

Yoga Therapy Rx
Level IV-Clinical Practicum
YTRX 840
Loyola Marymount University
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COURSE DESCRIPTION

Yoga Therapy is a synthesis of the ageless wisdom from the East with the most recent knowledge in complementary health from the West, and is a means to manage illness or facilitate healing. This practicum course is designed for students who have successfully completed the first three Yoga Therapy Rx courses (basic, advanced and clinical) to apply and refine their clinical skills in an active medical setting. Under the supervision of resident physicians and instructors, this practicum will prepare students to work as professional Yoga therapists with chronic pain clients in a medical or allied health setting.

Prerequisite: Successful completion of Yoga Therapy Rx I, II and III.

Prerequisite to seeing patients at the Simms Mann Venice Family Clinic: See section titled "Assessments/competencies" below

LEARNING OUTCOMES

Upon successful completion of this program, students will demonstrate proficiency in:

- Obtaining and understanding critical information from a medical chart in order to safely work with clients as part of the health and wellness team
- Applying basic clinical medical terminology
- Using pharmacology Web sites and applications to obtain and understand medication indications, precautions and side effects
- Searching and critically reviewing medical and Yoga research databases for relevant clinical evidence
- Assessing Yoga Therapy clients and prescribing safe therapeutic practices including specific asana, pranayama, meditation, Bhavana and lifestyle modifications.
- Communicating with physicians and other healthcare providers through SOAP notes and written Yoga Therapy Case Study reports in a clinical setting
- Adhering to the International Association of Yoga Therapists Code of Ethics, Yoga Therapy scope of practice and HIPAA regulations.
- In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles.
- In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles.
- Ability to apply knowledge of generally accepted ethical principles and related

- concepts from the yoga tradition to professional interactions and relationships.
- In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.
 - Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.
 - Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping session planning
 - Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.
 - Basic knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.
 - Basic knowledge of how to develop and maintain ongoing collaborative relationships.
 - Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.
 - Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.
 - Ability to conduct intake and assess the client/student, including
 - Taking a history of the client and his/her condition(s); and
 - Assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.
 - Ability to elicit the goals, expectations, and aspirations of the client/student.
 - Ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.
 - Ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy.
 - Ability to identify priorities and set both long- and short-term goals with the client/student.
 - Ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.
 - Ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students, taking into consideration the holistic nature of the individual.
 - Ability to apply knowledge of how to choose and prioritize the use of yoga tools and

- techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients.
- Ability to teach or deliver the appropriate practices for individuals, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy.
 - Ability to facilitate the client/student's experience of the practice, including
 - providing instruction, demonstration, education of the client/student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools; and
 - providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools).
 - Ability to develop and maintain therapeutic relationships including
 - fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; and
 - practicing effective, client/student-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors.
 - Ability to provide follow up and re-planning, including
 - gathering feedback, re-assess, and refine the practice and to determine short-term and long-term goals and priorities;
 - addressing new and changing conditions, goals, aspirations, and priorities of the student/client and to provide appropriate support; and
 - Providing appropriate closure for the therapy sessions. In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.
 - Ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.
 - Ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.
 - In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.
 - In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.
 - In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.
 - In-depth knowledge of and demonstrated ability to develop and adjust appropriate

practice strategies to the client/student.

- Planning, designing and implementing individualized Yoga Therapy programs for clients with chronic pain
- Critically evaluate health science Yoga research.
- Preparing and presenting an evidenced based Yoga Therapy educational powerpoint presentation.

INSTRUCTIONAL METHODS

GRADING

Students will be graded on the following:

Client session delivery

Homework (Planning the session)

Case Studies

Class participation and sangha support including partner calls

Presentations

A 90-100 points

B 80-89

C 70-79

D 60-69

F Below 60

USE OF TECHNOLOGY

Please turn off and put away cell phones during class. This class will require use of a computer or tablet with Internet access for online learning tools and a mobile device for use of learning apps.

WORK LOAD EXPECTATIONS

Students are expected to prepare for all client sessions. This includes familiarity with clients' diagnoses, medications, contraindications, precautions, Yoga Therapy indication. Students are expected to prepare weekly with self study/review and consultation with mentor and other health care providers as appropriate. Students are required to submit a "Planning the Session" form for each client and participate in a one-on-one weekly call with mentor. Students are expected to follow through with mentor recommendations including additional study/review as appropriate to ensure successful participation in clinic. During clinic students are expected to satisfactorily complete all required paperwork on time and adhere to clinic standards.

COMPETENCY ASSESSMENTS

This course is designed to apply the knowledge and refine the skills you have learned in Levels I, II, III. In order to better prepare the student for working in the clinic, during the fall semester students will receive additional training and mentoring while completing two private case studies. For both the safety of the patients and the well-being of the students and patients, students must

demonstrate basic competency and safety in client intake, evaluation, and communication skills prior to seeing patients at the Simms Mann Venice Family Clinic (SMVFC). Students' skills will be assessed in January via a mock client session. Should a student fail to meet the basic competencies with respect to Ahimsa, the student may be advised to seek additional mentoring at additional cost until he/she is able to demonstrate safety and competency. Students may continue to receive mentoring for private clients outside of the SMVFC as appropriate. Once a student demonstrates basic competency he/she may be assigned patients at SMVFC. Students who do not demonstrate the required IAYT practicum competencies by the end of the course will receive an incomplete grade until able to demonstrate competency. Faculty mentoring beyond those stated in the syllabus may require additional tuition.

