to identify and tolerate strong emotions, thereby enhancing cognitive and emotional flexibility to restore natural functioning.

Description: The tools of yoga nidra can be integrated into therapeutic settings to help clients resolve long-term emotional challenges without focusing on narrative content. First, clients establish a stable inner resource. Client trust in the therapeutic relationship, along with therapist's calm, open presence, facilitates relaxation and prepares clients for self-enquiry. In this safe container, clients can explore opposites of feelings, emotions, and cognitions while in communication with the therapist, who guides them back to their inner resource if emotions start to overwhelm. This process fosters titration of emotions at a pace that allows difficult emotions to be tolerated, accepted, and integrated. I have seen many positive results in my own practice as yoga therapist and mental health counselor with diverse clients. In the CIC, I will offer a short experiential exercise for participants and stimulate discussion on how participants may incorporate this approach in their professional lives.

Interest to the Community: This approach is useful for yoga therapists, mental health professionals, and others who help people with dysregulated emotions find calm and balance. It may be used, with appropriate training, to address stress, anxiety, depression, and complex trauma in various settings, such as with veterans, in community counseling and primary healthcare, as well as in yoga therapy and psychotherapy. Additionally, it is powerful self-care that professionals can use to maintain equanimity and avoid burnout.

CIC #2g: Yoga for Veterans and Service Members with Post Traumatic Stress Disorder

Robin E. Cushing, DrPH, PA-C, RYT

Objectives: My objective is to explain how trauma sensitive yoga can alleviate combat stress, moral injury, Post Traumatic Stress Disorder (PTSD) symptoms/diagnosis, and chronic pain. Participants in the Mental Health community will learn about Warriors at Ease protocol that uses trauma sensitive yoga for veterans and service members. Participants will be more familiar with understanding military culture and how to create a “safe container” when working with survivors of trauma. Participants will learn how and where trauma sensitive yoga is being used in the Veteran Affairs and Department of Defense healthcare systems. This presentation will also draw from a recent study that was published evaluating the Warriors at Ease protocol on 18 post-911 veterans suffering from PTSD.

Description: As an Army Physician Assistant (PA) and Yoga teacher, I have treated many active duty service members suffering from invisible wounds caused by ongoing deployments in the Middle East. I will discuss how military culture can be different than a yoga culture as well as why trauma-sensitive yoga is important in working in the military community. I will discuss my dissertation which focused on how yoga can reduce symptoms associated with PTSD. Take away points from my dissertation will include:

- working with military communities
- common psychological disorders in military personnel
- Warriors at Ease protocol
- psychological measurements

Interest to the Community: Over 20–30% of returning service members will suffer from PTSD symptoms. Veterans are currently seeking out mind-body therapies to help with their ailments. Veterans need yoga therapy, but the approach must be tailored in a way that is safe. Participants will also get the chance to learn from a Active Duty PA who has been deployed to Iraq and Afghanistan and is now bringing yoga to military communities.

CIC #3: Yoga Across the Cancer Care Continuum

Co-chairs:

- L. Leigh Leibel, C-IAYT, ACSM-CET
- Anne Pitman, M.Sc, C-IAYT, E-RYT500

In this special session we will turn our focus to the more than 30 million people worldwide who are cancer survivors. As our six presenters give a human face to cancer by sharing their personal stories of working with those affected by the disease, we'll hear what those individuals and their families commonly face at each stage of the care continuum—from diagnosis and frontline treatment, to cure and no evidence of disease, to thriving with chronic disease, to compassionate, dignified support at the end of life—and how yoga therapy can be a steady guide, returning patients to their own agency, even in the midst of difficult times.

Our goal is to share practical tips attendees will want to take home and incorporate into their professional practice. This is a unique opportunity for yoga professionals to join in sangha to learn the skills necessary to work with this unique cohort.

CIC #3a: Befriending Therapeutic Yoga for Cancer: Looking at Cancer as Medical Trauma

Maryam Ovissi, C-IAYT, 500 hr RYT, RYPT, RYCT

Objectives: Participants of the Befriending Therapeutic Yoga for Cancer: Looking at Cancer as Medical Trauma CIC will find this presentation valuable because it addresses the necessity to see Cancer as medical trauma from the moment of diagnosis.

Participants of the Cancer Community will find this presentation valuable because it addresses the multi- dimensions that are addressed in the technology of Yoga offered in the Yoga Sutras, the wisdom of the Gunas from Ayurveda and the science of the Polyvagal Theory as explained by Dr. Stephen Porges.

Description: Define Trauma: A experience that creates separation in the person, a sense of fragmentation and lack of safety. Define Yoga: A Process, Practice and Philosophy to help the practitioner remember their wholeness and feel safe. Story Telling. Will share a case study, from the moment of diagnosis and how it is inherently a traumatic experience. Share how a specific set of Yogic Tools: Kriya Yoga (YS 2. 1–2.6) and Samyama (3.1–3.4) are essential for the journey.

