

**Contemporary Topics in Yoga:
Therapeutics in Healthcare**
Module Details



Contemporary Topics in Yoga: Therapeutics in Healthcare

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30-Hour Module

Target Audience and Instructional Level

This is an intermediate-level course geared to students in the YogaX YTT300 and the following audiences:

- Psychologists, psychiatrists, and other mental healthcare providers interested in bringing yoga principles and strategies into their clinical practice.
- Psychology, psychiatry, and other mental health-program students in graduate or medical programs interested in bringing yoga principles and strategies into their supervised clinical practice.
- Yoga teachers interested in offering yoga classes in mental healthcare settings.
- Yoga therapists providing yoga interventions in mental healthcare settings.

Workshop Pragmatics

- Cost: \$800 tuition for this 30-hour workshop (or included in the YTT300 tuition)
- The module is delivered via online synchronous small-group work
- Yoga Alliance Continuing Education credits (30 hours) are included in the tuition cost upon request
- Participation (by entering the zoom link and/or making payment) implies that you have read and agreed to the Stanford Assumptions of Risk, Release of Claims, and Hold Harmless Agreement at <https://www.yogaxteam.com/healthandsafetyinformation>
- YogaX Refund and Payment Policy is available at https://3de0fc17-ea21-4854-87c7-777a583c02cf.filesusr.com/ugd/37469f_73d3c9e8ebb14214a60e11d8b08baba1.pdf
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.

Instructor

Various Instructors (Listed below)

Facilitated by:

Geno Carvalho MPH, NBC-HWC, ERYT 500, CPT, FNTF

YogaX Program Manager

Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine

More information at <https://profiles.stanford.edu/eugene-carvalho>

A list of other instructors and their credentials are listed below in the schedule section.

Training Content Summary

This advanced training will broaden yoga trainees' knowledge of contemporary yoga professional topics led by yoga and healthcare experts. Each session will be two hours, including experiential work and discussion. The purpose of this section of the 300hr training is to introduce yoga teachers to the range of settings and demographics therapeutic yoga can be applied to, as well as additional healthcare topics. Each topic will incorporate an overview of a specialized topic in healthcare and/or yoga and provide each student an opportunity to learn from a professional with specialized knowledge in their field.

Participants will watch in a range of "talks" led by professionals either applying yoga in a variety of settings or on a topic that can inform their yoga teaching (sleep, chronic pain, etc.). As such, participants learn to develop strategies, apply skills, and problem-solve related to the following applications of therapeutic yoga in healthcare settings:

- Learning specialized topics that can be applied to working with students/clients in a healthcare setting
- Learning the range of applications of yoga interventions for varying populations and different settings
- Understanding the unique characteristics of each setting and the nuances of how to create appropriate adaptations of yoga interventions
- Understanding the unique characteristics of different healthcare populations and the nuances of how to create appropriate adaptations of yoga interventions to cater to individual needs
- Integrating cultural sensitivity and competence, including language skills, empowerment, collaboration, and interpersonal skills specific to the unique setting and demographic presented in the varying topics

Learning Objectives

Learning Objective #1:

1. Explore and define varying applications of yoga through expert presentations and talks

Evaluation Method for Learning Objective #1

- Define and provide examples of different settings and demographics
- Define and explain the difference between applications of yoga with varying populations and settings

Learning Objective #2:

2. Learn advanced techniques and considerations to broaden your ability to plan/structure/theme a class based on population, setting, and presenting concerns

Evaluation Method for Learning Objective #2

- Define and explain techniques to create appropriate adaptations of yoga interventions to cater to individual and setting-dependent needs
- Define teaching parameters and considerations for applying yoga intervention within healthcare settings based on information given in presentations and discussed in small groups

Learning Objective #3:

3. Learn to teach and apply principles and techniques specific to the varying populations/settings discussed by speakers

Evaluation Method for Learning Objective #3

- Apply teaching principles and considerations in experiential and small group exercises
- Plan a sample class based on a chosen population OR compose a proposal for research or a program
- Provide a brief presentation on the specialized topic of your choosing

