CIC#1: Rehab Professionals: Bridging the Past with the Future

Conventional rehabilitation professions make a natural bridge to yoga therapy in our physically oriented culture. Join members of the rehabilitation professions (OT/PT/SLP/RD/RT, etc) that are incorporating yoga therapy into their practices, and all yoga therapist/teachers that interact with rehabilitation professionals as they share ideas and form community to connect the various professions. In the three and half hours, you'll hear six peer-selected short presentations on how to most effectively build bridges via rehabilitation relationships. Topics will include best practices, innovative collaborations, new models of care, and how to interface effectively between the yoga world and conventional rehabilitative medicine. You will also have a chance to make connections with the other attendees, build long lasting connections with like-spirited colleagues, and participate in planning how to maintain the group beyond the meeting time. Coming together in community, we leave connected and better prepared to help bring forth the best possible future.

Co-chairs:
- Staffan Elgelid, PT, GCFT, PhD
- Matthew J Taylor, PT, PhD

CIC #1a: How Belly Guru LLC is Using Axiology as an Objective Tool for Communicating Psychosocial Consciousness Within a Biopsychosocial Model of Care

Lissette Holland
Belly Guru LLC

Keywords: Axiology, motivators, behaviors, yoga, therapy, assessment

Objectives: 1) To introduce axiology (the study of personal values) as a viable means of objectifying psychosocial needs for successful physical intervention. 2) To educate participants on 4 key behaviors and 7 motivators that serve as inherent constitutional markers for behavioral change 3) To open dialogue on how to empower the client in 1:1 and group yoga interventions through the awareness of constitutional strengths verses focusing on physical deficits

Teaching Methodology: Q & A, visuals and lecture.
Participants will be provided with history and theory and engaged in an overview of a case study that orientates them towards using axiology within their biopsychosocial assessment and plan of action

Description: Axiology is the study of present personal values. It is often used in the field of business coaching to identify soft skill strengths that optimize performance but can it be used to connect multiple health and wellness disciplines with a way to quantify the client's universal consciousness, as well as allowing for an emphasis of training ahimsa and satya in our work? Despite our collective value of a biopsychosocial approach to intervention, rehabilitation professionals are often left to place their emphasis upon their traditionally trained perspective. As a result, physical body health providers tend to treat through the structural lens and mental health professionals through the emotional one. Participant will learn how to use axiology as a common language between the body and the mind and engaged in discussion on how key personality traits may be programmed into therapeutic intervention.

Interest to the Community: As the primary educators on our profession, our public value relies on our ability to promote yoga as a unique modality to promote longterm behavioral change verses mimicing symptom management aspects of other modern or tangent rehabilitation models.
CIC #1b: Yoga for Visually Impaired Individuals

Pamela E. Jeter
Wilmer Eye Institute, Johns Hopkins University

Keywords: Keywords: Visual impairment, legal blindness, falls, balance, Ashtanga, Vinyasa yoga

Objectives: The population of people with vision loss is expected to increase from 4 to 7 million by 2030. Persons with visual impairment (VI) are at greater risk for falls due to irreparable damage to visual sensory input contributing to balance. Balance is regulated by 3 sensory systems: somatosensory, vestibular, and visual. Yoga may improve balance by strengthening the remaining sensory systems. Adults may also develop a "fear of falling" (FOF), which may further limit their activity level, increase anxiety, and reduce confidence. The Ashtanga-based Yoga Therapy (AYT), developed by the presenter based on experience in her research program at the Wilmer Eye Institute, may be used as a multi-sensory, multi-factorial behavioral intervention to reduce fall risk and improve psychosocial factors in VI. Objectives are to briefly discuss how different types of vision loss affect balance, to share tips and lessons learned from working with VI and share techniques for teaching yoga non-visualy.

Teaching Methodology: Experiential demonstration (e.g., exercises with eyes closed), Q & A, minimal PowerPoint.

