

**Written by: The British Council for Yoga Therapy (BCYT)
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Introduction

This document contains the core curriculum of the British Council for Yoga Therapy (BCYT). It was developed by consultation between various organisations offering training in the therapeutic application of yoga to determine a minimum curriculum for the safe practice of yoga therapy to members of the public in the UK.

Training in teaching the therapeutic aspects of yoga is not an entry level course for people new to yoga; it is essential that each trainee has substantial experience of practising yoga before beginning therapy training. Such training can either be taken combined with a yoga teaching qualification; or as an addition to an appropriate yoga teaching qualification.

Yoga for therapy is expected to be tailored for individuals and taught in a one to one class or to each individual in a small therapeutic group.

This core curriculum indicates the minimum hours of study and learning outcomes that should be achieved by students. It links with the National Occupational Standards (NOS) for Yoga Therapy. Training organisations would normally augment this curriculum, especially in their areas of particular interest.

Training organisations covering this core curriculum are expected to produce competent, safe, effective yoga therapists who are aware of the breadth and limitations of yoga therapy. Such organisations may apply for their qualification to be approved by the BCYT so that their graduates may apply for direct entry to the Complementary and Natural Healthcare Council's (CNHC) register as a Yoga Therapist.

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SECTION 1. How This Curriculum Defines/Describes Yoga Therapy.

Yoga is a living practical philosophy. Those who practise yoga regularly and appropriately can gain an awareness of themselves and their relationships with others which enables health and well-being to be maintained and improved.

Yoga taught to those with impaired health or compromised well-being, and to those who are vulnerable, is the focus of the National Occupational Standards for Yoga Therapy (Appendices E,F,G) and this core curriculum. Therapeutic yoga may apply to anyone from the normally fit and healthy to the terminally ill and dying.

The skills and aptitudes required for teaching yoga as a therapy go beyond teaching yoga for fitness or relaxation, although fitness and relaxation are important in a quest for improved health. Yoga therapy goes beyond offering simple modifications to support individuals in a general yoga class.

A yoga therapist must be a yoga practitioner with substantial personal yoga experience and also hold a yoga teaching qualification.

A yoga therapist needs to have the ability to address a client's specific problems in individual sessions or in small therapy groups.

The effects and outcome of yoga therapy are also dependent on the willingness of the client to participate in learning and practising.

A yoga therapist must be able to provide a safe and appropriate practice and to work within their scope of practice and experience. Trainees are expected to be able to work with individuals whether that is a one to one situation or as individuals within a small group.

All yoga therapists should have:

- an awareness of the depth and breadth of teaching yoga therapeutically
- the ability to identify underlying health issues which may mean specific yoga practices are contraindicated or should be set by a yoga therapist with further qualifications and experience
- the ability to recommend a yoga therapist with further qualifications and experience, or other health professional if the client's needs are beyond the scope of their practice
- the ability to work within a team of medical and other practitioners and to be able to refer appropriately.

Training to become a yoga therapist must include: theory and its application, observation skills, yoga teaching skills and experience, yoga therapy teaching skills and experience, clinical practice including case studies and practice management, evidence of daily personal yoga practice and class attendance, supervision and /or mentoring.

Qualification as a Yoga Therapist requires that **all** aspects of yoga therapy training are complete.

Yoga therapy qualifications in specialist areas must cover all aspects of the core curriculum as well as their specialism.

2. VALUES UNDERPINNING THE PRACTICE, STUDY, & TEACHING OF YOGA.

- Consideration to all living beings embracing the value of non-harming.
- Right communication.
- The ability to resist taking that which is not ours.
- Moderation in our actions.
- Absence of greed.
- Keeping ourselves and our environment clean and orderly.
- Being content in our lives.
- Exercising discipline in our habits and lifestyles.
- An ongoing study of oneself, and the necessity to review and evaluate our progress.
- Actions done as service, rather than for personal profit.

Taken from the *Yama* and *Niyama* found in the *Yoga Sutras of Patanjali* – ch 2 v 29 to45.

The Yoga Sutras of Patanjali is a brief yet precise text believed to be at least two thousand years old. It has been acknowledged as the ultimate source of reference on yoga.

3. Minimum learning hours

Each hour must be unique, i.e. not double counted in other areas.