Schedule and Continuing Education Hours by YA Category

Date	Topic	Instructor	TTP	TM	AP	YH	Prc	Spc
10/23/23	Gender 101 Yoga for LGBTQIA+	Marissa Floro, PhD, RYT 200				4	2	
10/30/23	Yoga for Sleep	Elika Razmjou, PsyD, RYT 200	2	1		1	2	
11/06/22	Yoga for Chronic Pain Yoga for Veterans	Nina Hidalgo PhD, RYT 500 and Kathrine Rodenkirch		1	1	2	2	
11/13/23	Yoga in Psychiatric Inpatient Settings	Nadia Vladagina PsyD, RYT 500		1	1	2	2	
11/20/23	Sequence / Proposal Presentation		1	1	1	1	2	
30 hours of YA CE or YTT 300 in the following categories:			3	4	3	10	10	

Notes: YA=Yoga Alliance; CE=Continuing Education

TTP=Techniques, Training, and Practice; TM=Teaching Methodology; AP=Anatomy and Physiology; YH=Yoga Humanities; Prc=Practicum; Spc=area of program specialization

Each week includes supplemental videos in addition to the video listed.

Suggested Readings

It is recommended that in preparation for the workshop you read all YogaX blogs, peruse YogaX webpage resources, and try out some of the offered free practices (asana, pranayama, meditation, and more) at yogaXteam.com and on the YogaX Team YouTube channel.

It will be helpful to have familiarity with the *Yoga Sutras of Patanjali* prior to attendance (but it is not required). Many translations exist and you can choose any one. Several are available for free online (<http://www.swamij.com/yoga-sutras.htm> and <http://www.arlingtoncenter.org/Sanskrit-English.pdf>).

The following readings will be helpful as you deepen your journey once you have completed the workshop.

Barkataki, S. (2020). *Embrace yoga's roots: Courageous ways to deepen your yoga practice*. Orlando, FL: Ignite Yoga and Wellness Institute.

Clark, B.(2019). *The complete guide to yin yoga: The philosophy and practice of yin yoga*. USA: Wild Strawberry Productions

Hanson-Lasater, J. (2021). *Teaching with intention: The essential guide to skillful hands-on assists and verbal communication*. Boulder, CO: Shambala.

Hanson-Lasater, J. (2017). *Restore and rebalance: Yoga for deep relaxation*. Boulder, CO: Shambala.

Hanson-Lasater, J. (1995). *Relax and renew: Restful yoga for stressful times*. Boulder, CO: Shambala.

Johnson, M.C. (2019). *Skill in action: Radicalizing your yoga practice to create a just world*. Boulder, CO: Shambala.

Mitchell, J. (2019). *Yoga biomechanics: Stretching redefined*. Scotland, UK: Handspring Pub Ltd

Provided Handouts

Several handouts and the slide set for the workshop will be provided to registered and paid enrollees on the day of the workshop. These materials are provided with the understanding that students will not duplicate, distribute, or otherwise publicly use these materials without express permission and proper attribution and referencing.

Handouts to be provided include:

- Slide Sets for the presentation*
- Handouts specific from the presenter*

Background and Training Rationale

Therapeutic yoga and yoga therapy is an emerging field and its range of application is still being explored and discovered. Yoga is an ancient practice from India that's effects have been studied in the scientific literature for a variety of healthcare outcomes (McCall, 2014). Yoga, as a holistic and integrated practice, includes ethics, movement, breathing and meditation that focus on multi-leveled interventions that build awareness, resilience, and stability physically, psychologically, and spiritually (Csala, 2021; Gard et al., 2014; Sullivan et al., 2018). There have been countless studies that reveal the incredible healing potential of yoga. Below is a list of studies that briefly cover the range of studies conducted using yoga as an intervention for clinical symptoms and disorders.

Table 1: Evidence Base for Yoga's Mental Health Benefits (created by C. Brems)

<i>Documented Mental Health Benefits – Clinical Symptoms and Disorders</i>	
Anxiety	Khalsa, Greiner-Ferris, Hoffman, & Khalsa, 2015; Li & Goldsmith, 2012; Satyapriya, Nagarathna, Padmalatha, & Nagendra, 2013
Anger	Kanojia et al., 2013; Noggle, Steiner, Minami, & Khalsa, 2012; Lavey et al. 2005;
Depression	Butler et al., 2008; Chandratreya, 2011; Kanojia et al., 2013; Kinser, Bourguignon, Whaley, Hauenstein, & Taylor, 2013; Lavey et al. 2005; Lavretsky et al., 2013; Shahidi et al., 2011; Sharma, Das, Mondal, Goswami & Gandhi, 2005; Woolery, Myers, Sternlieb, & Zeltzer, 2004; Uebelacker et al., 2010
Attention Deficit	Chaya, Nagendra, Selvam, Kurpad, & Sirinvasan, 2012; Jensen & Kenny, 2004
Eating Disorders	Carei et al., 2010; Mitchell, Mazzeo, Rausch, & Cooke, 2006
Trauma Spectrum	Carter et al., 2013; Emerson & Hopper, 2011; Mitchell et al., 2014; Staples, Hamilton, & Uddo, 2013; Thordardottir, Gudmundsdottir, Zoega, Valdimarsdottir, & Gudmundsdottir, 2014; Van der Kolk et al., 2014
<i>Documented Mental Health Benefits – Wellbeing</i>	
Stress Perception	Brems, 2015; Kauts & Sharma, 2009; Luu & Hall, 2015
Coping Skills	Chong, Tsunaka, Tsang, Chan, & Cheung, 2011; Noggle et al. 2012; Sethi, Nagendra, & Ganpat, 2013
Emotional Wellbeing	Sethi et al., 2013; Telles, Sing, Bhardwaj, Kumar, & Balkrishna, 2013