Interest to the Community: For the Yoga Therapist: Expand perspective on Cancer by seeing it as one of most traumatizing medical experiences, from the moment of diagnosis and onwards. Affecting every layer of our being (Pancha Maya Model will be used). For the person on the journey with cancer: Understanding the layers of the being that need to be addressed and understood. Will utilized the framework of classical yoga (Kriya Yoga & Samayama), the attributes of the Gunas in Ayurveda and the science of the Polyvagal Theory to create an approach that is compassionate and expansive for both the Yoga therapists and the client.

CIC #3b: Arming the Front Line: Yoga techniques designed for Oncology Nurses to implement as patients are receiving outpatient treatment.

Sadie Grossman, MS Yoga Therapy, E-RYT 500, C-IAYT

Objectives: To introduce participants of the CIC 3 Yoga Across the Cancer Care Continuum to a developing protocol, which has been designed and implemented successfully in a cancer focused western hospital in a mid size American city. Working directly with patients who are currently in treatment across varying types of this disease, we are able to see first hand what is possible in terms of a yoga therapy session, given the constrains of space, standard hospital noise levels, ports, relatively constant interruptions and limited physical mobility. With our 30–35 oncology nurses stationed in 6 hospitals, labeled our Nurse Ambassadors, I have developed a program which arms these front-line care givers with a handful of useful and applicable yoga tools, allowing them to provide “mini” yoga sessions, conducted in a similar format to rounds, to interested participants while they are receiving treatment via ports. Our objective is to standardize this approach, empowering oncology nurses without previous yoga teaching or therapeutic training with successful and impactful methods of care.

Description: Nurses are the face of the experience every patient has while in a hospital. The smile they give you, the extra blanket, the touch on the back of your hand, can alter one's entire day or even their willingness and enthusiasm to return. They are the front-line care givers, the ones with the most exposure to the patient, and the ones which, after time, develop intimate caring

and sincere relationships with their patients. Having a nurse who is present in mind and body has the power to create a space in which you yourself, as the patient feel empowered to be present. Arming oncology nurses with seated asana, minding the constraints of the oncology chair and ports, accessible breathing techniques for both patient and their present informal caregiver, and short guided meditations has been seen to create a space of calm exchanges and has been shown to break up their often long hours of sedentary treatment experiences. Through this developing program, we have been able to slow breath rate, increase breath capacity, calm patients into sleep, decrease their “screen time” and provide a mini yoga session for not only them, but for their loved one as well, if one is present. Long hours spent in a hospital do not have to be fully medical, for with willing oncology nurses, it can be an integrative health experience. In this 12 minute presentation, I will systematically chart how this program developed as well as provide the vetted yoga tools, meant to provide a successful nurse/patient yoga experience.

Interest to the Community: Working as a yoga therapist one-on-one has incredible proven results in the cancer community, but working from the perspective of Training of Trainers, allows the tools and techniques of yoga to reach a wider and much needed collection of people. The Integrative Oncology Wellness Suite at UPMC’s Hillman Cancer Center is a proven successful model of how to truly integrate eastern modalities into a western setting. Representing our program and presenting our approach can be useful to all of those interested in the integrative format.

CIC #3c: Couple based yoga program for patients and caregivers going through Cancer treatment

Smitha Mallaiah, MS Yoga Therapy, C-IAYT

Objectives: As cancer incidence continues to grow, cancer patients continue to experience a huge symptom burden which results in decreased quality of life and increased overall distress. As patients performance decreases their need for care increases. Most often, patients’ partners are the primary support providers and caregivers of cancer patients. Given the dyadic nature of the cancer stressor, there is a profound need to deliver coping strategies like couples/ dyadic yoga which involves both patients and caregivers and work together towards increasing the wellbeing of both patients and caregivers. Participants in the cancer community will find this presentation meaningful as it will help build skills HOW to work with not just cancer patients but also with their caregivers who could be going through a lot of distress themselves.

Description: In this short time I will discuss ideas from our studies involving patients and caregivers, the experiences in creating safe and impactful yoga program, where patients and caregivers learn to support themselves and each other. The concepts of Bhakti yoga used in meditation to create an environment of self acceptance, appreciation, and Gratitude to help coping individually and together. I will share the set of yogic tools that has been

useful for my patients through these years of experience of working with large cancer community at M D Anderson.

Interest to the Community: This brief presentation will introduce the yoga professionals to some of the common yogic tools to use during and after cancer treatment. Participations will identify useful strategies to employee during high symptom burden of cancer care. Practices that both patients and caregivers can practice together to improve their relationship, health and well-being will also be shared. Participants will take away new perspective to consider including the caregiver in the patient’s yoga program.

CIC #3d: Using YCat Yoga Interventions To Help Improve Patients’ Anxiety, Fatigue, and Pain During Outpatient Chemotherapy and Transitioning Into Survivorship.

