



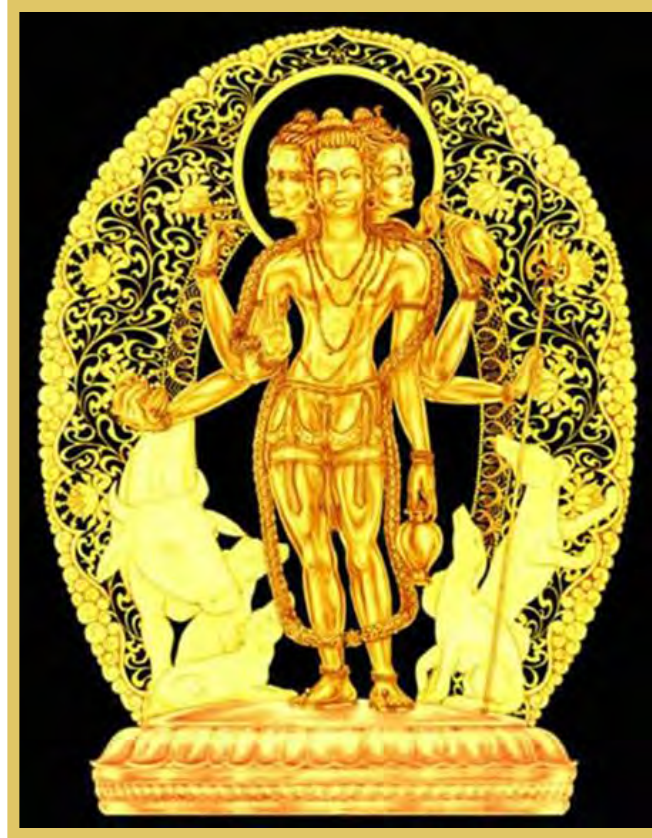
THE INTERNATIONAL ASSOCIATION OF  
**YOGA THERAPISTS**

Bridging Yoga  
and Healthcare



June 15-18, 2017

Newport Beach, CA



The meaning of the name Tripura, though often rendered as “the one of the three cities” also symbolizes the three times; past, present and future.

Dattatreya: The Immortal Guru, Yogin, and Avatara: A Study of the Transformative and Inclusive by Antonio Rigopoulos SUNY Press, 1994 / ISBN 1438417330,



**IAYT**

**Student motivated changes in medical school curriculum**

**Clinical interest**

**Professional community**

**Hospital wide education and integration**

**Public endorsement / local clinics**

**Organizational support / reasonable compatibility and sustainable growth**

***Tripura Rahasya*: assumptions, trends and considerations for the future**



IAYT

**OP ED:**  
**[OPINION]**  
BY VERONICA ZADOR & JOHN KEPNER

**A Place  
At the Table**  
Yoga Goes To Washington D.C.

**8 LAYOGA** .. SEPTEMBER 2005

On May 28, 2005 at the National Educational Dialogue (NED) to Advance Integrated Health Care in Washington D.C., Yoga joined nearly 100 open minded educators from conventional medical schools, allied health professions and complimentary and alternative medicine (CAM) disciplines such as chiropractic, acupuncture and oriental medicine, naturopathic and direct entry midwifery.

## John Kepner, IAYT, SYTAR 2007 / Opening Ceremonies





## **IAYT SYTAR, Friday, January 19, 2007**

Yoga and Emerging CAM Disciplines in Perspective

John Weeks

*The consumer movement shaped the "integration" between CAM disciplines and medical doctors, insurers, academic health centers, hospitals and government agencies.*

*What can yoga leaders learn from the roads taken by these other disciplines?*

*This session will explore some possible futures for yoga through the lens of the emergence of these other disciplines.*



**IAYT SYTAR, Friday, January 19, 2007**

Accountability and Soul: The Journey of Emerging Health Professions

Pamela Snider, ND

In a comprehensive model of professional accountability there can be.... *Significantly Better Patient Outcomes with Providers Trained in Whole Systems than with Providers Trained in Modalities Only*





Student motivated curriculum changes:  
Wayne State University School of Medicine, Detroit, Michigan



WSU SOM 2011

# WAYNE STATE UNIVERSITY

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# SCHOOL OF MEDICINE

Co-curricular credits may be earned through participation in 75 extra hours of activities each Year 1 and Year 2 (150 hours total). Students self-select a program that best fits their interest as a focus in which to participate. They attend seminars and volunteer or participate in special projects each academic year.

<https://www.med.wayne.edu/ume-academic-student-programs/co-curricular-program/>



WSU SOM 2013



## Clinical beginnings: Integrative Therapists



Harriet Mall, PhD



emcura  
MEDICAL



Supak Sookkasikon, MD



## Community connections: Some Enlightened Evenings

## **Some Enlightened Evenings, 2013.....**

### **Conversations to help and inspire each other smooth the waters and make new waves**

- 1) Case studies presented by two members of our group connecting allopathic and non-allopathic approaches to a similar conditions.
- 2) Discussions relating to educational opportunities and curriculum for the healer of the future.
- 3) Discussions focusing on grants, institutions, private organizations, etc. that are interested in funding the changes that are happening.
- 4) How diverse cultures view integrative medicine as a healing modality is relevant; this discussion encourages meaningful , and ongoing, development of cultural competencies in patient care.



And from the Enlightened Evenings the (**locally based**) faculty emerged.....