For explanation of these items please see the notes below

MINIMUM UNIQUE LEARNING HOURS

	Yoga teaching and therapy combined course	Yoga therapy course for yoga teachers
<u>Pre-requisites for joining therapy course</u>		
Applicant's minimum yoga practice	180	360
Minimum yoga teaching hours	N/A	60
Accreditation of Yoga Teaching Qualification (AYTQ) and/or of Prior Learning (APL) (assessed and agreed by training organisation if appropriate for the applicant)	APL	AYTQ APL
<u>Yoga Therapy Training</u>		
A. The scope and methods of Yoga Therapy		
B. Assessment and consultation		
C. Planning and implementing Yoga Therapy programmes		
D. Working with health issues		
Sub total A, B, C, D classroom hours	210	
E. Anatomy, physiology and pathology	30	
F. Performance outcomes - includes practice management: business, professional, ethical studies	10	
(N.B. A-F cover NOS CNH 1, 2, 14)		
Total A to F classroom hours	250	250
	(inc APL)	(inc AYTQ APL)
G. Active participation in taught practice by trainer/tutor/mentor	35	35
H. Supervised face to face time with clients (must include at least 15 hours face to face during 3 case studies)	35	35
I. Guided home study	200	150
J. Personal home practice (minimum 3 hours per week over minimum training period i.e. 3 years combined course or 18 months therapy only)	450	225
K. Group class attendance (e.g. minimum 1hour/week/term/3yrs)	90	APL
L. Observation of therapeutic teaching (of a client by an experienced teacher)	10	10
Total contact hours*	420	330
Total other hours**	830	795
TOTAL Minimum Hours	1250	1125

* Tot. contact hrs = A-G (285) + H (supervised therapy 35) + K (group class 90) + L (observation 10)

** Other hrs = pre-requisites + home study + personal practice

Notes: There is a wide variety of training and training routes available. Some yoga therapy training organisations teach yoga and yoga therapy in an extended combined course, whilst others offer yoga therapy training to suitably qualified yoga teachers.

The depth of knowledge and skills required by yoga therapists needs to be developed over many years. Since this is a *core* curriculum, what is shown here is only a minimum; many training organisations will require more.

It is up to training organisations to decide which applicant they select for training. On rare occasions, these requirements may be reduced for the exceptional applicant on a case by case basis.

Pre-requisites

Quality of applicant and their personal yoga practice and experience

It is the responsibility of the training organisation to evaluate the suitability of the applicant to become a yoga therapist and the quality of their yoga practice and experience.

An applicant needs to be able to show she/he has been practising under the guidance of a yoga teacher acceptable to the training organisation. Practice may consist of attending regular (normally weekly) yoga classes or taking regular personal yoga practice advised by an established yoga teacher, or a mixture of both. Face to face contact with the teacher is essential. A practice led solely by recorded or on-line media is not acceptable.

Training organisations may obtain this evidence by - for example - asking pertinent questions on the application form or at interview, checking the qualification of the applicant's yoga teacher, obtaining a reference from the applicant's yoga teacher, seeing a personal yoga journal, formally observing the applicant teaching a yoga class.

Attendance at yoga workshops, courses, seminars, etc. may be taken into account.

Accreditation of yoga teaching qualification, prior learning (APL), and teaching experience

It is up to training organisations to evaluate applicants who wish their previous qualifications and experience to be taken into account in order to join a yoga therapy training course.

The expectation of this core curriculum is that yoga teachers should:

- i. have fully completed yoga teacher training with a minimum of 200 taught contact hours
- ii. have taught yoga to members of the public for a minimum of 2 years for at least 60 hours
- iii. be able to show that since qualifying as a yoga teacher, she/he been fully engaged with appropriate continuous professional development for yoga teaching

The BCYT is keen to ensure that those who take additional training to become a yoga therapist have begun to develop the following skills and attributes which we expect would begin very early in a combined yoga teaching and yoga therapy course:

1. The ability to grow teaching skills and experience through the regular input from more senior teachers
2. The ability to reflect on own yoga practice
3. The ability to analyse one's observation of self and others
4. The ability to apply yoga theory in relation to individual students
5. The ability to comprehend the effects of one's teaching on others

Training organisations may offer additional training to bring the applicant up to standard. Exemption from some hours because of relevant training or qualifications in a related area (e.g. anatomy degree, medical qualification) is possible by discussion with the training organisation.

Yoga Therapy Training

Training Period

These are the **minimum training periods** for trainees and should be read in conjunction with the minimum learning hours.

Training as a Yoga Teacher and Yoga Therapist in the same course - 3 years

Trainees are expected to be practising teaching yoga for at least 2 years during this course.

Therapy training for existing Yoga Teachers - 18 months

If a break is taken during the training, then the overall period needs to be extended accordingly.

Classroom hours

Classroom hours are those in a formal teaching/learning situation e.g. presentation, lecture, theory workshops, practical workshops, tuition, apprenticeship.

Anatomy, Physiology, Pathology

A yoga therapist must have demonstrable theoretical and applied knowledge and show this with appropriate written and practical evidence (see section 6E).

The hours for the study of anatomy, physiology, and pathology may be directly with a trainer approved by the training organisation or, assuming appropriate assessment is made, some of the hours may be self-directed study.