Description: The AYT program was developed to provide preliminary research evidence for reducing fall risk in VI. Modifiable risk factors include fitness, balance, and psychosocial factors (e.g., anxiety). The program describes basic yoga components such as drishti, ujjayi, vinyasa and bandhas as applied to the unique needs of the VI population. Vision loss differs in duration and severity that may impact stability in different ways, such as differences between peripheral and central vision loss, or between congenital and acquired vision loss. Specific tips are described based on the lessons learned from the program for teaching yoga in a non-visual way using oral cues, alignment techniques, and tips from hands-on experiences with VI. The experiential component will involve a specific balance activity with eyes open and eyes closed.

Interest to the Community: This presentation will benefit yoga teachers, yoga therapists, and the rehabilitation community by raising awareness for the unique needs of the visually impaired population at risk for falls.

CIC #1c: Yoga for Cystic Fibrosis, a Pilot Study: Bridging Yoga Therapy with Physical Therapy

Leslie Kazadi
Alchemy Yoga Therapy

Keywords: Yoga therapy, restorative yoga, cystic fibrosis, GERD, osteoporosis, kyphosis, balance

Objectives: This presentation summarizes my collaboration with USC Division of Biokinesiology and Physical Therapy to develop a therapeutic yoga program for adults with cystic fibrosis. Cystic fibrosis, or CF, is a genetic disease that primarily affects the respiratory and digestive systems. CF shortens life span and devastates quality of life, QOL. Our team's objective was to create a yoga program to alleviate symptoms and enhance QOL. The original plan focused on the anamaya kosha, or purely physical plane. That plan evolved to include more subtle intentions and techniques. This bridged the gap from physical therapy to yoga therapy. We will explore the protocol and statistically significant results, ideas to scale the protocol to reach more students and their caregivers, additional populations who would benefit from this practice, and how to collaborate with physical therapists and the medical community so that yoga therapy becomes more widely accepted as complementary care.

Teaching Methodology: Keynote presentation, including some slides from USC's presentation at the National Association of Cystic Fibrosis that highlight study protocol with statistically significant results; video clips of a study participant practicing the sequence.

Description: People with CF have a number of precautions/contraindications to consider: 1) First, do no harm. They are very susceptible to infections and are especially contagious with each other. We included hygiene protocols for CF to prevent cross contamination among participants. 2) Avoiding any forward-folding postures in a modified vinyasa series to protect against GERD. 3) Yogic breathing techniques that were modified to comport with breathing exercises that physical therapists teach patients with CF. 4) Poses to increase lumbar stability and enhance thoracic mobility from a biomechanical perspective. 5) Modifications using props to prevent complications from osteoporosis. 6) Restorative poses to enhance vital capacity, alleviate tension and reduce stress. This protocol bridges the science of western medicine with the art of yoga therapy to empower students with CF. Students learned how to modify so they can practice in a regular class. And as one student remarked: We all laughed more.

Interest to the Community: This pilot study protocol can be replicated in the community for students with CF and adapted to other populations to safely improve balance, posture, strength and quality of life.
CIC #1d: Connecting a National Community of Mothers to Online Yoga Therapy to Reduce PTSD Symptoms after Stillbirth

Jules Mitchell, Jennifer Huberty, Jeni Matthews
Jules Mitchell Yoga and Movement Therapies, Arizona State University, Arizona State University

Keywords: Yoga therapy, online yoga, women's health, PTSD, chronic disease, disability

Objectives: This presentation will: (1) describe the study design/approach, (2) report feasibility (participation, acceptability), and (3) explore preliminary effectiveness of an ongoing research study using online yoga to reduce PTSD in bereaved mothers with stillbirth. This study is innovative in its approach because it tests a novel intervention during a critical time in women's health (e.g., inter-conception period) while mitigating barriers (e.g., self-esteem, time constraints) to participation in physical activity (i.e., yoga). Because online streaming yoga (on-demand videos played in the home) has recently grown in popularity and may address unique barriers to participation, we will also address the potential reach of this study to improve health outcomes in other chronic disease populations (i.e., cancer). The outcomes of this study, and our planned future works, serve to demonstrate how technology may be used to bridge conventional medical treatment paradigms with yoga therapy.