**Joe Anderson, MD** / Beaumont Hospital, Oncology

**Maureen Anderson, MD** / Medical Director, Beaumont Hospital Integrative Medicine

Dawn Bielawski, PhD/ Wayne State University School of Medicine

**Judith M. Fouladbakhsh, PhD** /Wayne State University College of Nursing, Assistant Professor

**Manish Kesliker, MD** / Emcura Medical

Harriet Mall, PhD

Sandy Mall, JD

Lisa MacLean, MD / Assistant Dean of Student Affairs and Career Development WSUSOM

Jennifer Mendez, PhD / Assistant Professor and Director, Co-Curricular Programs WSUSOM

**Supak Sookkasikon, MD** / Emcura Medical

**Gail Parker, PhD**

Beth Stallman / Wayne State University School of Medicine, M4

Joshua McKamie/ Wayne State University School of Medicine, M3

And increased:

**Stacey Francis, DC**

**Lara Zador, MD**

**Diane Morse, BAS**



Hospital support: Level I, Level II, Level III



Level I Graduating class, June, 2015



Level II graduating class, December, 2016



## Hospital support: Level III



Level III Clinical Externs 2017



Level III Clinical Externs 2017 / TA apprenticeship Level II



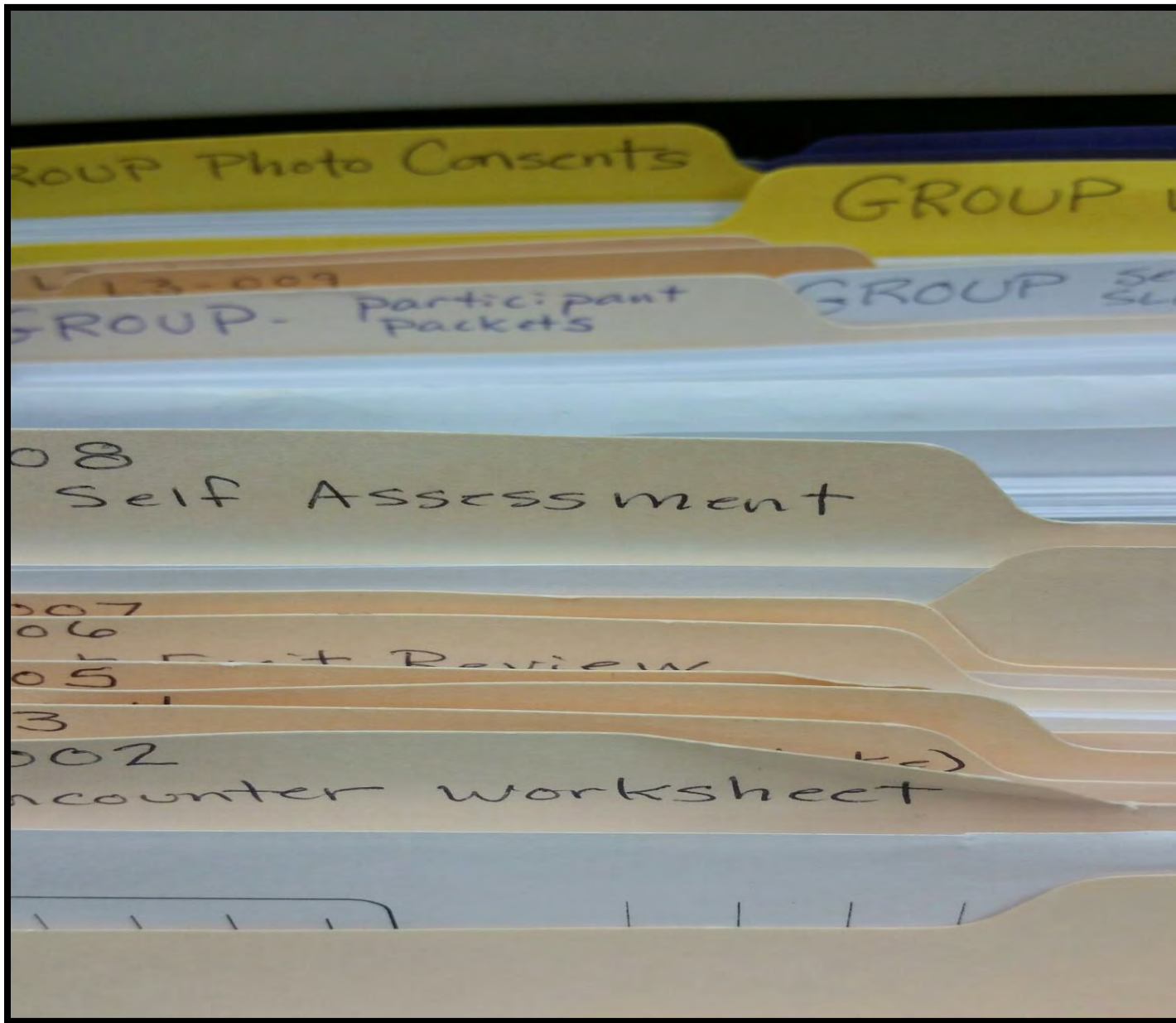
Danielle Foley Level III TA





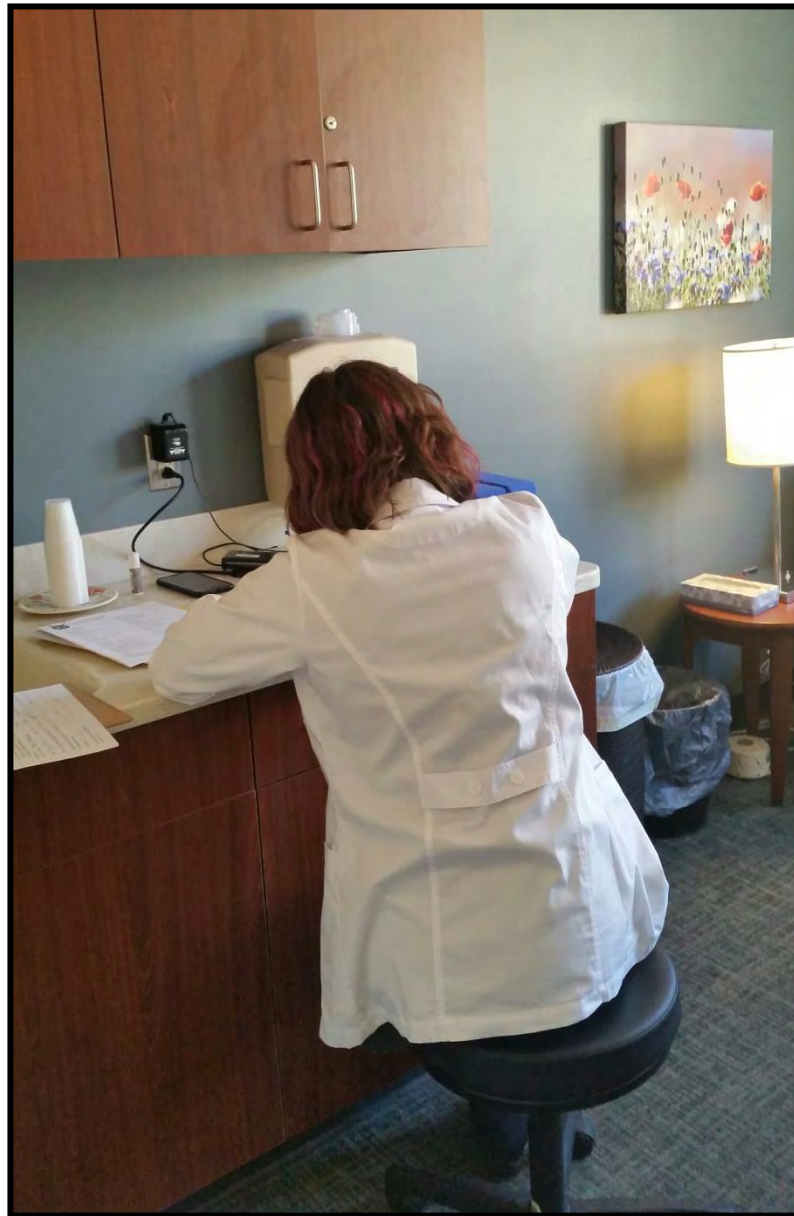