Practice Management

Yoga therapists need:

- i. to know how to operate an accountable and responsible professional practice
- ii. the skill and capacity to liaise with other health professionals and the ability to work within a team
- iii. a working knowledge of how to set up practice and market themselves
- iv. an understanding of ethical considerations, codes of conduct and how to apply them
- v. an appreciation of financial considerations in calculating charges for treatment
- vi. an understanding of how to acknowledge and promote equality, diversity and individual's rights
- vii. to know their legal and ethical responsibilities in relation to the client's health & safety
- viii. to be able to explain the responsibilities of the regulator (the CNHC) to the public

Each therapist must keep up to date:

- a. appropriate insurance
- b. accounts (including VAT if appropriate)
- c. records of clients' notes in a secure and confidential manner
- d. a valid first aid certificate
- e. CRB clearance (if and as appropriate)
- f. continuing professional development which is recorded

The hours of study for practice management may be directly with a trainer approved by the training body or, assuming appropriate assessment is made, part may be self study.

National Occupational Standards (NOS) for Yoga Therapy

This core curriculum incorporates the NOS for yoga therapy as follows:

NOS CNH 1 - Explore and establish the client's needs for complementary and natural healthcare

NOS CNH 2 - Develop and agree plans for complementary and natural healthcare with clients

NOS CNH14 - Deliver Yoga Therapy to clients

Trainees' practice with trainer and tutor/mentor

A minimum of 35 hours active participation in such practice is needed to develop the trainee's experiences of yoga and yoga therapy practices and quality teaching. This may be in group, or one to one setting; and evidenced in a practice log, journal, etc.

Each trainee must be a currently practising yoga practitioner and learn to develop such aspects as:

- an understanding of the purpose of their practice
- the ability to discuss their personal observations from practising over time
- the ability to make appropriate adjustments to all aspects of their practice (e.g. posture work, breathing practices, concentration, meditation)
- a personal inner awareness

Minimum supervised face to face time with clients

This should cover all therapeutic aspects from initial to last face to face meeting, and be supervised by the trainer/mentor/supervisor. Supervision may be face to face observation or consultation before and / or after the trainee's interaction with the client.

Evidence may be by completing case studies, client's case notes, or similar.

Case studies – see guidelines in Appendix D

A minimum of 3 case studies on clients with different health issues are needed for assessment. Each case study must have a minimum of 5 sessions/lessons.

This may be 3 individual clients. Alternatively, one or more case studies may be of a small therapy group. Again 5 sessions per case study are needed. When working with a group trainees are expected to be working with each individual within the group – see guidelines for further details.

Written permission from each client (including each individual within a group for a group case study) agreeing to their case notes being presented for assessment is required. In addition, a written testimonial from the client is needed on completion of the sessions.

Guided home study

Considerable supported open learning is needed for trainees to develop a deeper understanding of all aspects of yoga therapy. Home study may include completing set assignments, reading and analysis from books, journals and on-line sources, documenting case studies, and completing personal experience journals.

Evidence may be from completion of assignments, general knowledge of topics shown in Q/A, presentations etc., and written case studies.

This home study is in addition to any regular personal yoga practice and supervision.

Trainees' regular personal practice

A minimum of 3 hours a week is essential. Trainees are expected to be yoga practitioners taking a regular personal yoga practice, preferably daily. This helps develop emotional stability and maturity as well as maintaining and developing well being. Practice also deepens an understanding of therapeutic yoga methodologies and the process and effects of therapy. Evidenced by practice log, journal.

Observation of therapeutic teaching

The trainee should observe experienced teachers teaching clients. This is to grow understanding and skills. Evidenced by completing an observation sheet, journal, etc

All evidence should be assessed by the training organisation or trainer/supervisor.

4. ASSESSMENT AND SUPPORT OF TRAINEE THERAPISTS

Each trainee therapist is to be assessed on their knowledge, skill and experience in order to provide a basis for feedback and to identify aspects which need improvement. Assessment should be made either individually or as an individual within a group.

Training organisations must ensure every trainee meets all aspects of the core curriculum.

Initial Assessments - to be carried out by the trainer/tutor prior to and at the beginning of the course to assess the suitability of the applicant to train as a yoga therapist; this should include an assessment of the quality of their practice and the depth of their engagement with yoga.

Assessments during training - to be carried out by the trainer/tutor to ensure each trainee meets the requirements of the core curriculum. A range of tasks are to be set and assessed.

The tasks set must include 30% written work and 30% practical work, with the remaining 40% set at the training organisation's discretion. Oral assessment e.g. interview, discussion may be included in the 40% and for a specific trainee in the other categories on a needs only and case by case basis.

All formal assessments must be recorded in writing (or by electronic means). Assessors or monitors external to the organisation may visit the course to witness these activities.

It is essential each trainee receives feedback on progress made, and areas for development. The assessments may be continuous, formative, and/or summative; normally all three will be used.

The ability to work one to one with a client is essential. Assessment must include the trainee assessing the needs of a previously unknown client, devising a yoga therapy programme (initial and over time), teaching a yoga therapy practice, and providing appropriate aftercare. This is to ensure the student is capable of independent professional practice with the public.