Teaching Methodology: PowerPoint presentation and lecture, demonstration of online streaming yoga classes, and discussion

Description: Each year more than 26,000 pregnancies in the US end in stillbirth, inciting negative maternal mental and physical health outcomes. In our formative work, 50% of bereaved mothers with stillbirth reported an interest in using yoga to help cope with their post-loss symptoms (e.g., grief, depression, anxiety). Importantly, women with stillbirth have reported different physical activity barriers than women with live births such as being confronted with other babies (i.e., exercise in public settings) and have endorsed a particular interest in home exercise programs. Yoga has been established as an effective, safe, acceptable, and cost effective approach to improving mental and physical health in a variety of populations (i.e., pregnant and postpartum women). Individuals with chronic disease and physical disabilities may experience additional barriers to participation in therapeutic yoga, which may be resolved by providing access to high quality online yoga targeted to specific populations.

Interest to the Community: Online yoga, a convenient, inexpensive, and non-pharmacologic intervention, may affect health and well-being outcomes (i.e., stress, quality of life) and could be easily integrated into existing programs such as hospitals or community centers.

CIC #1e: Yoga Therapy As an Adjunct to Therapeutic Neuroscience Education

Cheryl Van Demark
Health In Motion LLC & Body Language Studio

Keywords: Yoga therapy, T.N.E., Therapeutic Neuroscience Education

Objectives: 1. Model a memorable positive learning experience. 2. Describe a ripe opportunity for yoga therapy to complement T.N.E. using experiential learning. 3. Participants will receive tools they can immediately apply in the clinic with chronic pain patients.

Teaching Methodology: Summary of T.N.E. with support of Power Point. 1-3 somatic learning experiences supportive of T.N.E. principles.

Description: Chronic pain represents a common source of suffering worldwide and consumes disproportionate resources across health care systems. Emerging chronic pain science is reshaping rehabilitative medicine. Therapeutic Neuroscience Education has been advocated as a valuable system of intervention. The core of T.N.E. involves retraining the individual's self-knowledge and beliefs about input from the sensorimotor system to reduce fear, perceived threat and hyper-vigilance. Delivery to the client is largely didactic. Somatic learning is missing. Therapeutic yoga provides a beautiful fit. This presentation will clearly demonstrate how to bridge Yoga Therapy with rehabilitation based in T.N.E.

Interest to the Community: Rehabilitation professionals are faced with growing numbers of chronic pain patients in their caseloads. A fresh approach using yoga therapy to empower clinicians to co-create well being for individuals with chronic pain is sorely needed.
CIC #1f: Yoga Therapy for Post-Stroke: Assessment and Treatment Based on the Pancamaya Model

Lorelei Woerner-Eisner, OTR/L, CYT, RYT500
Home Health Therapist with Integrative Wellness Therapy

**Keywords:** Yoga therapy, stroke, Cerebrovascular Accident (CVA), hemiparesis, home health, occupational therapy

**Objectives:** This presentation will focus on providing in-home therapy to those who have suffered a stroke. We will take the view of integrating Occupational Therapy and Yoga Therapy to facilitate increased participation in daily life activities. An introduction to assessment and treatment strategies will be presented based on the holistic perspective of the Pancamaya Model. Participants will learn of the potential problems in each of the mayas, from gross to subtle. Treatment strategies will be discussed, based on yoga techniques and philosophy based on the Krishnamacharya/T.K.V. Desikachar lineage.

**Teaching Methodology:** PowerPoint presentation and engaging experiential activities

**Description:** Stroke sequelae interferes with many aspects of daily life and function across the Pancamaya levels. As yoga therapists, we can help our clients move toward deeper levels of healing by addressing the person's needs on each level. The tools of yoga (pranayama, asana, visualization, sound and ayurvedic principles) are packed with potent strategies to promote rehabilitation. Additionally, the principles of krama and abhyasa before vairagya can be used to develop healthier habits that may help prevent another stroke. This unique presentation will provide an introduction to in-home treatment perspectives from an experienced clinician-considering co-treatment, collaboration with other health care providers, importance of taking vitals and acceptable parameters, and home health regulations.

**Interest to the community:** According to the CDC, each year more than 795,000 people in the US have a stroke, and nearly 1 in 4 are those who have had a previous stroke. It is therefore significantly important to treat the underlying causes and teach healthy lifestyle habits.
CIC#2: Mental, Emotional, and Spiritual Health

CIC #2a: Mental, Emotional, and Spiritual Health.