Tina Walter, C-IAYT

Objectives: Participants of the Cancer Care Continuum CIC will find value in this presentation because it addresses the ‘how’ in meeting the patients’ needs during active treatment—and coming to the end of treatment into survivorship when patients are still dealing with lingering side effects, sometimes that are even permanent. Addressed will be the challenging role of a yoga therapist in supporting the patient to get through not only the treatment, but the months to follow treatment. The YCat In Cancer and Chronic Illness Program uses body, organ, and system orientation, making it natural to communicate the many benefits of the physiological processes that these yoga practices can benefit. Teaching patients not only the “how to” of yoga, but the “why”, really empowers them.

Description: I am a sub-contractor in 3 different healthcare systems in Cincinnati. Because each hospital is different, I have the opportunity to ‘work different’, i.e. providing therapy interventions to patients in open or private infusion suites; reporting relationships i.e. social worker, Oncology Clinical Nurse Specialist, integrative administrator in my academic teaching hospital, or the Oncology Nurse Manager in a public hospital.

Interest to the Community: Research is suggesting that anxiety and fear of recurrence affects up to 90% of cancer patients in the survivorship stages. Teaching basic concepts of yoga and therapeutic yoga practices can empower the patient, making this transition to the “new normal” more manageable. Sometimes patients can even experience intensified side effects as they move into survivorship, and strategies such as group classes can help.

CIC #3e: Kleshas Unravel Cancer Pain

Lorien Nearingard, C-IAYT

Objectives: Participants of the Yoga Across the Cancer Care Continuum CIC will find this presentation valuable because it addresses how to use the practice to unravel the complexities of cancer pain and relieve suffering.

Description: The signal from the body to the brain was thought

to be the lone pain signal, but an updated model of how pain works now recognizes that the signal is only one part of the pain experience. Memory, stress and threat to life influence our pain experience, so a cancer diagnosis influences our students' perceived pain. A new input may be lumped into the same category as past cancer pain based on memory of past experience rather than the current situation; if a student receives input and they are currently in treatment, the sensation output is magnified by fear. We address that fear using the five kleshas in our practice. Teaching our students to focus on what is, rather than what was or what could be, helps them see reality more clearly; teaching them about the flow of fluids, breath, thoughts and prana helps them sense themselves free of the hooks of egoism; teaching them about impermanence helps them move past the patterns of rejection and clinging.

Interest to the Community: Cancer patients and survivors experience pain through the lens of their diagnoses: surgeries, ports, radiation therapy and other treatments all cause them pain; while waiting longer than expected to heal, our students associate sensation with concern; and cancer survivors who have completed treatment may experience pain as a warning sign of cancer recurrence. The more we understand how cancer influences their relationship to pain, the better we can help them.

CIC #3f: Spirit Can't Have Cancer

Antonio Sausys, MA, IGT, CMT, C-IAYT

Objectives: Cancer is as a condition that involves an essential separation from the basic functional integration of the body and ultimately, of all existing things. Yoga Therapy can provide valid tools to reconnect with the lost unity promoting a stronger identification with the Spiritual aspects of the self that cannot have cancer. For this to happen, it is of essence to keep Spirit in Yoga Therapy. This presentation aims to point out the professional and ethical need of Yoga Therapists to specifically address the spiritual aspects of the discipline identifying ways of addressing Spirit in the context of the work. In the case of Cancer treatment, the inclusion of Spirit can enhance recovery and healing, but when healing is not possible, it can help prepare the sufferer for a peaceful death.

Description: Defining and verbalizing Spirit presents challenges in both the yoga therapist and the client that need of careful attention so the essential union of Mind, Body and Spirit can be honored and shine through the yoga therapeutic work. For this, we must identify and respect client's pre-existing spiritual understanding and practices, or the lack of them. Then we can educate them explaining how Spirit is viewed in Yoga and how certain meditative practices can enable access to the spiritual aspects of the self. Practices such as Antar Mouna (Inner Silence) and Atma Vychara (self Inquiry) assist the yoga therapist with this task. Inducing spirituality in any possible way is an optimal way of reducing the suffering involved in dealing with Cancer as indicated by Patanjali when describing the Kleshas—causes of suffer-

ing—and how to overcome them. In addition, ample research supports the idea that those who have a spiritual belief do better when recovering.

Interest to the Community: The huge incidence of Cancer in modern times makes this topic and the approach presented of interest to virtually all of us, whether professionally or personally.

CIC #4: Workshop on Defining Yoga Therapy and Assessment Tools

Co-chairs:

- Marlysa Sullivan, PT, C-IAYT
- Amy Wheeler, PhD, C-IAYT
- Madoka Chase Onizuka, MA, JYTS Certified Yoga Therapist

In this interactive CIC workshop we will present a shared definition of yoga therapy & Scope of Practice and how it informs the assessment tools we use. This important work helps us to understand yoga therapy as a distinct complementary and integrative healthcare field. The group facilitators will provide an opportunity for the participants to self-assess as an experiential way to understand and explore how assessment informs yoga therapy interventions and the development of therapeutic plans.