Written assessment (30%)

Compulsory:

- i) One to one yoga therapy teaching: case history, practice plans, direction (general and specific to that practice)
- ii) Small therapy group teaching:
 - case history for each client
 - lesson plan; with modifications for each client
 - course plan taking into account all clients
 - direction of yoga therapy for each client
- iii) Three Case studies: – using BCYT/CNHC template (Appendix D) or equivalent

Other assessed written work may include: worksheets, answers to set questions, essays, multiple choice questions, presentations, handouts (e.g. for presentations), projects, practice or case journal, research work.

Practical assessment (30%)

Compulsory:

3 hours assessed teaching (preferably in a therapeutic setting), with written feedback

The trainee may teach their own or borrowed or specially constituted therapy class, teach in a 1-1 setting, or be assessed by an experienced teacher in an 'apprentice' setting.

Other assessed practical work may include observation of the trainee: teaching the whole training class, teaching fellow students one to one or in small groups, teaching members of the public, demonstrating in class or to trainer/mentor/teacher, role play, giving a lecture or presentation.

Other evidence of the trainee meeting aspects of the core curriculum may come from client testimony/evaluation, professional discussion, etc.

A portfolio of evidence showing achievement of learning outcomes may be presented.

For example:

1. Practice file

First aid certificate

CRB if required

Evidence of : - successful completion of prior courses, e.g. yoga teacher certificate

- yoga practice prior to joining the course

- 2 years teaching experience for those taking a post yoga teacher course

- continuing personal and class practice

- supervision/mentoring together with supervisor/mentor comments

Trainee's written observation of experienced therapist at work

2. Written assignments - together with tutor comments and student responses to comments made

3. Case studies - together with tutor comments and student responses

4. Reflective journals - including evidence of personal yoga practice

Final assessments should be carried out by assessors who have not been tutors closely involved in the training or teaching of the student they are assessing. This assessment may be made at appropriate points during the training when specific aspects are complete.

Support of trainee therapists is essential not only for the student to understand theory and its application, but also to promote effective practical yoga teaching and its therapeutic application.

Ideally, each student will have a mentor/supervisor to provide additional support outside the classroom.

Feedback on assignments is essential, preferably in writing, and should be given promptly.

5. LEARNING OUTCOMES

5.A Understanding the scope and methods of yoga therapy

AIMS: To explore the concepts underpinning the use of yoga and its therapeutic application
To cover essential knowledge and skills in preparation for all learning outcomes

5.A Learning Outcomes - the therapist will be able to:

A.1 **Demonstrate** knowledge of the source, breadth, and depth of Yoga through study of the texts below and an in depth study of at least one of a, b, c, or d.

- a) Yoga Sutras of Patanjali
- b) Hatha Yoga Pradipika
- c) Bhagavad Gita
- d) Upanishads
- e) modern day yoga texts/research/studies

A.2 a. **Apply** the Yama and Niyama (lifestyle values) with respect to assessment of, discussion with, counselling of, and reflection about the client.

b. **Apply** the Yama and Niyama with respect to reflection on / discussion of her/himself.

A.3 **Demonstrate** a sensitive and intuitive approach to clients and their needs. The trainee needs to develop an ability to connect with the client from a quiet inner place and not to project their own conditioning or disturbances.

A.4 **Demonstrate** the ability to build a relationship of trust and support

A.5a **Demonstrate** the ability to apply yoga models for observation and yoga therapy diagnostics in order to guide therapeutic assessment, analysis, and setting out a practice program.

An awareness of i, ii, iii, iv from the yoga tradition is required together with an in depth ability to apply models from at least one category:

- i) asana as a physical/physiological model
- ii) models of energy flow and energy systems – e.g. vayu (prana), nadi, cakra
- iii) models of mental and emotional behaviour – e.g. klesa – causes of suffering, abhyasa/vairagya - practice/detachment, antaraya - obstacles to a clear mind

iv) panca kosha or panca maya – the holistic model showing 5 dimensions:

- anna - physical
- prana - energetic
- mano - mind, knowledge
- vijnana – wisdom, behaviour
- ananda - bliss, emotional

A.5b **Show** an awareness of general Ayurvedic principles relevant to yoga therapy

A.5c **Show** the ability to work with a diagnosis given by a medical professional such as a G.P. or consultant

5.B Assessment of client and consultation

AIM: To explore the assessment of each individual client, whether seen one to one or in a small therapy group

5.B Learning Outcomes - the therapist will be able to:

B1 **demonstrate** they understand the importance of treating every client as an individual

B2 **demonstrate** they understand the importance of obtaining permission before touching the client - for example for diagnostic purposes during observation.

B3 **demonstrate** they can analyse an individual client using:

- a case history (which includes medical conditions and other factors conveyed by the client, together with the acute/chronic nature of each issue)
- the client's priority for improvement
- appropriate yoga therapy diagnostic models

B4 **evaluate** the limits of their own competence, training and expertise, and know when to refer the client on to other practitioners.