Michael Lee and Julie Carmen co-chair this CIC, dedicated to exploring the art and science of Yoga therapy in the arena of professional mental health disciplines. Explore the two-way street where mental health issues and conditions are considered in yoga therapy and where therapeutic yoga practices are integrated into mental health settings. Join members of the mental health professions who incorporate Yoga therapy into their work and Yoga therapist/teachers who support students and clients in mental health settings, as they come together to share ideas and to build a professional learning community.

Co-chairs:
• Julie Carmen, MA, LMFT, E-RYT 500, YTRX
• Michael Lee, MA, DipSocSci, E-RYT 500

CIC #2a: Session 2—Mental, Emotional, and Spiritual Health

Bea Ammidown
YogAbility Institute. Ammidown Yoga Studio

Keywords: Yoga therapy, lightness, acceptance, contentment

Objectives: To guide and instruct with understanding and compassion individuals' needs and offer them gentle, easy and safe Yoga poses with music and appropriate props.

Teaching Methods: Power point presentation of photos and videos of students. I shall demonstrate chair, wall and table asanas. I am a realistically optimistic person. I praise, admire, laugh at certain situations. Using Phoenix Rising dialogue: What's happening now?

Description: The many years of study, practice and teaching continue to give me the confidence and pleasure to share Yoga to students with special requirements. Jason (a 19-year-old born with severe autism)'s mother, a psychotherapist, feels yoga has opened her son to new ways of coping with his feeling. “I think (yoga therapy) lends itself to some children with autism because of the sensory motor aspect of it that has been shown to be helpful for children that are hypersensitive, hyperactive and tactilely defensive,” she says. Mainly to see them attempt, engage and achieve something rewards them. Building trust, confidence and contentment. It is how I am able to encourage, charm, and often playfully instruct poses, and movements so laughter and silliness is welcomed.

Interest to the Community: The method offered shows how with lightness, experience, trust and confidence Yoga can be beneficial in many environments. Utilizing wheelchairs, walkers, walls, tables, desks, sinks, and each other as props for support. Everybody wins.
CIC #2b: Yoga for Reducing Depression and Anxiety, and Improving Wellbeing - Deciding What Approaches and Techniques in Research and Therapeutic Interventions

Michael de Manincor  
The Yoga Institute (Australia); The Yoga Foundation (Australia); National Institute of Complementary Medicine (NICM), School of Health Science, University of Western Sydney

**Keywords:** yoga, anxiety, depression, mental health, positive psychology, well-being, intervention protocol guidelines, clinical research, yoga therapy, personal practice  

**Objectives:** 1. To explore evidence, ideas, questions and different points of view related to which aspects, approaches and components of yoga practice are effective in reducing depression and anxiety, and increasing well-being. 2. To explore ideas and questions related to decision making processes for development and design of yoga interventions for reducing depression and anxiety, in both research and therapeutic interventions. 3. Presentation and discussion of our own research findings which used the Delphi-method for development of consensus-based intervention guidelines for use in research, teaching and therapy.

**Teaching Methods:** Interactive audience-participatory presentation & discussions. PowerPoint presentation. Live demonstration of online survey-type panel participation, with use of laptop computers, mobile devices and tablets (using Survey Monkey).

**Description:** Yoga is a broad system that includes many approaches, practices and techniques. Growing evidence suggests that Yoga (or Yoga therapy) can be effective in reducing depression and anxiety. However, reviews of the research highlight the significant heterogeneity in interventions, approaches and techniques used. Does this suggest that anything called “yoga” might work? Current evidence of the effectiveness of particular approaches is insufficient for guiding decisions in the development of interventions. A more detailed understanding of effective components of yoga interventions is needed, as well as consideration of what to avoid. This session will explore details of interventions used in yoga for mental health research. Participants will be guided through decision-making processes for the design and development of effective interventions. Results from our own research for the development of consensus-based intervention guidelines using the Delphi research method will also be provided.