Breakout sessions will include discussions of definition and various assessments that can be utilized. Following this we will have a summary discussion around all of the assessments that were demonstrated, how to utilize these assessments, and how they inform a comprehensive yoga therapy intervention.

Breakout session facilitators: Kathleen Pringle, Bev Johnson, Anneke Sips, Lee Majewski, Katie Shuver

CIC #5: Social Activism/Community Healing

Co-chairs:

- Lilith Bailey-Kroll, MFA, C-IAYT, E-RYT 500
- Allie Middleton, JD, C-IAYT, LCSW, E-RYT

We invite you to explore the development of yoga therapy as one aspect of the revolution that is emerging within innovative models of community-based care.

As a participant you will listen to short empowering stories from change makers who act as grass roots innovative stakeholders and healers. Collectively we can experience more clearly the core personal issues and systems challenges facing our emerging profession.

Opportunities for networking and learning with other yoga professionals come from seeing the whole system. Together we lean into the emerging future of yoga therapy, listening to as many different perspectives as possible. We will explore what makes yoga therapy unique in mind/body integration practices asking, “what’s the difference that makes the difference?” Discover new strategies based in awareness and consciousness practices embedded in the essential heart and soul of yoga therapy as we shift our view from solution-focused thinking habits of the past.

This session will spark your imagination with new ideas and experiential activities as you plan your collaborations with other healthcare providers. Move your ideas into action and find creative new skills and tools to meet the emerging demands of the changing health care needs in our communities.

CIC #5a: Yoga Therapy as a Health Promotion Strategy for Underserved Communities

Kate Allen, MPH, C-IAYT

Objectives: Participants will find this presentation valuable because it provides the public health lens to understand the environmental conditions associated with poverty and how they impact individual and community health outcomes.

Participants of the Social Activism/Community Healing CIC will find this presentation valuable because it addresses how yoga therapy practices can be applied to improve health outcomes for underserved communities using a logic model.

Participants will learn to develop culturally appropriate yoga therapy intervention programs to address community health needs.

Participants will understand how to translate yoga therapy tools into a health promotion strategy to empower underserved community members.

Participants will learn how to use the public health perspective, coupled with a wide array of yoga therapy offerings to develop proposals and market comprehensive yoga therapy programs for underserved communities in both clinical and non-profit settings.

Description: We’ve been successful in designing and implementing yoga therapy (YT) intervention programs in underserved communities in both clinical and community-based settings. We partner with Hoag Hospital’s Center for Healthy Living and Serve The People in Orange County, CA.

This presentation will explain how environmental conditions directly impact health outcomes in underserved communities, as well as how to develop YT programs improve individual and population health.

I am extremely passionate about moving the field of YT forward. As a yoga studio owner and school director I feel an obligation to share what we’ve learned to not only help create jobs and advance the field of YT but also bring yoga therapy practices into underserved communities.

Interest to the Community: Members will gain the skills to devel-

op, implement and advocate for YT programs in underserved communities by understanding how environmental conditions shape health behaviors and where exactly YT programs can be beneficial using a public health logic model.

Numerous funding sources are available for low-cost health promotion intervention strategies; which provides an opportunity for YT’s to not only advance their careers but share self-care practices with the communities who need it most.

CIC #5b: POC Yoga for Resilience and Well-Being

Nya Patrinos, MFA, C-IAYT, ERY200, RYT 500

Objectives: People of Color experience higher risks for physical health issues (cardiovascular, disease, diabetes), behavioral health issues (substance abuse), and mental health issues (depression, trauma), with studies citing racial discrimination as a major predictor of illness. Communities of Color share a history of prejudice, violence, racism, and/or genocide. These experiences of historical, race based, vicarious, and transgenerational trauma can be addressed in a trauma sensitive yoga program for self-identified People of Color where they can feel acknowledged, validated, safe and supported.

Participants in the Social Activism/Community Healing CIC will find this presentation valuable because it addresses the use of yoga therapy to increase resilience and well-being. Although the focus is People of Color, the program is equally useful as a model for therapeutic group classes for women, LGBTQ community members, people from marginalized religious groups, and people with disabilities.

Description: POC Yoga for Resilience and Well-being, is an integrative hatha yoga series which includes but is not limited to the following yogic tools: body scan, sharing, mudra, asana, pranayama, yoga nidra, and meditation. The focus is to address and heal memories of overt discrimination and microaggressions stored in the body. This practice will be equally valuable for trauma that has occurred ancestrally, preverbally and/or cannot be recalled chronologically. The therapeutic class series is grounded in the knowledge that energetic and physical releases have the potential to dissolve remembered and unremembered traumas.

POC Yoga for Resilience and Well-Being will emphasize safety, validation, self-care, stress-management, empathy, body-positivity, and empowerment. In addition, the class series will welcome healing practices from the cultures and traditions of its members.

The Race Based Traumatic Stress Scale will be used to assess the effectiveness of the group series.