5.C Planning and implementing yoga therapy programmes

AIMS: To explore how to:

- i. set priorities and develop a programme for yoga therapy
- ii. select and plan, based on assessment and analysis, appropriate practices
 - demonstrate and teach appropriately to each individual
 - motivate the client to practice as specified
 - develop suitable support materials to help the client practise at home
 - evaluate client's progress over time
 - develop or modify the therapeutic approach and practice, in response to client's progress
- iii. implement the therapeutic yoga program by:
 - advising and teaching appropriate yoga practices
 - being aware of the actual and potential effects of yoga practices and techniques taught

5.C Learning Outcomes: - the therapist will be able to:

C1 **demonstrate** how to identify priorities for a yoga therapy programme covering:

- a) preferences and needs of the client
- b) current abilities or limitations
- c) potential for improvement
- d) time constraints for practice
- e) choice of 1-1 or a group class context

C2 **demonstrate** how to select and plan appropriate yoga practices and techniques (based on the analysis of the client):

- a) in a 1-1 therapy setting where a tailored practice is taught
- b) in a therapeutic group setting where group practices are personalised with appropriate modifications and variations for the needs of each client in the group
- c) for the client's home practice taking into account individual needs

C3a **show an awareness** of the following yoga techniques, as used in therapeutic practice, together with their possible effects:

- a) asana – postures
- b) pranayama – breathing techniques
- c) dharana/dhyana - concentration/meditation/reflection
- d) relaxation
- e) bhavana – visualisation
- f) mantra – simple sounds and short supportive phrases in Sanskrit or own language
- g) mudra – e.g. hand gestures
- h) kriya – e.g. kapalabhati - cleansing breath

C3b. show ability to demonstrate and teach appropriately and effectively in a therapeutic setting:

- i) asana – postures
AND
- ii) pranayama – breathing techniques
AND either iii) or iv) OR BOTH
- iii) dharana/dhyana - concentration/meditation/reflection
- iv) relaxation

C4 demonstrate how to adapt/modify techniques for an individual's specific health needs

C5 demonstrate how to plan a practice using yoga techniques to begin to meet the needs of the individual

C6 demonstrate how to develop over several sessions the prescribed practices and techniques in ways appropriate to the specific individual

C7 demonstrate their knowledge of contra-indications to the use of yoga techniques

C8 demonstrate their understanding of the reasons for caution in proposing or excluding yoga practices for clients with major medical conditions, or when such conditions are suspected

C9 demonstrate their understanding of the reasons for some caution in apparently minor complaints (e.g. dizziness; lack of balance) as these may mask an underlying disease

C10 evaluate the situations when special care must be taken, e.g.

- a) medical emergencies where the client should be immediately referred to a medical practitioner (e.g. heart pain)
- b) acute situations where yoga therapy should be temporarily stopped e.g. violent sickness / diarrhoea; acute pain (e.g. migraine)
- c) extreme care situations where yoga therapy can only be practised in a greatly modified way (e.g. palliative care)

C11 explain what is expected from the client in terms of their commitment and the likely number of sessions or classes needed

C12 supply and tailor support materials to help the client practise at home (materials could include written instructions, audio recording etc.)

C13 demonstrate how to encourage, motivate and support the client to practise regularly. This may include contact outside the therapeutic session.

C14 evaluate progress, and identify and implement adjustments to the therapeutic approach and practices as appropriate.

5.D Working with health issues

AIM: To provide a framework to work appropriately with the health issues of an individual

5.D Learning Outcomes: - the therapist will be able to:

- D1 **explain** how to recognise when a medical diagnosis is needed to support their assessment of the client's needs
- D2 **reflect** on the importance of offering yoga therapy only in the way she/he has been trained and has sufficient knowledge, skills and experience to offer
- D3 **reflect** on the circumstances in which yoga therapy can be given as a first line of action without the need for medical interventions e.g. anxious breathing
- D4 **reflect** on the circumstances in which yoga therapy may or may not be given alongside other treatments e.g. during cancer treatment
- D5 **reflect** on the circumstances in which yoga therapy cannot be a first line of action e.g. traumatic blood loss, arrested breathing

5.E Knowledge and understanding of anatomy, physiology and pathology

AIM: To explore the causes, mechanisms, clinical features and diagnostics of medical conditions as understood by western medicine with emphasis on those most commonly occurring.

5.E Learning Outcomes: - the therapist will be able to:

- E1 **demonstrate** a knowledge of anatomy, physiology and pathology relevant to commonly occurring medical conditions.
- E2 **demonstrate** a knowledge of, or ability to find information on, medical conditions suspected or diagnosed in clients.
- E3 **demonstrate** a knowledge of the structure and function of the main systems of the body including: skeletal, muscular, nervous, endocrine, cardiovascular, respiratory, skin, lymph and immunity, digestive, urinary, reproductive.
- E4 **demonstrate** a knowledge of the pathology of commonly occurring ailments within and between each system including:
- a) the factors involved in causing disease
 - b) methods of diagnosis that are used
 - c) exacerbating and relieving factors
 - d) daily variation
 - e) medical treatments and management

5.F Performance Outcomes (from NOS CNH14)

AIM: To establish and develop essential skills for practising yoga therapy.