**Interest to the Community:** Researchers, teachers and therapists will have a better understanding of issues in the development of interventions for people with depression or anxiety. Evidence-based, practical methods for seeking the views of those with experience in the field.

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CIC #2c: Family Yoga Therapy Treatment with a Bipolar 11-year Old Boy

Ellen G. Horovitz  
*Nazareth College, Yoga Therapy Clinic, Rochester, NY*

**Keywords:** Family Therapy, Yoga Therapy, Art Therapy, Genogram Analytics, Chronosystem Patterns, Bipolar, Depression Anxiety Stress Scale (DASS), Paper53, Yamas, Niyamas, Saucha

**Objectives:** 1) Participants will learn how the use of genogram analytics informed the trajectory for utilizing the yamas and niyamas with this family. 2) Participants will understand the reason for using the DASS (Depression Anxiety Stress Scale) as a pretest /postest to inform the clients and yoga therapist of yoga therapy's efficacy. 3) Participants will understand how to couple yoga therapy, art therapy, psychotherapy and Paper53 (an app) for self-expression within the yoga therapy session.

**Teaching Methods:** Video, PowerPoint and a warm-up experiential will allow participants to understand the range of yoga therapy applications used with this case

**Description:** The case of "E," an 11-year old boy, will be explored through the lens of family yoga therapy and art therapy with his biological mother. Utilizing chronosystem patterns predicted from the intake and construction of a genogram, the yoga therapist will present how she curbed "E's" self-injurious and aggressive actions towards his parents (two women) and his three (3) siblings. Hinging on this family's belief systems, the yoga therapist will also explain how she used the niyama, saucha, to instill hygiene and self-mastery and employed the DASS (Depression Anxiety Stress Scale) and Paper53 (an app) to track changes and mastery over time.

**Interest to the Community:** Coupling yoga therapy and art therapy from a family system’s perspective is on the forefront of both the yoga therapy and art therapy fields. Tracking its efficacy using self-reports (the DASS (Depression Anxiety Stress Scale) is of interest to therapists from both fields.
CIC #2d: Safety, Predictability, and Control: Foundations for Recovery and Resilience

Daniel J. Libby, PhD  
*Veterans Yoga Project*

**Keywords:** Veterans, Military, Trauma, post-traumatic stress, yoga therapy  
**Objectives:** 1) To outline and discuss the nature of trauma; 2) to outline and discuss the role of Safety, Predictability, and Control in the experience of trauma and in the experience of veterans recovering from post-traumatic stress disorder; 3) To outline and discuss how emphasizing Safety, Predictability, and Control in yoga practice can accelerate recovery and resilience; 4) To provide specific techniques for enhancing Safety, Predictability, and Control in the classroom.  
**Teaching Methods:** Interactive Lecture with PowerPoint  
**Description:** Millions of veterans (and civilians) suffer from trauma-related conditions including post-traumatic stress, traumatic brain injury, and chronic pain. Traumatic events are characterized by a lack of safety, a lack of predictability, and a lack of control. Individuals who develop trauma-related challenges after a traumatic event often feel as if their everyday moment-to-moment experience lacks these three essential requirements for psychological health and wellness. In this presentation, we will discuss how emphasizing safety, predictability, and control in our teaching can accelerate the process of recovery and resilience. Establishing these conditions in the yoga therapy setting can help our students achieve greater autonomic regulation, leading to an expansion of thought-behavior repertoires, which characterizes the post-traumatic growth process.  
**Interest to the Community:** As more healthcare systems integrate holistic therapies, yoga therapists will be required to have a basic understanding of mental health issues. This presentation provides a very basic introduction to these issues.