## Level III Clinical Externs 2017 / Clinical roles and responsibilities

<u>12:00 - JENNY</u> ID# 00001 <b>Dx: Anxiety</b>	<u>12:00 - DANIELLE</u> ID# 00022 <b>Dx: Neck, Shoulders</b>	<u>12:00 - MICHELLE</u> ID# 00013 <b>Dx: Chronic pain, gastric bypass</b>	<u>12:00 - DIANE</u> ID# 00040 <b>Dx: Asthma, Life stress</b>	<u>12:00 - DONNA</u> ID# 00038 <b>Dx: COPD &amp; CLBP</b>	<u>12:00 - LINDA</u> ID# 00039 <b>Dx: Rt knee/ balance</b>	<u>12:00 - AMY</u> ID# 00016 <b>Dx: shoulder</b>
<u>1:30 - JENNY</u> ID# 00018 <b>Dx: Breast cancer; mets</b>	<u>1:30 - DANIELLE</u> ID# 00024 <b>Dx: Thoracic pain</b>	<u>1:30 - MICHELLE</u> ID# 00041 <b>Dx: Oncology, back surgery, knees replaced, hip pain</b>	<u>1:30 - DIANE</u> ID# 00020 <b>Dx: LBP, knee</b>	<u>1:30 - DONNA</u> ID# 00025 <b>Dx: Diabetic neuropathy</b>	<u>1:30 - LINDA</u> ID# 00021 <b>Dx: Generalized pain</b>	<u>1:30 - AMY</u> ID# 00019 <b>Dx: IBS</b>
<u>3:00 - JENNY</u> ID# 00037 <b>Dx: COPD</b>	<u>3:00 - DANIELLE</u> ID# 00023 <b>Dx: Oncology, anxiety disorders</b>	<u>3:00 - MICHELLE</u> ID# 00043 <b>Dx: Oncology</b>	<u>3:00 - DIANE</u> ID # 00036 <b>Dx: wants to learn breathing tech, improve muscle tone</b>	<u>3:00 - DONNA</u> ID# 00045 <b>Dx: Parkinson's</b>	<u>3:00 - LINDA</u> ID# 00044 <b>Dx: Shoulder, neck, sciatica</b>	<u>3:00 - AMY</u> ID # 00042 <b>Dx: back fusion</b>