Interest to the Community: Race, a socially constructed system for classifying people based on their ancestry, skin color, and physical features is an undisputed part of American History. Racism effects almost everyone in America because regardless of our race we carry its historical and vicarious trauma in our bodies.

Although this specific practice is for People of Color, any group can learn from the community-based healing found in POC

Yoga. POC Yoga offers an integrative model to address collective trauma.

CIC #5c: Universally Inclusive Yoga; Best Practices for Yoga with Survivors of Sexual Trauma

Amina Naru, E-RYT

Objectives: Participants of the Social Activism/Community Healing CIC will find this presentation valuable because it addresses the Yoga Service Council's goal to have this pledge of Universally Inclusive Yoga in every yoga studio in North America, so literally everyone who wants to practice in a studio feels safe enough, and welcome enough to do so.

Description: I am Secretary and PM for the Yoga Service Council. The YSC is on the 4th edition of the Best Practices series, Best Practices for Yoga with Survivors of Sexual Trauma. This project is an active, on-going collaboration facilitated by the Yoga Service Council and a number of individuals and organizations. Nineteen experts in the field of yoga and recovering from sexual trauma, gathered for a Best Practices Symposium in October 2017, at the Omega Institute in Rhinebeck, NY, and devised a strategy for addressing yoga's role both in aiding in recovery, and in preventing calamitous sexual violence. The first tangible outcome from this coming-together is our Community Agreement, for Yoga Studios that are ready and committed to creating a space that is as safe as possible for every person seeking yoga, including anyone who has ever experienced sexual trauma of any kind. This agreement will start showing up in select yoga studios across the US and Canada in the first half of 2018.

Interest to the Community: To support each other in offering universally-inclusive yoga in the safest, most accessible manner for every person in yoga community.

Our united vision for universally-inclusive yoga includes sharing and teaching yoga in ways that:

- are as safe as possible for each person
- are accessible and welcoming to everyone
- support all participants in being heard and seen
- help co-create an environment that fosters our individual and collective journeys of living into our brilliance, strength, and...

CIC #5d: Yoga as a Peace Practice

Jana Long, E-RYT 500, C-IAYT

Objectives: This presentation will demonstrate how community problems can be identified, researched, and thought-through to clarity (Vidya). We donned an activist approach using contemplative yoga as a therapy to begin to address the problem of violence.

The numbers of unarmed black people killed by police was the impetus to create Yoga As A Peace Practice (YPP) as the first national initiative of the Black Yoga Teachers Alliance (BYTA). I, and Maya Breuer, wanted to understand the deeply woven roots of violence against black people in America and its relationship to

generational samskara, for both victims and perpetrators and rising rates of violence in communities.

How do people live and thrive after the loss of a loved one whose life was taken by a senseless act of violence? Our goal was two-fold: 1) to examine the effectiveness of contemplative practice, based on the eight-limb path of yoga philosophy, for creating to resilience and wellness strategies when living with the aftermath of violence, and 2) to train yoga teachers in the facilitation of contemplative practice that is culturally relevant in the places where they teach hatha yoga.

Description:

I will share the five-step process we created for YPP and what we learned from our experiences with each step:

A. Writing & Research

Research included ancient texts of yoga philosophy and the work of historians, political and social scientists, contemporary writers, philosophers, demographic statistics and face-to-face conversations with people impacted by violence. This research informed the development of the YPP curriculum and workbook.

B. Thinking, re-thinking and revising our premise as we moved toward proof

We collected data in our yoga classes, workshops and retreats and compared its context to our research. I will share the brainstorming process that challenged our thinking and led us to develop the pilot launch of YPP in Oakland, CA in May 2017.

C. Weighing the advantages vs. disadvantages

The evaluations from the YPP pilot launch resulted in making revisions to the workbook and refinements to the curriculum. This feedback was vital to the success of the first formal YTT at Kripalu in July 2017.

D. Making a commitment to persevere

I will share the time commitment and work required in order to move the YPP initiative forward and in balance with our respective yoga businesses.

E. Revising and making changes where necessary and appropriate.

An essential part of the work was to be open to changes as we progressed. I will discuss how we have continued to revise the initiative before our next training in August 2018 at Yogaville.

Interest to the Community: Expand on the mandatory objective in number one.

Our objective was to introduce a contemplative yoga path through the YPP training. We found great interest and need in developing perspectives that are culturally relevant to help individuals cope with the aftermath of violence. We put less focus on hatha yoga and brought more emphasis on contemplative practices, sharing personal narratives and bringing modern-day interpretations to the arcane language of yoga.