Current Research Trends

Yoga as an intervention has been increasingly seen in scientific literature and the number of studies and applications of yoga continue to grow (Büssing, 2012; Jeter, Slutsky, Singh, & Khalsa, 2015). Yoga research is associated with numerous health conditions and is thought of as a safe and effective intervention for stress-related disorders, mental health concerns and physical conditions (Büssing, 2012; McCall, 2014). Most yoga studies from 2011-2020 have focused on stress, depression, and pain management (Chetry, Telles & Balkrishna, 202). There are studies that suggest yoga is just as effective as other stress reduction techniques (e.g. relaxation, CBT, etc.), has been effective as an intervention for children, and in treatment of patients with cancer, cardiovascular disease, blood pressure, musculoskeletal problems, and mental health issues (Alexander et al., 2013; Barnes, Bloom, & Nahin, 2007; Büssing, 2012; Chandratreya, 2011; Chong et al., 2011; Geyer et al., 2011; McCall, 2014).

Contemporary Topics in Therapeutic Yoga and Yoga Therapy

Yoga is remarkable as an adjunct to treatment because of its generalizability and applicability to go beyond Western modalities of healing (D' Andrea & Pole, 2011; Niles et al., 2018; Nguyen-Feng, et al., 2020; Taylor et al., 2020; Van der Kolk, 2014). However, even though yoga has a broad range of applications, there needs to be more specific considerations when working with healthcare populations and settings that require more thoughtfulness and intention. Additionally, because of the spectrum of varying needs and presenting concerns that can be targeted in the yoga room, it is important to learn how experts and experienced practitioners conceptualize and adapt yoga interventions to various populations and in different settings. Also, for therapeutic yoga and yoga therapy to become more legitimized in the healthcare field, yoga professionals need to be trained on contemporary healthcare topics. If yoga professionals are introduced to topics that are current and well known among healthcare professionals, the information they learn can inform how they work with clients, integrating the most current research and practices into patient/client/student care with the ancient wisdom and practices of yoga.

Training Format

Each 2 hour session will use mixed pedagogical methods, ranging from didactics/lectures to discussion to experiential work, including small group activities. Lecture/didactic time invites discussion throughout and is accented by experiential exercises and activities. The experiential work is yoga-based and includes asana, pranayama, meditation, and guided imagery. To make sure that everyone can enjoy the yoga-based activities safely and with maximum comfort, please note the following (more personal) thoughts and requests.