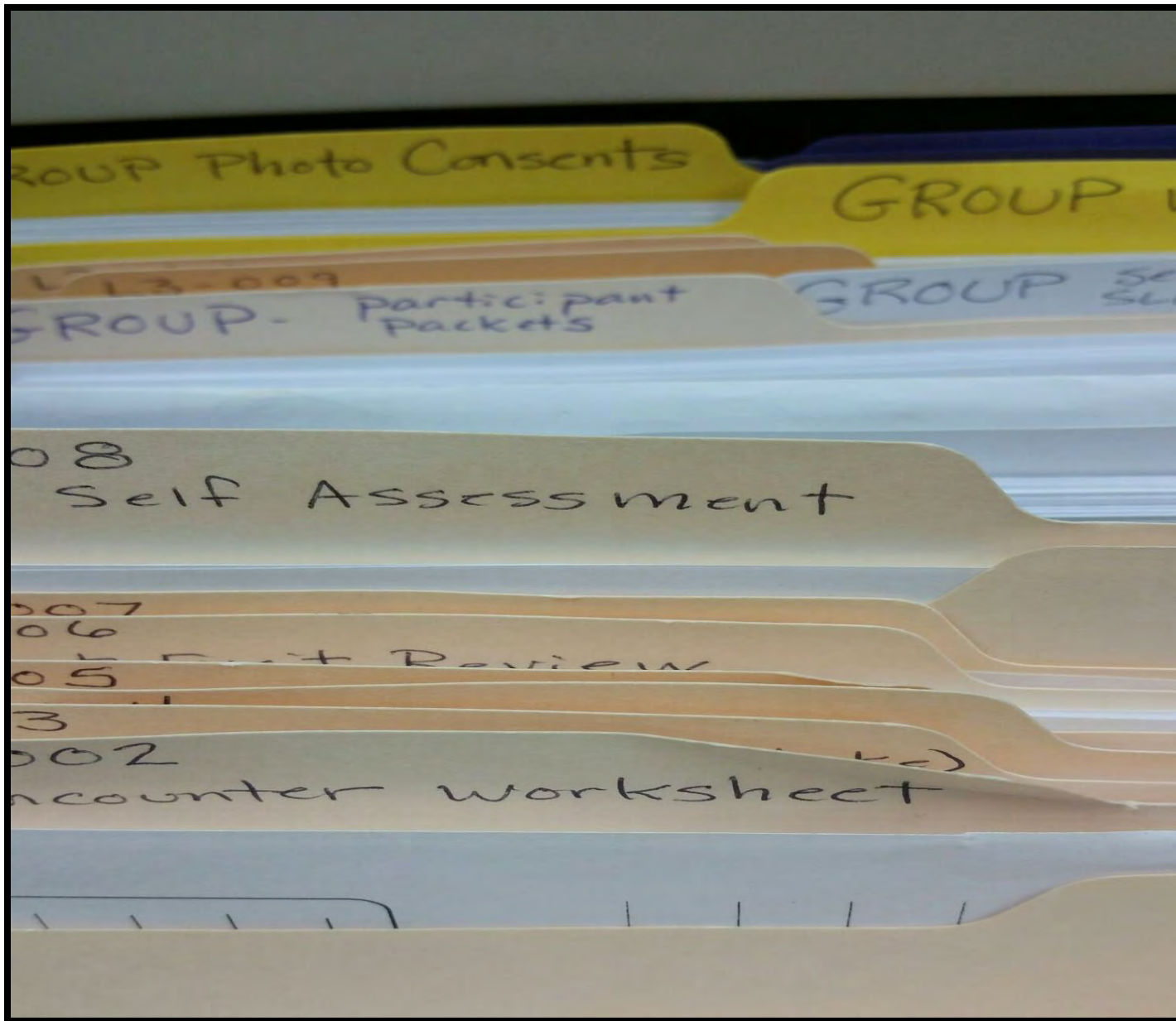












**So, what are we speaking about when we consider patient electronic medical recording for documenting clinical applications of yoga therapy?**

- ✓ **Pre-encounter patient supplied intake form**
- ✓ **Treatment plan**
- ✓ **Patient take home documentation**
- ✓ **Yoga therapy SOAP note**
- ✓ **Exit strategy documentation**

**Beginning in 2014: Implementation of hospital based yoga therapy patient documentation that is**

**..designed specifically for recording yoga therapy encounters (not adaptations of IM, PT, ND, etc)**

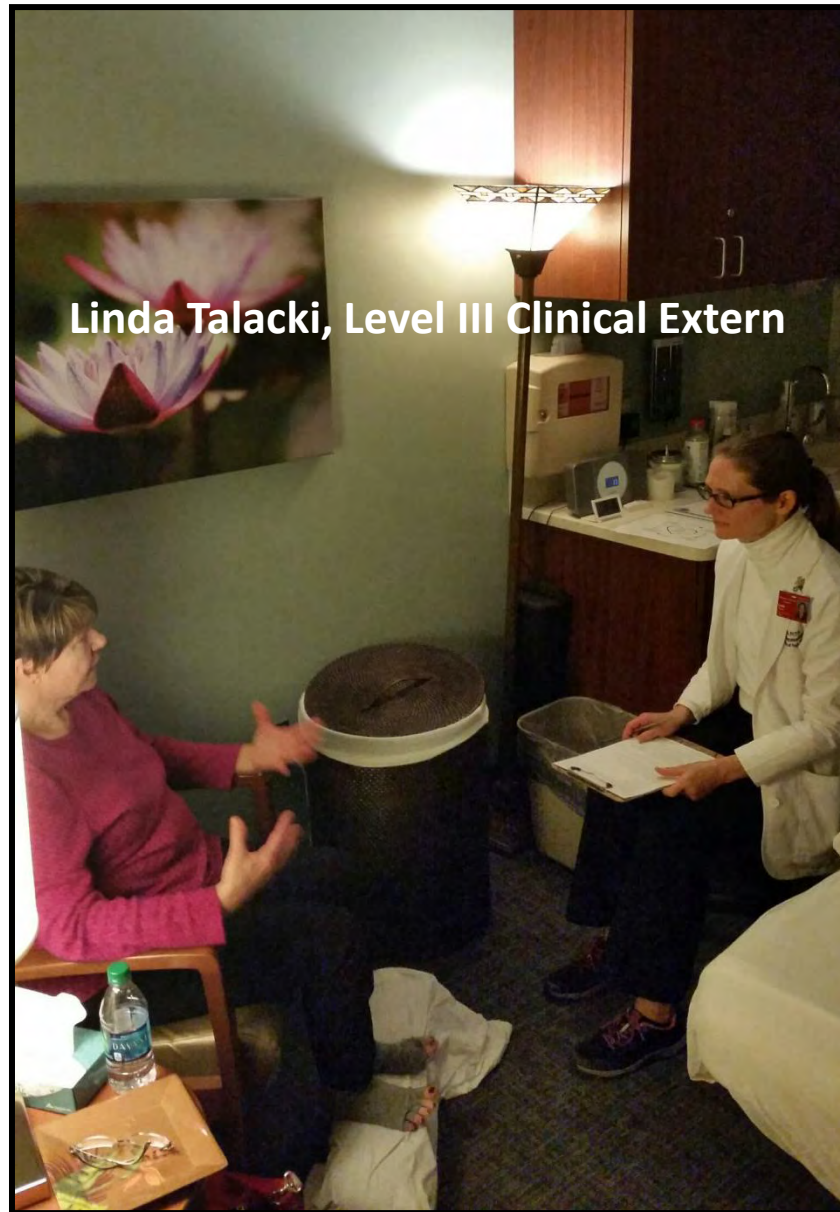
**..based on traditional yoga therapy metrics for patient assessments of health, healing, recovery and adaptation**