CIC #5e: Supporting Syrian Refugees in our American Communities

Mona Flynn, MS, C-IAYT, E-RYT 500

Objectives: My presentation is to show how realizing that we are

all connected is part of how we evolve as yogis and heal therapeutically. We first grow from learning to reflect within, thus knowing ourselves first, and then live mindfully, reaching beyond ourselves. What begins to happen when we recognize that our needs and rights are reflected in the world community then drives “yoga in action.” As responsible yoga therapists, we practice Karma Yoga, and Bhakti Yoga, bringing healing to others as we find healing for ourselves, by offering our gifts, our service, and our time, living our dharma as citizens of the world. In getting all of my yoga students: private students and group classes, to join me in a collective effort to support Syrian refugee families arriving to our community, the karma for my business was an unexpected surprise. The community, fellowship, trust, dialogue on emotional healing within the circles of classes grew retention improved and my business and reputation grew.

Description: There is beauty in how we are all connected. There is also responsibility and humility. There is also comfort, support and opportunity for healing. To what end do we strive to improve ourselves if not to have clarity, and capacity to live our dharma. What is our dharma other than seva. There is a growing need to look at underserved groups who suffer great trauma and offer to meet their needs first: life, liberty and the pursuit of happiness. Along the way we realize that is also yoga. For the last 7 years, my students want to help me to help my Syrian family members, still there and those who have fled and live in other places around the world. Instead we are helping Syrians who have made it all the way to being right in front of us. Soon we will have a yoga therapy class for Syrian women. I hope to have more on that to present if this is chosen. Middle Eastern women generally are second class citizens, made to cover up and do not have a connection to their bodies. They need Yoga Therapy!

Interest to the Community: I am a Syrian, I am an American, a daughter, sister, wife, mother, teacher, friend and more. These titles connect me to others of the same. We are all connected and interconnected. Our suffering is touched by the suffering of others. Our healing is affected by our capacity to help others heal. If the “care and keeping of me,” in my yoga practice is effective, it allows me to live my dharma which includes seva to the care and keeping of others. This is yoga therapy.

CIC #5f: A Year of Prison Yoga at a Women’s Prison: Findings, Insights, & Lessons.

Irene B. Hauzinger, MA, CDP, PhD/ABD, E-RYT 200

Objectives: Participants of the Yoga Service community, particularly those working with inmate populations, will find this presentation valuable because it addresses the unique needs of female inmates and provides a longitudinal view at providing yoga programming in a correctional facility. This presentation will highlight key findings of a year long study at the Washington Corrections Center for Women in Gig Harbor, Washington.

Description: This presentation will discuss new findings regarding the needs, trends, and findings regarding prison yoga with a

female population. Results from a collaborative study with the WA State Department of Corrections and Yoga Behind Bars will be shared, offering new insight. This study was conducted as part of doctoral research as well as to produce insight into the effects of prison yoga programming for Seattle based Yoga Behind Bars. This presentation will discuss a longitudinal study collecting data gathered at twice weekly Yoga Behind Bars classes over the course of one calendar year using pre-existing Yoga Behind Bars classes and YBB teachers as Research Assistants. A total of 79 inmate students participated in the study, along with seven Yoga Behind Bars instructors. Students self-selected for both attendance at the YBB classes as well as voluntary participation in the survey. These findings may be generalizable to other female prison populations and yoga service delivery programs.

Interest to the Community: Inmates, particularly women inmates have special needs that are often not adequately addressed through contemporary prison programming. This new research adds to the existing literature regarding the benefits of yoga service to incarcerated individuals, looks at barriers and challenges of working within a prison system, and discusses women inmates as a special population. A trauma-informed perspective is utilized with this population and this particular project.

CIC #6: Careers in Yoga Therapy: Personalizing Your Approach to Your Professional Future

Co-chairs:

- Rich Goldstein, MPH, RYT
- Felicia Tomasko, RN, C-IAYT, E-RYT 500

Yoga therapy is gaining more visibility and credibility as a profession with the potential to impact lives, contribute to intractable issues in clinical and population health, while providing rewarding work for yoga therapists. As in the practice of yoga therapy, successfully building a career as a yoga therapist requires a personalized approach.

Successful yoga therapists develop plans for their business, effectively explore opportunities for employment and/or build private practices at the intersection of their skill set and passion, with an informed awareness of the healthcare landscape.

In this session you will learn from other yoga therapists how they have successfully developed their business. With these examples, you should gain insight and inspiration in planning and building your yoga therapy business as well as learn how to identify and explore opportunities to find employment as a yoga therapist

You will leave this CIC with information, confidence and action items critical to successfully building your yoga therapy career, and new relationships to support you in building a career that sustainably embodies your passion.

CIC #6a: How to Navigate Teaching Yoga Therapy in Hospital and Academic Settings: A Success Formula

M. Mala Cunningham, C-IAYT, PhD

Objectives: Yoga Therapy is spreading into hospital settings & higher education. Hospital administrators & educators alike are embracing certification trainings & yoga treatment options. Both patients & healthcare workers typically suffer from high stress levels, and hospital centers & higher education departments are looking for options to address these problems. With Yoga Therapy being both a highly effective treatment option & cost effective, administrators & educators are seeking qualified Yoga Therapists to address the needs of patients, students & healthcare workers in both certification trainings & therapeutic classes. Participants in this Careers category will find this presentation very valuable as it will address & provide participants with: 1) a review of what initiatives have been successful at UVa, 2) how to format & write a proposal for the implementation of Yoga Therapy in hospitals & higher education, and 3) who the right people are to contact within hospitals & higher education.