5.F Learning Outcomes: - the therapist will be able to:

F.1 **consult** with the client and plan the yoga therapy in a tailored way to meet the client's needs

F.2 **check** that the environment for the therapeutic session meets the client's needs

F.3 **ensure** that any equipment and materials are suitable for use

F.4 **prepare** her/himself appropriately to provide yoga therapy

F.5 **implement** the yoga therapy safely, correctly and in accordance with professional codes of practice and legal and organisational requirements

F.6 **make appropriate** adjustments to the yoga therapy to meet any changing needs

F.7 **deal effectively** with the client's response to the yoga therapy

F.8 **check** the client's well-being throughout and give reassurance where needed

F.9 **provide** clear and accurate advice with regard to yoga therapy and any relevant aftercare and self-care

F.10 **evaluate** the outcomes and effectiveness of the yoga therapy to inform future plans and actions

F.11 **complete and maintain** records in accordance with professional and legal requirements

6. REFERENCES AND ABBREVIATIONS

BCYT – British Council for Yoga Therapy See www.britishcouncilforyogatherapy.org.uk

CPD – continuous professional development. Must be undertaken by each yoga teacher and yoga therapist

Client – is the individual seeking yoga therapy

CNHC – The Complementary and Natural Healthcare Council – www.cnhc.org.uk

NOS – National Occupational Standards – from Skills for Health – www.skillsforhealth.org.uk

Training organisation – in this document, must provide training in teaching yoga therapeutically.

Sanskrit glossary terms

Abhyasa - practice

Anna – physical aspect

Ananda – bliss, emotional aspect

Antaraya – obstacle to a clear and stable mind

Asana – yoga posture

Bhavana – visualisation

Cakra – energy centers

Dharana - concentration

Dhyana - meditation

Kapalabhati – cleansing breathing practice

Klesa – causes of suffering

Kriya - action

Mantra – a sound often used as a focus during meditation

Mano – mental aspect

Mudra – symbol, gesture

Nadi – subtle passage in the body through which life force moves

Niyama – personal discipline

Panca kosha/maya – 5 sheaths/aspects of an individual's being

Prana – life-force energy

Pranayama – regulating breathing technique

Vairagya – detachment, letting go

Vayu – air, breath, wind, energy

Vijnanam – wisdom, personality

Yama – discipline concerning our dealings with society and the world

7. Appendix A – what is BCYT and how can my organisation become a member?

The British Council for Yoga Therapy (BCYT) is a professional forum for yoga therapy operating in the United Kingdom, Channel Islands and the Isle of Man.

It is made up of professional yoga therapy training organisations and professional associations whose members are yoga therapists. Contributions from individuals and other organisations involved with yoga therapy are welcomed and will usually be through specific working and/or consultation groups.

The British Council for Yoga Therapy supports voluntary regulation through the Complementary and Natural Healthcare Council (CNHC) and expects its member organisations and associations to also support this for those yoga therapists who wish to join.

The British Council for Yoga therapy is a non- profit making body.

AIMS:

- 2.1 To bring together professional organisations involved in the training and/or support of Yoga Therapists and provide a forum for the furtherance of yoga therapy
- 2.2 To liaise with CNHC, the national regulatory body and support the regulation process
- 2.3 To approve for the CNHC:
 - (a) yoga therapy training courses which meet The National Occupational Standard (NOS) for Yoga Therapy and the BCYT core curriculum
(a list of approved courses to appear on the CNHC website)
 - (b) professional yoga associations and professional yoga therapy training organisations wishing to directly verify applicants to the CNHC.
- 2.4 To further high standards within the profession of yoga therapy including the promotion/development of the education/training of yoga therapists
- 2.5 To further the promotion of yoga therapy to the public, medical profession including the NHS, government, other national bodies, and other complementary therapy organisations
- 2.6 To encourage research into yoga therapy in the UK and develop an awareness of research undertaken

For further information and to find out who to contact to discuss your organisation joining or the help you may be able to offer as an individual, please see:

www.britishcouncilforyogatherapy.org.uk

Appendix B – What is CNHC? How do I join?

The Complementary and Natural Healthcare Council (CNHC) is a regulatory body for complementary healthcare therapies operating in the UK. It holds a voluntary register of complementary therapists who meet the CNHC requirements for safe practice.

There is no compulsory regulation for those teaching yoga therapeutically or calling themselves a yoga therapist.

Suitably qualified individuals who teach yoga therapeutically may apply to join as a yoga therapist.