**..continues to be the standard of communication between the yoga therapist and the health care managing professionals**

**On a broader level, should we consider standardized yoga therapy patient documentation that provides consistent and universally accepted patient recording systems for yoga therapy?**



## Level III Clinical Externship – private yoga therapy clinical encounters



Linda Talacki, Level III Clinical Extern

Jenny Everland, Level III Clinical Extern





**Amy Uniacke, Level III Clinical Extern**





Michelle Hagerman, Level III Clinical Extern, family yoga therapy



Michelle Hagerman, Level III Clinical Extern, family yoga therapy



**Donna Raphael, Level III Clinical Extern**



Danielle Foley, Level III Clinical Extern



**Level III Clinical Externs 2017 / Clinical rounds; hospital wide**

**Neurology - MS**

**Pediatric Autism**

**Pediatric Oncology**

**Breast Cancer - general**

**Breast Cancer – in treatment/metastatic**

**Ovarian Cancer**

**Physical Therapy - Stroke**

**Physical Therapy - Pain**

**Physical Therapy - COPD**

**Pulmonary**

**Woman's Urology Center (WUC)**

**Palliative Care**

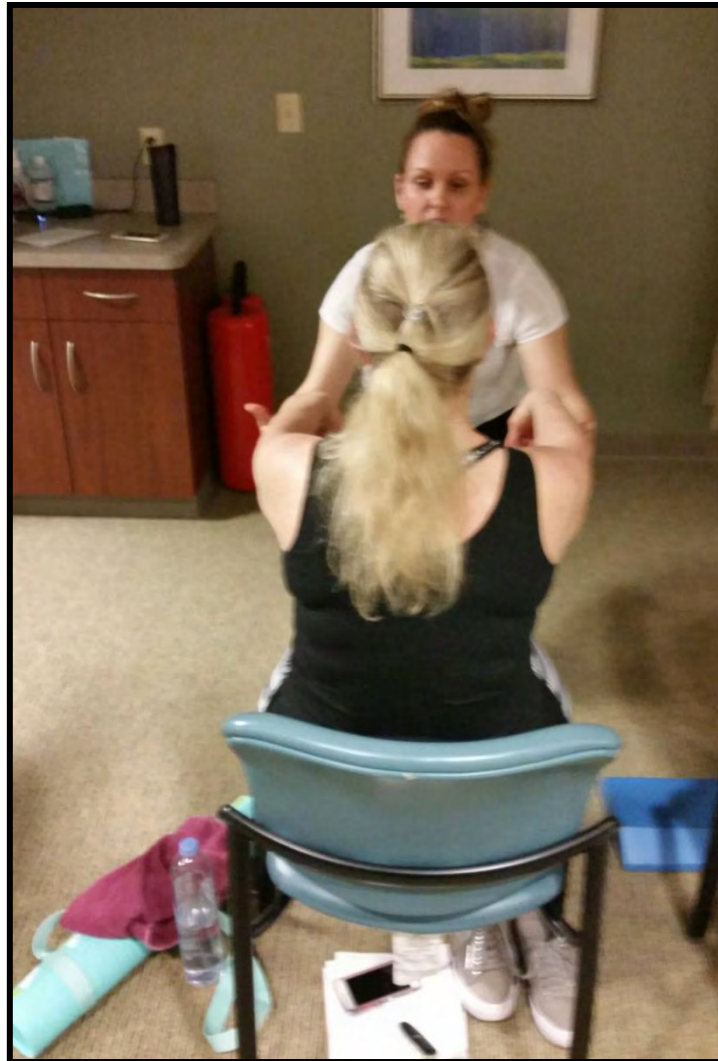
**Cardiology**

**Pending: OB/GYN, Psychiatry**





Amy Uniacke, Level III Clinical Rounds, Physical Therapy - Pain



Amy Uniacke, Level III Clinical Rounds, Physical Therapy - Pain





Diane Morse, Level III Clinical Rounds - COPD



Danielle Foley, Level III Clinical Rounds - Breast Cancer, In-treatment/Mets



Michelle Hagerman, Level III Clinical Rounds – Children Autism and ADD



Michelle Hagerman, Level III Clinical Rounds – Children Autism and ADD



Hospital support:  
Oakland University William Beaumont School of Medicine  
Rochester Hills, Michigan



## OAKLAND UNIVERSITY WILLIAM BEAUMONT SCHOOL OF MEDICINE



## OAKLAND UNIVERSITY WILLIAM BEAUMONT SCHOOL OF MEDICINE



## Clinical endorsement: Emcura Medical and beyond





## Emcura Integrative and Emcura Medical

At Emcura Medical and Emcura Integrative, we believe that stress management is important in maintaining physical and mental health and reducing inflammation.