Description: This CIC is for those Yoga practitioners who would like to teach yoga therapy in an academic or hospital setting. I will share ideas of how I have developed Yoga Therapy courses & treatment options & how I successfully brought yoga into the Univ. of Virginia Hospital as well as to the UVa Medical School, Nursing School & the UVa Professional Development Office. My goal is to share what I have learned, provide guidance in navigating these areas, & to motivate and inspire Yoga Therapists to bring their creativity and knowledge into a hospital & academic environment.

Interest to the Community: This CIC targets Yoga Therapists who would like to teach Yoga Therapy in an academic or hospital environment. I will share what has been successful; how to write a proposal; who to contact; & how to navigate a hospital & academic environment. I believe that higher education & hospitals are a very welcoming environment for both treatment & trainings in Yoga Therapy. Both hospitals & academia are exciting opportunities for the expansion & growth of Yoga Therapy as a whole.

CIC #6b: Working in Military Healthcare: The 5 W's and 1 H to Ask Yourself for Establishing a Viable Career

Lynne Valdes, MS, C-IAYT, E-RYT 500

Objectives: Participants of the Careers in Yoga Therapy Community will find this presentation valuable because it addresses challenges yoga therapists face when trying to establish a viable career within the military healthcare system. This presentation will provide an introduction to: (1) the various agencies/organizations that constitute military healthcare (2) special considerations when searching for employment opportunities (3) the language used for classification and position descriptions across agencies/organizations (4) developing a personalized professional strategy grounded in knowledge and self-inquiry.

Description: Knowing that you want to work with military populations and knowing how to make that happen can often be two frustratingly separate realities. Add the issue of fair compensation into the mix and you might just abandon the effort all together. Before giving up, get to know yourself and get to know the system. Asking and answering the 5W's and 1H—who, what, when, where, why, and how—can help you gain an understanding into the unique complexities of the military healthcare system and your potential role in it. In this presentation we will discuss how to personalize these questions to develop a professional strategy for identifying opportunities, recognizing obstacles, and utilizing resources to establish a viable career.

Interest to the Community: This presentation is of interest to the community as it serves the the mission of IAYT to “bridge yoga and healthcare.” By offering a platform for discussion of yoga in military healthcare, we are providing an opportunity at the grassroots level to educate and raise our professional profile, to cultivate support and connection for our members, and in turn stimulate the demand for qualified yoga therapists.

CIC #6c: Uniting to Create a Movement: Pioneering the creation of yoga therapy clinics to enhance acceptance in the public and medical community

Tania Turcinovic, RN, BSN

Objectives: Kipling wrote, “The strength of the pack is the wolf, and the strength of the wolf is the pack.” Drawing from the wisdom of The Jungle Book, this presentation will advocate for strengthening this emerging profession by working together.

Participants of the Careers CIC will find this presentation valuable because it addresses how to normalize yoga therapy in the eyes of the larger community. Bringing the focus to creating Yoga Therapy Clinics, or teams of providers, we can attract a larger population of clients. In reflecting the medical model of uniting as a large practice, we have a platform from which to launch a movement. A team of yoga therapists, with all different specialties, creates a patient-centric practice. Pooling our resources, we can refer clients to the best possible yoga therapist and expand the client base that is exposed to what all therapists can offer them.

Description: As a Masters of Science Candidate in Yoga Therapy, I have been working with the most current research and latest developments in this exciting new profession. I bring over 20 years of experience teaching yoga and being part of the management team of Integral Yoga, combined with years of experience working as an RN in health care. I will speak on the Yoga Therapy Services model of the Integral Yoga Institute in New York City. Participants will learn how to approach yoga centers, and/or gather together to create clinics in their own communities. Five major points will be discussed.

- 1) How to get started - Locating and finding qualified team members.
- 2) Benefits of an open clinic vs. appointment- based services.
- 3) Structure and management of clinics

4) Division of resources - playing fair with compensation.

5) Building relationships with healthcare professionals

Interest to the Community: With the emergence of scientific research on yoga therapy, health care practitioners are becoming more aware of its proven benefits as a complementary healing modality. Our challenge is to inform potential clients how yoga therapy differs from a yoga class. Bringing our lights together shines more brightly in the darkness. As Helen Keller said, "Alone we can do so little, together we can do so much."

CIC #6d: Manhattan Physical Medicine and Rehabilitation, Memorial Sloan Kettering Cancer Center, www.embodiedworkplace.com

Tina Paul, MS, C-IAYT, E-RYT 500

Objectives: Participants of the Careers with Meaning CIC will find this presentation valuable because it addresses building and expanding viable job opportunities as a Yoga Therapist in varied settings including universities, healthcare, and corporations. The field of yoga therapy is emerging, and the reality is when you graduate from an accredited yoga therapy program and google "Yoga Therapy jobs;" there are few to be found and no specific career services department to contact. The role of a Yoga Therapist is very much an entrepreneurial endeavor even when you are working as part of a large organization. The field and current work landscape require us to cultivate skills of business development and strategic marketing for targeted outreach to build a livelihood and career that we deeply value.

