

Integrated Yoga Therapy

A summary of how IYT works

The **Integrated Yoga Therapy** Course is fully accredited by the British Council for Yoga Therapy. Yoga therapists qualifying from this course are placed on the **CNHC** (Complementary & Natural Healthcare Council) **Register**.

The IYT programme is currently seeking accreditation from the International Association of Yoga Therapy who have just started their process. We aim to be an international organisation so that our graduates may enjoy this position.

The premise of the course remains the pillars of Yoga, Ayurveda and Mindfulness. We draw upon these ancient wisdom teachings to understand why we fall ill and how we might heal. IYT appreciates the patient-therapist rapport as pivotal to the process of healing. Therapists who take IYT training undergo their own self-development. It is through this process that we come to understand our world, our patients and ourselves.

What we learn

The course is guided by the National Occupational Standards (NOS) set by the CNHC and the BCYT for successful completion of yoga therapy training.

Thus we cover a number of typical healing modalities on the course:

- **Asana:** working from the outside in
- **Pranayama, mudra & bandha:** working with the winds
- **Mindfulness:** working with thoughts, feelings, emotions, impulses
- **Meditation:** working with the inner body and seeds: from inside out
- **Mantra & yantra:** working with outer and inner sound
- **Cakras:** addressing mental afflictions and guiding prana into the central channel

In addition, we learn:

- **Marma therapy:** using touch to impart kindness
- **Tongue investigation:** using the tool of sight
- **Pulse investigation:** using touch and questioning to gain understanding
- **Questioning techniques:** using Socratic skills and listening
- **Mindfulness meditation:** learning to tune into ourselves as barometers of what is going on for the patient and how best to serve them (this is a high skill)

Furthermore, teachings are delivered on:

- The Yoga Sutras of Patanjali
- The Hathayoga Pradipika
- The Bhagavad Gita
- The Upanisads

These presentations approach these classics as living guides in how to live and how to help our patients.

We seek to understand how things work, why people get ill and how they might heal. We learn to impart this to patients in the most sensitive and kind way through use of all the afore-mentioned modalities and our knowledge and understanding of yoga (skilful means). We come to understand that the causes and conditions must be right for yoga to work.

What we do:

1. Participants are required to specialise in a condition so as to hone investigative skills, and to present this on course, to encourage group learning and networking of resources. A wide range of conditions is covered with every emphasis on working with the patient rather than the condition.
2. Conditions are understood from both a western and Ayurvedic perspective. We understand how bodily functions become impaired, with a view to correction. Furthermore, we come to understand how to apply the tools of healing to patients.
3. Every emphasis is placed on therapist-patient rapport, working with compassion, insight and integrity. Beyond this, we come to understand why there is suffering: we learn to look for real causes to suffering and real causes to end suffering - to bringing about healing.
4. Students are trained in developing integrated programmes that include practice regimes honed for specific patients in accordance with their unique circumstances and needs.
5. Students design and teach specialist yoga sessions on course. Group work and discussion refine these.
6. Students are prepared for performing a psycho-educational role, for being teachers able to guide their patients to their own understanding of their condition, their situation, their health and wellbeing.
7. Internships are undertaken with established yoga therapists, providing first-hand experience of the therapist-patient rapport. Students are de-briefed after each session to ensure maximum learning. Internship reports are compiled to extract key learning areas for case study programmes.
8. Professional standards are cultivated and maintained throughout.
9. Case studies are the key way in which all of the teachings are brought together. Students undertake 40 hours of case studies (6 patients X 5 sessions each). Case reviews are held in class to promote group learning and networking.
10. Case study reports are the culmination of the learning that occurs on course. They also form a valuable resource for the yoga therapy community at large. These may take the form of a report summary and conference poster or similar alternative format.

Learning opportunities

Common educational methods are employed: tutor presentations, student presentations, question and answer, discussion, group work, demonstration, practice, application, assignments, seminars, etc.

In addition, **mentoring** is a key feature of the course: students utilise this relationship for professional educational purposes as well as to guide their own personal development.

Students are encouraged to **present** their **findings** and ideas at conferences such as the *International Association of Yoga Therapy Symposium*, as well as to support groups and other therapists.