**Most of our patients work on their nutrition but have a hard time managing the stress component of health. To close that circle of good health (nutrition, lifestyle, sleep and stress) we are proud to offer meditation and yoga therapy.**

I am passionate about educating patients about the deleterious effects of stress and have read countless studies on the positive effect stress management can have on medical and mental issues. I sincerely hope that many others will experience the benefits of meditation that I have.

– Supak Sookkasikon MD ABHIM

<https://nccih.nih.gov/health/meditation/overview.htm>

<https://www.facebook.com/emcuramedical/>





## Organizational/networking support



Academy of Integrative Health & Medicine

**Yoga therapy is represented in this organization AND  
yoga therapy was represented in poster presentations  
2016 AIHM conference, San Diego, CA**

<https://www.aihm.org/>



## ACADEMIC CONSORTIUM FOR INTEGRATIVE MEDICINE & HEALTH

As an organization we are committed to sharing information and ideas, meeting challenges together in a process grounded by the values of integrative medicine, supporting member institutions, and providing a national voice for the advancement of integrative principles.

**Yoga therapy is represented in the following working groups of this organization:**

- ✓ Best practices initiative
- ✓ Education track initiative
- ✓ Evidence initiative

<https://www.imconsortium.org>



OUR MISSION:

To advance evidence based, comprehensive, integrative healthcare to improve the lives of people affected by cancer

ECIO = SIO Educational Competencies in Integrative Oncology

**Yoga therapy is represented on this SIO task force**

<https://integrativeonc.org/>



# Holistic Chamber of Commerce

We represent holistic professionals, practitioners, businesses and resource providers. We encourage and promote healthy living, and support those who make it possible. Together, we make a difference.

**Yoga therapy is represented in this organization**

<http://www.holisticchamberofcommerce.com>



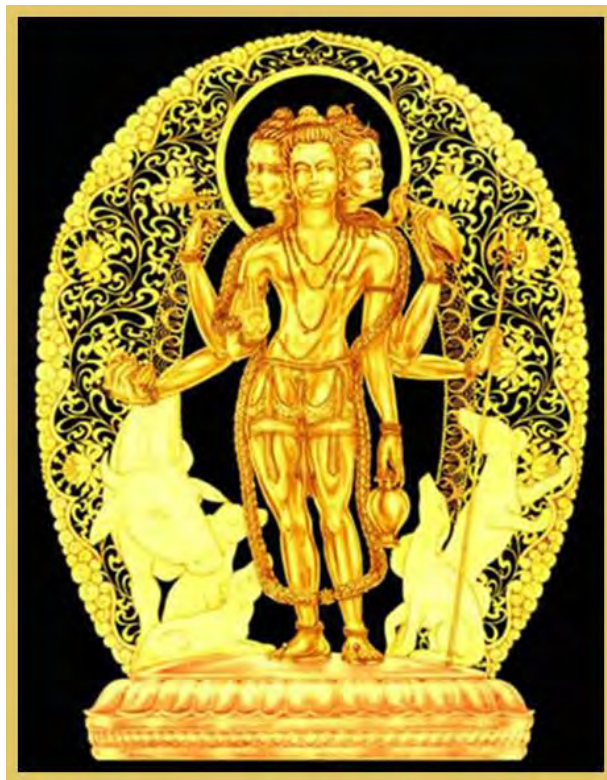
How can we can do more?



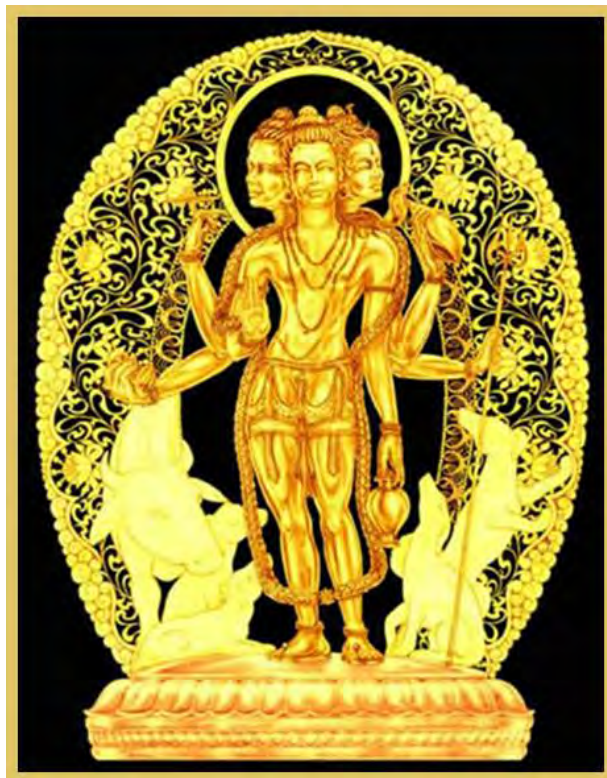


In our discussion today we were able to take a look at

- ✓ A hospital-based, academically modelled yoga therapy curriculum including clinical mentorship
- ✓ Yoga therapy as part of a medical school academic program
- ✓ Physician/health care professional referrals yoga therapy



Assumptions, trends and future considerations for hospital based yoga therapy



## Assumptions

Is there either an internal or external assumption that....

