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Summary of Main Competency Areas for Developing Assessment Strategies

Leigh Blashki – Accreditation Committee

- An understanding of yoga teachings about body mind and spirit and their application to yoga therapy.
- Knowledge of the allopathic/biomedical and psychological conceptualization of anatomy, physiology, mental health and related pathology.
- An understanding of the importance of body-mind connection, and its integration in the practice of yoga therapy
- Knowledge and skills related to therapeutic relationships at the individual consultation or group level, including duty of care, and the need for particular application of the yamas and niyamas.
- A deep understanding of the breadth of yoga practices and development of their effective therapeutic application, intake and assessment, design and instruction of practices, and providing ongoing support.
- An understanding of the principles of professional practice, including the regulatory environment, relationship with peers, professional ethics, and the role of ongoing personal development.