- Stanford University requires that you sign the release form that is in the Handouts Section of this manual to be able to participate in the activities that are part of this workshop. It assumed that you have agreed to this document when you pay or use the provided zoom link for the workshop.
- Required training activities start promptly every day. To make sure that we can start on time and that you have ample opportunity to get settled or ask questions, it would be lovely if you could arrive as much as 10 minutes early. Optional experiential activities may begin earlier.
- Participants have to provide their own props for the virtual training sessions. Minimum prop equipment includes 2 yoga blocks, 1 yoga strap (10 feet is preferable), 1 yoga bolster, 1-2 blankets, and a yoga mat. Access to a clear wall space is extremely helpful (a closed door works). Prop substitutes are fine (e.g., a stack of books instead of blocks; a scarf instead of a strap, sofa cushions instead of a bolster, etc.). Please have all props at the ready for each training session.
- Yoga is best practiced on a relatively empty stomach but not starving. A sustaining but light meal prior to class will help you maintain your energy without having a full belly that makes bending and twisting difficult.
- Please ask questions – before class, after class, and during class. If you are wondering about something – whether it's the reason for a particular shape or movement, an alignment question, or a more healthful way of doing something – someone else is likely to ponder the same thing.
- Always honor your own intuition and body wisdom – if something feels wrong, do NOT do it. We are all anatomically unique and we all express the same yoga shape, breath, or practice in different ways. What works for us, your teachers, or the person next to you, may not be optimal for you. Allow yourself the joy of using props and variations based on the feedback from your own body, breath, and mind. We offer both freely and demonstrate their use throughout.
- Yoga practiced in a group is inspirational. It is never competitive. Work within your own body limits and preferences; give yourself permission not to strive to do what others are doing. Delight in the pleasure of expressing each pose or breath in uniquely your way. If something comes easily, celebrate this state of pure joy; if something is a struggle, embrace the moment of learning.
- Thank you in advance for making me aware of any medical conditions that may affect your yoga practice. It is helpful for me to know if you are modifying shapes for a particular reason or if you would like to have help in working with a particular concern.
- Thank for turning off all cell phones, beepers, or other noise-making or distracting devices before you settle in for any given training session.
- Thank you for keeping your cameras on during virtual sessions to the degree possible and appropriate.