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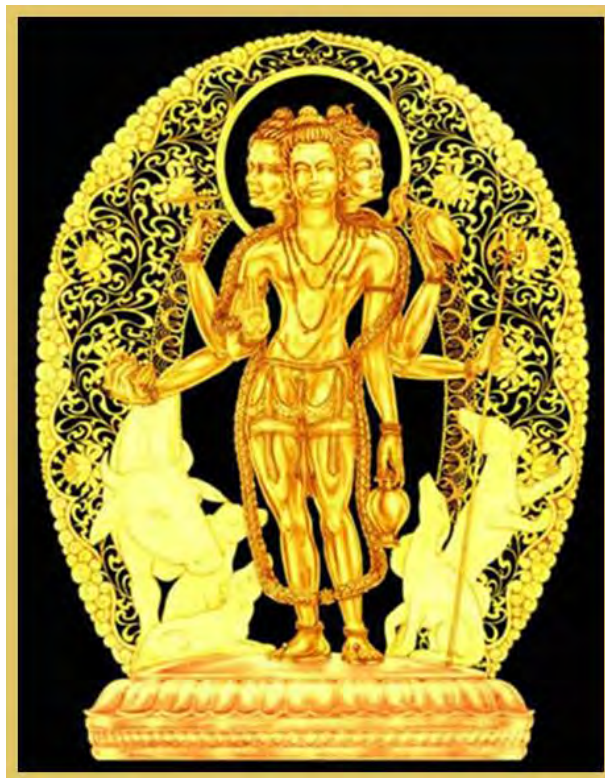
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..... based on positive patient feedback to the referring physician, yoga therapy can help provide self-management techniques for the reversal of symptoms and perhaps of the disease itself?

.....yoga therapy is a profession with established guidelines for patient selection and best practices?





## Trends

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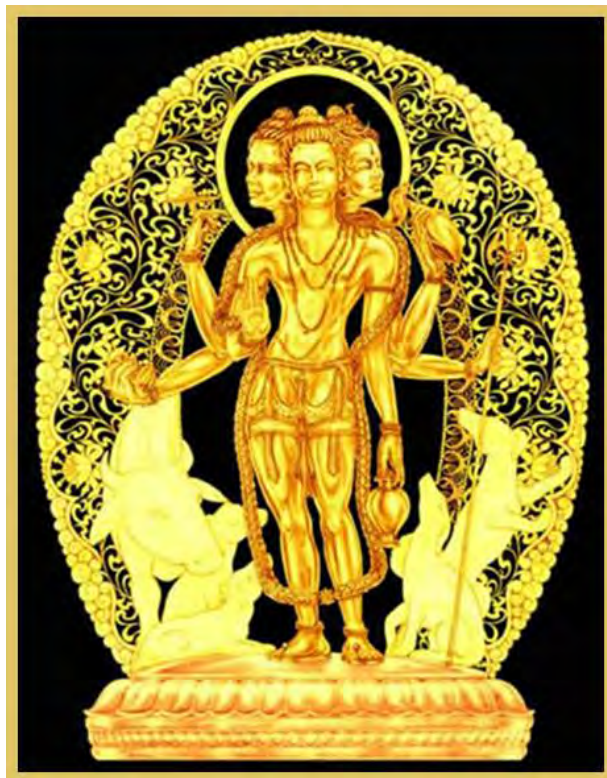
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- ✓ Trending: Academic relationships supporting yoga therapy as an increasing part of medical school curricula



What are some future considerations for hospital based yoga therapy?

What about some future considerations for hospital based yoga therapy?

- ✓ Should we consider specializations in yoga therapy?



What about some future considerations for hospital based yoga therapy?

- ✓ Should we consider specializations in yoga therapy?
- ✓ Is there a benchmarking opportunity to develop specialized curriculum for hospital based yoga therapy educational programs?

What about some future considerations for hospital based yoga therapy?

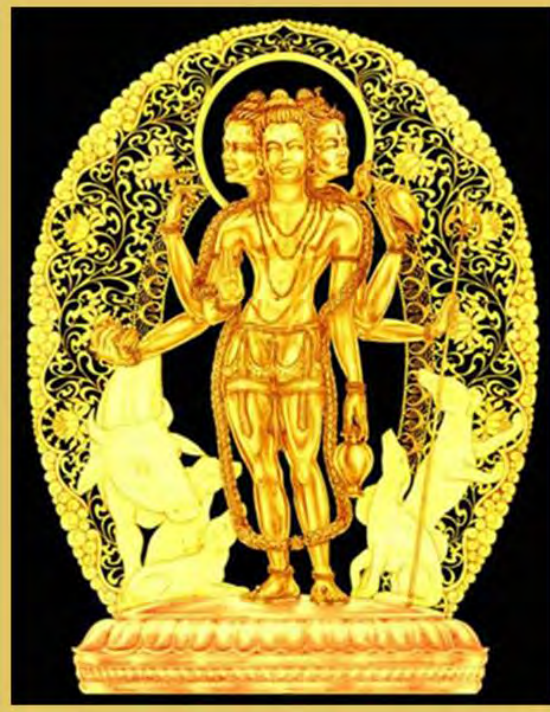
- ✓ Should we consider specializations in yoga therapy?
- ✓ Is there a benchmarking opportunity to develop specialized curriculum for hospital based yoga therapy educational programs?
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- ✓ Is there a need to create a standardized risk-management yoga therapy template for clinical administrations to incorporate into their health management policies and approaches?
- ✓ Are we about to change the *technology* of clinical applications of yoga therapy?

