

YogaTherapyToday

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MISSION

IAYT supports research and education in yoga, and serves as a professional organization for yoga teachers and yoga therapists worldwide. Our mission is to establish yoga as a recognized and respected therapy.

MEMBERSHIP

IAYT membership is open to yoga practitioners, yoga teachers, yoga therapists, yoga researchers, and healthcare professionals who utilize yoga in their practice.

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- Subscription to the *International Journal of Yoga Therapy*
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HOW TO SUBMIT TO YOGA THERAPY TODAY

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Email a query or completed article to YTTeditor@iayt.org.

Yoga Therapy Today relies on submissions from the membership.

Please submit reports and articles on training, views and insights relating to the field and profession of yoga therapy, as well as on integrative practices and business practices. Review author guidelines on the IAYT website/Publications/YTT. Articles are reviewed and accepted on a rolling basis and may be submitted at any time.

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ENVIRONMENTAL STATEMENT

This publication is printed using soy-based inks. The paper contains 30% recycled fiber. It is bleached without using chlorine and the wood pulp is harvested from sustainable forests.

Editor's Note



One of my missions as editor over the past 6 years has been to inspire and educate about the importance of an evidence base to support yoga therapy's professional integration into healthcare. It is, of course, quite possible to be an effective yoga therapist without a research base. With adequate training and experience honed over time, a keen

perceptive eye, and an open compassionate heart, yoga therapists can deliver profoundly healing services. I think your relationship to research rather depends on what you intend to do with your yoga therapy skills.

In recent years, the demand for evidence-based practices has been growing in medicine and psychology alike, and will be a primary factor determining whether healthcare providers come to view yoga therapy as a credible and efficacious part of endorsed—and reimbursed—treatment. It's not enough to say that yoga research shows that yoga works—we need to be able to say *how* it works, *what* it works for, for *whom* and *when*.

Some suggest that there is a difference between evidence-informed practice (EIP) and evidence-based practice (EBP), the argument being that EBP means using only practices for which there is research evidence, whereas EIP allows for more clinical judgment, client preferences, and other factors in making treatment decisions. However, others say that EBP has always allowed for provider discretion. Whichever term you prefer, the idea is that practitioners should judiciously integrate current research into their clinical practices, using their clinical expertise while taking into account individual client needs, preferences, and values. Isn't this what we want for yoga therapy?

On the theme of research, in this issue we have several detailed reports on this year's Symposium on Yoga Research—co-sponsored by the Kripalu Institute for Extraordinary Living—the world's premier conference on yoga research. Nicole deAvilla reports on the state of the field. Dr. Steffany Moonaz describes the latest research and puts it into context so that those of us who are nonscientists can understand it and comprehensibly deliver it to healthcare providers in a way that furthers the legitimacy of yoga therapy in healthcare. And Liz Owen shares the invaluable nonscientist viewpoint on different oral and poster presentations and how she found SYR very accessible and illuminating.

For *Yoga Therapy in Practice*, Schwartz writes a stimulating piece on body countertransference, something we might not have previously thought about as yoga therapists. She challenges the view that countertransference is always something to be avoided and argues that it can uniquely shed light onto clients' mind and body processes when used with great care.

We introduce an exciting new Professional Development feature, the Business of Yoga Therapy, curated by our own Dr. Stephanie Shorter. Future issues will continue to showcase yoga therapists successfully working in the field and we invite your nominations for contributors.

I'd like to give a very warm thanks to Dr. Pamela Jeter, who has been sharing her expertise in the Science for the Yoga therapist column on how and why research is relevant to our professional practice.

Finally, I am currently completing graduate work in mental health counseling and will take a leave of absence for two issues of *Yoga Therapy Today*. I look forward to introducing our guest editor Laurie Hyland Robertson, MS, C-IAYT, eRYT200, RYT500, in the spring.

Wishing you a wonderful 2017! **YTT**

In service,
Kelly

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