Bibliography

<i>Evidence-Based Benefits of Yoga for Mental Health – Clinical Symptoms and Disorders</i>	
Anxiety	<p>Khalsa, M. K., Greiner-Ferris, J. M., Hoffman, S. G., & Khalsa, S. B. S. (2015). Yoga-enhanced cognitive behavioral therapy (Y-CBT) for anxiety management: A pilot study. <i>Clinical Psychology & Psychotherapy</i>, 22, 364-371.</p> <p>Li, A. W., & Goldsmith, C. W. (2013). The effects of yoga on stress and anxiety. <i>Alternative Medicine Review</i>, 17, 21-35.</p> <p>Satyapriya, M., Nagarathna, R., Padmalatha, V., & Nagendra, H. R. (2013). Effect of integrated yoga on anxiety, depression and wellbeing in normal pregnancy. <i>Complementary Therapies in Clinical Practice</i>, 19, 230-236.</p>
Anger	<p>Kanojia, S., Sharma, V. K., Gandhi, A., Kapoor, R., Kukreja, A., & Subramanian, S. K. (2013). Effect of yoga on autonomic functions and psychological status during both phases of menstrual cycle in young healthy females. <i>Journal of Clinical and Diagnostic Research</i>, 7, 2133-2139.</p> <p>Noggle, J. J., Steiner, N. J., Minami, T. & Khalsa, S. S. (2012). Benefits of yoga for psychosocial well-being in a US high school curriculum: A preliminary randomized controlled trial. <i>Journal of Developmental & Behavioral Pediatrics</i>, 33, 193-201.</p> <p>Lavey, R., Sherman, T., Mueser, K. T., Osborne, D. D., Currier, M., & Wolfe, R. (2005). The effects of yoga on mood in psychiatric inpatients. <i>Psychiatric Rehabilitation Journal</i>, 28, 399-402.</p>
Depression	<p>Butler, L. D., Waelde, L. C., Hastings, T. A., Chen, X., Symons, B. Marshall, J.J., ... Spiegel, D. (2008). Meditation with yoga, group therapy with hypnosis, and psychoeducation for long-term depressed mood: a randomized pilot trial. <i>Journal of Clinical Psychology</i>, 64, 806-820.</p> <p>Chandratrya, S. (2011) Yoga: An evidence-based therapy. <i>Journal of Mid-Life Health</i>. 2, 3.</p> <p>Kanojia, S., Sharma, V. K., Gandhi, A., Kapoor, R., Kukreja, A., & Subramanian, S. K. (2013). Effect of yoga on autonomic functions and psychological status during both phases of menstrual cycle in young healthy females. <i>Journal of Clinical and Diagnostic Research</i>, 7, 2133-2139.</p> <p>Kinser, P. A., Bourguignon, C., Whaley, D., Hauenstein, E., & Taylor, A. G. (2013). Feasibility, acceptability, and effects of gentle Hatha yoga for women with major depression: Findings from a randomized controlled mixed-methods study. <i>Archives of Psychiatric Nursing</i>, 27, 137-147.</p> <p>Lavey, R., Sherman, T., Mueser, K. T., Osborne, D. D., Currier, M., & Wolfe, R. (2005). The effects of yoga on mood in psychiatric inpatients. <i>Psychiatric Rehabilitation Journal</i>, 28, 399-402.</p> <p>Lavretsy, H., Epel, E. S., Siddarth, P., Nazarian, N., Cyr, N. S., Khalsa, D. S., ... Irwin, M.R. (2013). A pilot study of yogic meditation for family dementia caregivers with depressive symptoms: Effects on mental health, cognition, and telomerase activity. <i>International Journal of Geriatric Psychiatry</i>, 28, 57-65.</p> <p>Shahidi, M., Motjahed, A., Modabbernia, A. Motjahed, M., Shafiabady, A., Delavar, A., & Honari, H. (2011) Laughter yoga versus group exercise program in elderly depressed women: A randomized controlled trial. <i>International Journal of Geriatric Psychiatry</i>, 26, 322-327.</p> <p>Sharma, V.K., Das, S., Mondal, S., Goswami, U., & Gandhi, A. (2005). Effects of sahaj yoga on depressive disorders. <i>Indian Journal of Physiology and Pharmacology</i>, 49, 462-468.</p> <p>Uebelacker, L. A., Tremont, G., Epstien-Lubow, G., Gaudio, B. A., Gillette, T., Kalibatseva, Z., & Miller, I.W. (2010). Open trial of Vinyasa yoga for persistently depressed individuals: Evidence of feasibility. <i>Behavior Modification</i>, 34, 247-264.</p> <p>Woolery, A., Myers, H., Sternlieb, B., & Zeltzer, L. (2004). A yoga intervention for young adults with elevated symptoms of depression. <i>Alternative Therapies in Health and Medicine</i>, 10, 60-63.</p>
Attention Deficit & Cognition	<p>Chaya, M. S., Nagendra, H., Selvam, S., Kurpad, A., & Sirinvasan, K. (2012). Effect of yoga on cognitive abilities in schoolchildren from a socioeconomically disadvantaged background: A randomized controlled study. <i>Journal of Alternative & Complementary Medicine</i>. 18, 1161-1167.</p> <p>Jensen, P. S., & Kenny, D.T. (2004). The effects of yoga on the attention and behavior of boys with attention-deficit/hyperactivity disorder. <i>Journal of Attention Disorders</i>, 7, 205-216.</p> <p>Telles, S., Singh, N., Bhardwaj, A. K., Kumar, A., & Balkrishna, A. (2013). Effect of yoga or physical exercise on physical, cognitive and emotional measures in children: A randomized controlled trial. <i>Child & Adolescent Psychiatry & Mental Health</i>, 7, 37.</p>
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	<p>Thordardottir, K., Gudmundsdottir, R., Zoega, H., Valdimarsdottir, U. A., & Gudmundsdottir, B. (2014). Effects of yoga practice on stress-related symptoms in the aftermath of an earthquake: A community-based controlled trial. <i>Complementary Therapies in Medicine, 22</i>, 226-234.</p> <p>Van der Kolk, B. A., Stone, L., West, J., Rhodes, A., Emerson, D., Suvak, M., & Spinazzola, J. (2014). Yoga as an adjunctive treatment for post-traumatic stress disorder: a randomized controlled trial. <i>Journal of Clinical Psychiatry, 75</i>, 559-565.</p>
<i>Evidence-Based Benefits of Yoga for Mental Health – Wellbeing, Coping, and Stress Perception</i>	
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Coping Skills	<p>Chong C. S., Tsunaka M., Tsang H. W., Chan E. P., & Cheung W. M. (2011) Effects of yoga on stress management in healthy adults: A systematic review. <i>Alternative Therapy in Health and Medicine, 17</i>, 32-38.</p> <p>Colgan, D., Christopher, M., Bowen, S., Brems, C., Hunsinger, M., Tucker, B., & Dapolonia, E. (in press). Mindfulness-based wellness and resilience training among interdisciplinary primary care teams: A mixed-methods feasibility and acceptability trial. <i>Primary Health Care Research & Development</i>.</p> <p>Noggle, J. J., Steiner, N. J., Minami, T. & Khalsa, S. S. (2012). Benefits of yoga for psychosocial well-being in a US high school curriculum: A preliminary randomized controlled trial. <i>Journal of Developmental & Behavioral Pediatrics, 33</i>, 193-201.</p> <p>Sethi, J. K., Nagendra, H. R., & Ganpat, T. S. (2013). Yoga improves attention and self-esteem in underprivileged girl student. <i>Journal of Education and Health, 2</i>, 55.</p>
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<i>Relevant Yoga Psychology and Yoga Mechanisms Readings</i>	
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