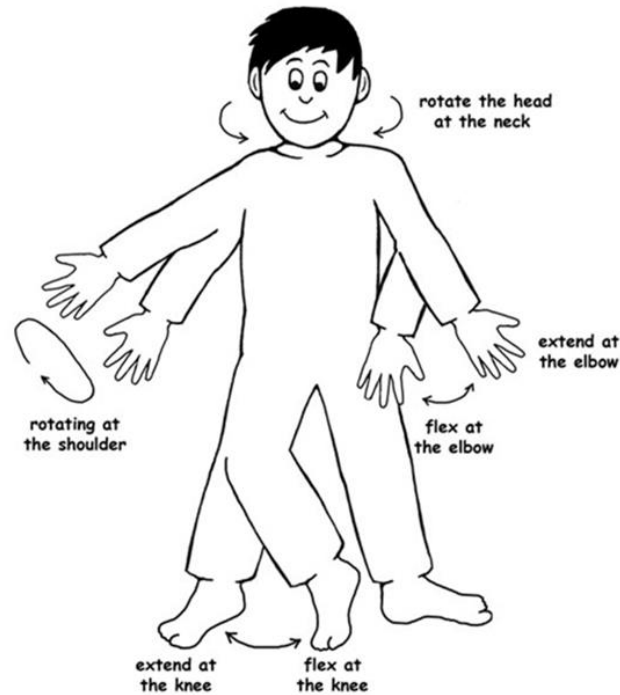


Change the *technology* of clinical applications of yoga therapy???

What do we mean when we talk about the *technology* of yoga therapy???

# IS THIS YOGA THERAPY??

## Body Actions



©Everything Kids Human Body Book by Sheri Amsel

[www.exploringnature.org](http://www.exploringnature.org)

## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

*NO*

*There is a false perception by many that yoga is about the asanas only, and a lack of understanding of work with the breath, meditation in general, and energy work.*

*As more individuals become open to learning it is essential that we help them to understand all elements so that yoga can have the optimal impact.*

## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

YES

*Yoga therapy can promote the following: A way by which people can balance their own health care and wellness combined with traditional health care.*

*Yoga therapy is an essential service offering that also supports and compliments the spectrum of health care modalities, clinical applications within a dynamic and changing health care environment, familiarity with potential research opportunities in the allopathic and other complementary fields.*



## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

*NO*

*While yoga is increasing in popularity, it is continuously misunderstood and there is a lack of concrete information made available.*

## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

*YES AND NO*

*I think they are slowly getting there! The industry is beginning to be taken more seriously and respected due to it's health benefits.*

*I hope to see yoga as part of health and healing systems; especially hospitals.*

## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

*YES AND NO*

*With my over 16 years of experience in nursing,  
I feel more compelled to bring this practice to my patients  
with so many health problems, both acute and chronic.*

## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

*NO*

*There is a ways to go until people fully understand the concept of yoga and health.*

## Application for admission to Level II

**Question: Do you feel the benefits of yoga are currently well respected and effectively put to use by the public?**

*NO*

*Many yoga therapists still seem to focus on yoga therapy as an exercise. While helpful for gaining strength and awareness, these offerings aren't as accessible to individuals injured, ill or in pain.*

## Application for admission to Level II

**Question: Please describe what you would like to see happen for yoga therapy to thrive in our community as a well-respected, effectively implemented modality.**

*As the traditional medical field continues to be enlightened to the healing and other benefits of the yoga practice, I hope that they would work closely with the yoga community, referring their patients to us.*

## Application for admission to Level II

**Question: Please describe what you would like to see happen for yoga therapy to thrive in our community as a well-respected, effectively implemented modality.**

*I would like to see yoga therapy being offered and prescribed by physicians. It needs to be available on the insurance, too.*

## Application for admission to Level II

**Question: Please describe what you would like to see happen for yoga therapy to thrive in our community as a well-respected, effectively implemented modality.**

*I would like to see yoga therapy utilized and offered in all disciplines of health care. Education to health care providers is just as imperative as increasing awareness and availability to the public.*



## Application for admission to Level II

**Question: Please describe what you would like to see happen for yoga therapy to thrive in our community as a well-respected, effectively implemented modality.**

*It will take bridging the gap and bridging an alliance with doctors practicing Western medicine.*

*More and more people are turning to holistic avenues so I believe this is inevitable.*

## Application for admission to Level II

**Question: Please describe what you would like to see happen for yoga therapy to thrive in our community as a well-respected, effectively implemented modality.**

*If health insurance companies considered the evidence-based research citing the benefits of a regular yoga practice and were able to cover costs or partial costs for prescriptions for yoga, more individuals might try the practice and find relief from pain.*

## Application for admission to Level II

**Question: Please describe how you see yourself, if at all, as an influence to fulfilling the goals described in your responses.**

*As we reach out and connect with the medical community, we can help to inform and educate and therefore build the bridges necessary to work together for full and complete well-being.*

## Application for admission to Level II

**Question: Please describe how you see yourself, if at all, as an influence to fulfilling the goals described in your responses.**

*With my degree in advanced nursing as a Family Nurse Practitioner, I believe the ability to influence and educate both health care providers and patients will be most beneficial.*

## Application for admission to Level II

**Question: Please describe how you see yourself, if at all, as an influence to fulfilling the goals described in your responses.**

*I see myself in one of three ways once certified as a yoga therapist:*

- 1. Promoting and helping other hospitals across the country establish Yoga Therapy as part of their Integrative Medicine practices.*
- 2. Opening a Yoga Therapy Practice.*
- 3. Conducting research to further establish the validity of yoga therapy.*



The God *Hanuman* carrying Sanjeevani Parvat Hill containing Sanjeevani herbs to cure Lakshman the brother of Lord Rama India

<https://scroll.in/article/812802/the-sanjivani-quest-an-uttarakhand-village-hasnt-forgiven-hanuman-for-defacing-their-holy-mountain>



Thank you



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