REQUIREMENTS

- Complete pre-internship quiz
- Attend ALL class sessions
- Complete PLS and submit to mentor on time
- Adhere to IAYT code of ethics, HIPAA and VFC guidelines
- Complete all SOAP notes and patient related documentation.
- Satisfactorily perform client intake, evaluation and Yoga Therapy interventions according to IAYT standards.

Recommended BOOKS/READINGS

1. "Yoga for Pain Relief" by Kelly McGonigal
2. "Principles and Practice of Yoga in Health Care" by Sat Bir Singh Khalsa, Lorenzo Cohen, Timothy McCall and Shirley Telles.
3. "Yoga and Integrative Medicine" by Larry Payne, Terra Gold and Eden Goldman.

PRESENTATIONS

Students will perform literature searches on Pubmed, Google Scholar and LMU's library on a pre-approved topic related to Yoga Therapy applications for a specific population. Students will present a 60 minute evidenced based power point presentation.

EMAIL COMMUNICATION

We will communicate with the entire class and individual students throughout the practicum. Please check your email regularly for updates.

My email is lori@mosaicpt.com or lori.fazzio@lmu.edu

TENTATIVE NATURE OF THIS SYLLABUS

If necessary, this syllabus and its contents are subject to revision; students are responsible for any changes or modifications announced or distributed in class or posted on LMU's course management system Brightspace

SCHEDULE

CLASS	DATE	TOPIC	TIMES	LOCATION	ROOM
	10/14/2017	Introduction Day 1	10am-5pm	LMU	STR248
	10/15/2017	Introduction Day 2	10am-5pm	LMU	STR248
	10/17/2017	Mentor Workshop: Communication skills	5pm-8pm	LMU	HIL063
	10/24/2017	Mentor Workshop: Assessment through Asana	5pm-8pm	LMU	HIL063
	11/7/2017	Mentor Workshop: Optimal living assessment tool	5pm-8pm	LMU	HIL063
	11/14/2017	Mentor Workshop: Listening skills	5pm-8pm	LMU	HIL063
	11/28/2017	Mentor Workshop: Breath assessment	5pm-8pm	LMU	HIL063
	1/9/2018	Research Training Assessments	10am-5pm	LMU	TBD
	1/16/2018	Group Calls	5pm-6pm		
	1/23/2018	Group Calls	5pm-6pm		
	1/30/2018	Group Calls	5pm-6pm		
	2/4/2018	Clinic Preparation	12pm-5pm	LMU	TBD
	2/6/2018	Clinic Orientation	3pm-5pm	VFC	
1	2/6/2018	CLINIC DAY	5pm-9pm	VFC	
2	2/13/2018	CLINIC DAY	5pm-9pm	VFC	
3	2/20/2018	CLINIC DAY	5pm-9pm	VFC	
4	2/27/2018	CLINIC DAY	5pm-9pm	VFC	
5	3/6/2018	CLINIC DAY	5pm-9pm	VFC	
6	3/13/2018	CLINIC DAY	5pm-9pm	VFC	
7	3/20/2018	CLINIC DAY	5pm-9pm	VFC	
8	3/27/2018	CLINIC DAY	5pm-9pm	VFC	
9	4/3/2018	CLINIC DAY	5pm-9pm	VFC	
10	4/10/2018	CLINIC DAY	5pm-9pm	VFC	
11	4/17/2018	CLINIC DAY	5pm-9pm	VFC	
12	4/24/2018	CLINIC DAY	5pm-9pm	VFC	
13	5/1/2018	CLINIC DAY	5pm-9pm	VFC	
14	5/8/2018	CLINIC DAY	5pm-9pm	VFC	
15	5/15/2018	CLINIC DAY	5pm-9pm	VFC	
16	5/22/2018	CLINIC DAY	5pm-9pm	VFC	
	6/5/2018	Group Calls	5pm-6pm		
	6/12/2018	Group Calls	5pm-6pm		
	6/19/2018	Group Calls	5pm-6pm		
	6/23/2018	Presentation Day 1	10am-5pm	LMU	TBD
	6/24/2018	Presentation Day 2	10am-5pm	LMU	TBD

*in addition to weekly individual mentor calls and partner calls

MENTOR WORKSHOP INSTRUCTORS

Kathleen Ross Allee, Laurie Angress, Sonya Chapnick, Lori Fazzio, Amy Wheeler

ACADEMIC HONESTY

Academic dishonesty will be treated as an extremely serious matter with severe consequences that can range from receiving no credit for assignments/tests, failing the class, to expulsion. It is never permissible to turn in any work that has not been authored by the student, such as work that has been copied from another student or copied from a source (including Internet) without properly acknowledging the source. It is your responsibility to make sure that your work meets the standard of academic honesty set forth in the "LMU Honor Code and Process" which appears in the *LMU Bulletin* (see <http://bulletin.lmu.edu>.)

SPECIAL ACCOMODATIONS

Students with special needs who require reasonable modifications, special assistance, or accommodations in this course should promptly direct their request to the Disability Support Services (DSS) Office. Any student who currently has a documented disability (ADHD, Autism Spectrum Disorder, Learning, Physical, or Psychiatric) needing academic accommodations should contact the DSS Office (Daum Hall 2nd floor, 310-338-4216) as early in the semester as possible. All discussions will remain confidential. Please visit <http://www.lmu.edu/dss> for additional information.

EMERGENCY PREPARDNESS

To report an emergency or suspicious activity, contact the LMU Department of Public Safety by phone (x222 or 310-338-2893) or at the nearest emergency call box. In the event of an evacuation, follow the evacuation signage throughout the building to the designated safe refuge area where you will receive further instruction from Public Safety or a Building Captain. For more safety information and preparedness tips, visit <http://www.lmu.edu/emergency>.