GUIDELINES FOR APPLYING TO CHNC REGISTER

Please refer to www.cnhc.org.uk for further information, application routes, qualifications allowing direct entry, organisations able to directly verify applicants, and portfolio application paperwork.

Some yoga therapy qualifications allow direct entry and some professional associations / yoga therapy training bodies are able to directly verify their members/graduates who wish to join. Others may complete a portfolio application route.

Notes:

1. Graduates with qualifications listed on the CNHC website may apply on line through a professional association or training organisation. A paper-based route at an extra cost is available from CNHC.
2. The British Council for Yoga Therapy (BCYT), acting as a professional forum for yoga therapy in the UK, advises the CNHC on the acceptability of a yoga therapy training course before the course is able to join the list of qualifications on the CNHC website.
3. Those already teaching yoga therapeutically but without a listed yoga therapy qualification can apply to join the register on the basis of their relevant experience and training. They will need to show how they meet the essence of the BCYT core curriculum and the National Occupational standard (NOS) for yoga therapy by completing an application 'portfolio'. Some applicants may need to take additional training or gain further experience.
4. Those who have experience and training gained overseas and are now working in the UK may apply to join the register. They also will need to complete an application portfolio as note 3. Further training and/or experience in the UK may be needed.

Appendix C CONTINUED PROFESSIONAL DEVELOPMENT POLICY BCYT CPD - draft 2010

The British Council for Yoga Therapy (BCYT) as lead body for the profession of yoga therapy presents this policy for the continued professional development of qualified yoga therapists.

The aim of the Continued Professional Development (CPD) policy is:

- A. To develop and enhance skills, both in practice and theory, professionally and personally
- B. To benefit and protect the public by each yoga therapist being informed and up-to-date

A minimum of 50 hours of CPD every 3 years is required by each yoga therapist.

8 hours minimum per year must be by facilitated supervision/mentoring.

What counts as CPD?

1. Facilitated supervision/mentoring - minimum of 8 hrs per year

The majority of yoga therapists are self-employed and often do not have the opportunity of sharing information and gaining new ideas from others. This is an important element of CPD.

Supervision can be on a one to one basis with a mentor or within a supervision group. The aim is to discuss professional issues relating to yoga therapy or the yoga therapist's specialist area of work. Another key aspect is personal development.

It may also include the yoga therapist being supervised whilst teaching therapeutic yoga in order to maintain and develop skills.

Reflection as a result of this supervision would lead to a plan for professional and personal development. Development using one of the following also counts towards CPD requirements.

- 2. Attendance at a seminar/lecture/workshop** directly related to teaching yoga therapeutically
- 3. Research** – Individual research into the therapeutic application of yoga therapy and leading to an article being published in a reputable yoga journal or similar. This could count for a maximum of three years CPD (24hours over 3 years of supervision would need to be part of this)
- 4. Individual reading and study of books, papers and journals**
 - **Distance or on-line learning**
 - **Full new course qualification** - (e.g. specialist certificate, degree or in associated therapy)
 - This could count for a maximum of three years CPD (24hours over 3 years of supervision would need to be part of this)
- 5. Profession skills update** – First Aid certification, legislation regarding complementary therapies, modern practice management and related issues.

CPD record

It is the responsibility of each yoga therapist to keep an **up-to-date portfolio** of evidence of all CPD work completed. It may be necessary to present this as evidence.

The portfolio should also contain evidence such as copy of certificates, seminar summaries or notes taken, receipts or tickets of attendance to conferences, workshops or lectures, or signed attendance receipts from organisers/supervisors.

NB: The British Council for Yoga Therapy reserves the right to amend or increase the requirements for CPD. The Policy is to be reviewed by the Council at least every five years.

1-1 Case Study Template - ensure client confidentiality in all material submitted. P 2/3

You are required to show how you meet the National Occupational Standards (NOS) for yoga therapy and the British Council for Yoga Therapy (BCYT) core curriculum.

Please use the following headings.

YOUR NAME:

CASE STUDY NUMBER 1,2 or 3

Section 1. Explore and establish the client's needs for Yoga Therapy

- a) **SYNOPSIS OF CURRENT PRESENTING SYMPTOMS** - Portrait of your client at the first meeting
Include your consultation methods e.g. questionnaire, dialogue, observation, touch.
Include referral information from other healthcare professionals; and the client's wishes.
- b) **Assessment and analysis** – applying yoga models give your assessment and analysis of the client's situation. You may also refer to medical and Ayurvedic models.
- c) **RATIONALE** - for your proposed Yoga programme – short term and long term
Identify the areas to focus on and present a proposed path over time.
- d) **OPTIONS AND RISKS** - Identify options you are able to offer the client and any potential risks to the client from following your proposals.
- e) **CONSENT FOR RECORD TAKING**

Section 2. Develop and agree plans for Yoga Therapy with the client

- a) how you explained your assessment and practice options to the client; including the commitment needed from the client for each proposed option to be effective.
- b) how you modified/developed your plan in light of the feedback from the client.
- c) confirm practices agreed with the client.
- d) how you recorded this information.