Description: In this CIC, I will share tools learned through my experience of bringing therapeutic yoga and mindfulness in varied settings including university programs, Memorial Sloan Kettering Cancer Center, and corporate settings. I find direct contact with decision makers and introducing the benefits of therapeutic yoga to be the most successful in building partnerships. I hope to encourage participants to tap into their specific niche and build opportunities in their communities and beyond. The tools that we understand as yoga therapists: movement, breathing techniques, meditation, and others can be applied to diverse settings. These diverse settings often require us to adapt and adjust to help meet needs, space, context and budgets.

Interest to the Community: The 3 Strategies I will focus on:

1. Understanding your target market
 - a. University programs: mind/body, health sciences
 - b. Integrative Health Care Centers, Hospitals, Doctor offices
2. Building cost-effective marketing
 - a. Using brochure/pamphlets (Microsoft, Google)
 - b. Locating key contacts and contacting them via email, phone, in-person
 - c. Website: Squarespace, Weebly, Wix, WordPress
3. Sharing research
 - a. Sharing IJYT/YTT, PubMed research articles
 - b. Offer success stories

CIC #6e: Yogic Coaching Skills to Improve Outcomes and Grow Your Practice

Laura Berland, C-IAYT, E-RYT 500, Cornell, NYU

Objectives: We will dive into the opportunity to create better client outcomes, and look at how to grow our practices with yogic coaching techniques. The Scope of Practice for Yoga Therapy encourages us to include mind related elements as well as body and breath as we work with clients. However most of us need more training to have effective, deep, and professional conversations.

In this CIC Session, we explore how to support accelerated client transformation by getting beyond the physical layers and into the root causes at the level of behavior, thought, feeling, and desire. By learning to instigate meaningful and sometimes difficult conversations, ask revealing questions, activate deep listening, and bring compassion and love to bear, we can help clients overcome resistance, create long term shifts, maintain motivation, establish lasting health, joy, and well-being.

Description: The session will include:

- How my yoga therapist asked me just the right questions to overcome MY resistance and get to the root of the problem. This process led me to more engagement with my therapy, deepened my trust, and quickened my healing process
- A coaching demonstration showing how to work with resistance, using one participant and an anonymous client example for a role-playing exercise
- An experiential exercise, pairing participants, so everyone gets to practice the technique
- A take home guide to the 10 most skillful questions for use in their own practice

Interest to the Community: As yoga therapists, we are always looking for tools and techniques to become more impactful and create positive change. In my own practice and in conversation with colleagues, I find sustainable outcomes emerge when we get beyond the frozen shoulder, and uncover the root cause of suffering. Integrating best practices from proven coaching methods, merged with yogic wisdom, have enabled me to open up a new dimension of inquiry and opportunity for healing with my clients and expanding my business.

CIC #6f: Why are we doing this? Clarity & Purpose—the keys to authentic & effective Marketing

Ann Marie Johnston, MBM

Objectives: Most of us have come to this profession because Yoga has personally transformed our life.

We're extremely passionate about Yoga's benefits and have made a significant investment in our training. We want to be of service and empower others to improve their health and well-being.

But in order for us to really make the impact that we want, people have to know and understand who we are and the value that we offer.

And that means effectively marketing ourselves.

A lot of people struggle with the idea of marketing themselves. But it's an imperative element of running a business. And when done ineffectively, you'll waste time, money and energy—and fail to make the impact you hope to.

But how do we market ourselves authentically and effectively?

How do we connect with the right audience for our skills?

How do we stand out from other teachers & therapists?

How do we clearly articulate our differences and communicate our value?

This CIC will look to answer these questions.

Description: Most people lead their marketing with their 'what' or 'how'. I.e., 'these are the services that I offer,' 'this is what you're going to get.'

While rational features help paint a picture of your offering, leading your marketing with your 'why'—the purpose, cause or belief that inspires you to do what you do—helps you stand out & truly inspire others.

Paint a picture of your why that also taps into your customers needs, and *then* you have a truly captivated audience. When your message resonates in this manner - you build your clients' confidence that you truly have something that is going to help improve their life. And they will seek you out, value you more, be willing to pay more for your services and they'll spread the good news of you and your business far and why.

Authenticity is the key to effective marketing. Your Why should underpin everything you do to market & communicate. This CIC will show you how.

Interest to the Community: This CIC will be of interest to the community, extensive research shows that most Yoga Therapists & Teachers find marketing and differentiating themselves in the market their most challenging aspect. By understanding their 'why'—what motivates them, they will be better placed to authentically communicate their differentiation and connect with the 'right' clients and students.



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