CIC #2e: Phoenix Rising Yoga Therapy for Those Affected by Cancer

Camille Llewellyn and Bev Johnson  
*Phoenix Rising Yoga Therapy*

**Keywords:** Yoga, cancer, stress, chemotherapy, complementary cancer therapy  
**Objectives:** The objective of this presentation is to provide participants a basic understanding of the challenges and benefits of working with people affected by cancer, including not only the person diagnosed with cancer but their caregivers and family. Participants will be offered a brief overview of the unique needs of this population and the way that Phoenix Rising Yoga Therapy helps release the stress of treatment, its impact on life, and the anxiety of recurrence or worse, death. Caregivers and family experience stress comparable to that of the diagnosed and benefit as well from the group stress management programs and classes that help them rejuvenate and take care of themselves so they can care for the patients. We are particularly excited to present Camille’s experience with Phoenix Rising in chemotherapy infusion rooms, which is a huge breakthrough for complementary therapies in our Western medical paradigm.  
**Teaching Methods:** Short talk, short video clip of a PRYT stress management yoga class in the cancer center, structured sharing of relevant experience both of group classes and one-on-one in infusion rooms, and Q&A.  
**Description:** The psycho-emotional basis of Phoenix Rising’s approach integrates awareness and acceptance of all parts of experience into the individual quest to understand self and the conditions we find ourselves in. This seems particularly resonant to those contending with their own personal truths of life (and death) within their physical, psychological and emotional journey through cancer. We start with a short talk that provides relevant context on the cancer experience, then we discuss the nature of Phoenix Rising as a dual process modality and the reason it works well for this. Camille will speak of her direct experience bringing Phoenix Rising stress management to a nationally affiliated cancer center in Bethlehem, PA. She will then describe how she was invited to bring Phoenix Rising into the chemotherapy infusion rooms and the appreciative feedback she has received there from patients, caregivers and facility staff.  
**Interest to the Community:** 30-50% of our population will experience cancer in their lifetimes. Evidentiary research is proving the benefit of yoga as an adjunct cancer therapy. This is a huge and growing need and most don’t know how—or are afraid—to get involved.
SYTAR Accepted CIC Proposals

CIC #2f: Introducing Trauma-Informed, Peer-Facilitated Yoga Therapy into a Federally-Funded Intensive Outpatient Behavioral Health Treatment Court Program

Brooke West  
*County of San Luis Obispo Behavioral Health and Drug and Alcohol Services Adult Treatment Court Collaborative, San Luis Obispo, CA*

**Keywords:** Yoga, Restorative Yoga, pranayama, Yoga nidra, mindfulness, stress management, behavioral health, mental health, substance abuse, forensic intensive outpatient program, dual diagnosis, women, trauma, program development, cultural sensitivity

**Objectives:** To present the inspiration, design and actualization of an innovative, evidenced-based therapeutic Yoga pilot program in a Substance Abuse Mental Health Services Agency (SAMHSA) GAINS Grant program. To describe the successes and challenges of executing an effective, ancillary Yoga therapy intervention to high-risk trauma survivors in a county-level, intensive outpatient mental health and substance abuse court system alternative to incarceration. Fundraising; peer-facilitation; survey design; the instruction of Restorative Yoga, pranayama, Yoga nidra, Yoga philosophy; and cultural relevance supported the success of the program. This overview will encourage the efforts of Yoga therapists pioneering within the criminal justice system, illustrating the potential of Yoga therapy for stress management, mental health wellness, substance abuse recovery and trauma-symptom reduction in public service agencies.

**Teaching Methods:** Dynamic anecdotal lecture including an administrative program evaluation and client testimonials; brief PowerPoint slides to explain the program; discussion.

**Description:** A Yoga therapist intern in recovery from trauma, substance abuse and mental health diagnosis succeeded in introducing Yoga’s therapeutic benefit for treatment, recovery and prevention of behavioral health symptoms and substance abuse to behavioral health staff and to clients otherwise without access to Yoga in their communities. Eighteen participants were surveyed in this thirteen-week study; half were women. Cultural sensitivity to staff and clients was found to be paramount in increasing clients’ receptivity to and participation in a new Yoga therapy program. Therapeutic objectives to reduce trauma and mental health symptoms, increase medication compliance, breath awareness, life satisfaction and hope via Yoga practices were met. Group Yoga provided clients with practical stress-management skills used beyond the Yoga room. Increasing access to clients in agency settings and community access to Yoga is needed for collective recovery from behavioral health issues.

**Interest to the Community:** SAMHSA National GAINS Grant funds The County of San Luis Obispo Adult Treatment Court Collaborative, braiding criminal justice, mental health and substance abuse recovery program interventions with peer-facilitated Yoga therapy in a federal program.