Section 3. Provide Yoga Therapy to client

a) INITIAL YOGA PRACTICE WITH RATIONALE

1. direction for initial yoga therapy practice - taking into account your understanding of the client's needs, and how the initial practice will be developed over time to help the client.
2. justify your choice of yoga techniques (eg ujjayi, meditation) to help this particular client
3. details of initial practice and, if given in writing, attach a copy. Include sequences, no. of repetitions, length of any holds/stays, modifications, overall length of practice, etc.
4. how the client coped with learning and performing the practice.
5. how the practices and planned programme will enable the client to work within current ability limits taking into account existing medication + other treatments or interventions
6. how you enabled the client to fully comprehend + incorporate practices into her/his life.
7. how you recorded this information.

b) LIFESTYLE ADVICE – your rationale for any lifestyle changes recommended

- c) **REFLECTION** after the session on your effectiveness and on preparation needed before the next session.

d) **FOLLOW ON SESSIONS** - the client's feedback and effectiveness in practising over time

- the health of the client; including any new issues
- any changes to existing practices and/or new practices given
- any changes to the direction and/or overall programme
- whether there is a need to refer to another health practitioner
- writing to GP or consultant with an update as appropriate
- how you recorded the information

e) **EVALUATE EFFECTIVENESS - OF TREATMENT** – from discussion and observation
- OF CLIENT- PRACTITIONER RELATIONSHIP

Total word count =

Small Therapy Group Case Study template ensure client confidentiality in all material

You are required to show how you meet the National Occupational Standards (NOS) for yoga therapy and the British Council for Yoga Therapy (BCYT) core curriculum.

Please use the following headings.

YOUR NAME:

CASE STUDY NUMBER 1,2 or 3

Section 1. Explore and establish the client's needs for Yoga Therapy

- a) **GROUP OVERVIEW** – focus of the group e.g. back care, cancer treatment support
Include number of clients in the group, group dynamics, and environment
List range of conditions and any special considerations
- b) **EACH INDIVIDUAL'S PRESENTING SYMPTOMS** - each client at the first session
Include your consultation methods e.g. questionnaire, dialogue, observation, touch.
Include referral information from any other healthcare professionals.
- c) **Assessment and analysis** – applying yoga models give your assessment and analysis of the client's situation. You may also refer to medical and Ayurvedic models.
- d) **RATIONALE** - for your proposed Yoga programme for the group – short term and long term
Show how the needs of each individual in the group will be addressed.
Identify the areas to focus on and present a proposed path over time.
- e) **OPTIONS AND RISKS** - Identify options you are able to offer the group of clients and any potential risks to each client from following your proposals.
- e) **CONSENT FOR RECORD TAKING**

Section 2. Develop and agree plans for Yoga Therapy with the client

- a. how you explained your assessment and practice options to the group taking into account each client's needs
- b. how you gained commitment from clients for their part in the programme (e.g. one client agreeing to use a chair during practice; agreement to take specific home practices).
- c. how you modified/developed the programme in light of feedback from each client
- d. how you gained final agreement with the group
- e. how you recorded this information

Section 3. Provide Yoga Therapy to client

a) INITIAL YOGA PRACTICE WITH RATIONALE

- direction for initial yoga therapy practice - taking into account your understanding of each client's needs, and how the initial practice will be developed over time to help each client.
- justify your choice of yoga techniques (e.g. ujjayi, meditation on the sun) for the group.
- details of the initial practice. Include sequences, number of repetitions, length of any holds or stays, modifications, overall length of practice, etc.

- how you modified/alterd the practice for each client.
- how each client coped with learning and performing the practice.
- a copy of all practices given for home use, including modifications or alterations for specific clients.
- how the practices and planned programme will enable each client to work within his/her current abilities taking into account existing medication, other treatments or interventions
- how you enabled each client to fully comprehend and incorporate the practices into her/his life.
- whether you wrote to any medical professional with an update as appropriate
- how you recorded this first session

b) **LIFESTYLE ADVICE** – your rationale for any lifestyle changes recommended

c) **REFLECTION** after the session on your effectiveness and on preparation needed before the next session.

d) **FOLLOW ON SESSIONS**

- the health of each client; including any new issues
- each client's feedback to the previous group session
- each client's feedback to any home practices set
- any changes to the direction and/or overall programme

- practices taught at this session to the group with all modifications/alterations for each client
- any changes made to existing home practices and/or new practices given
- whether there is a need to refer any client to another healthcare practitioner
- whether you wrote to any medical professional with an update as appropriate
- how you recorded the information

f) **EVALUATE EFFECTIVENESS - OF TREATMENT** – from discussion and observation
- OF CLIENT- PRACTITIONER RELATIONSHIP

Total word count =