Creating Healing Relationships: Ethics and Skills of a Yoga Teacher YTT 300

Module Details

Creating Healing Relationships: Ethics and Skills of Yoga Teachers

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Dates TBA; 30 hours across a one-weekend retreat (Fri, Sat, Sun)

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 pranayama principles and strategies into their clinical practice.
- Psychology, psychiatry, and other mental health-program students in graduate or medical programs interested in bringing pranayama principles and strategies into their supervised clinical practice.
- Yoga teachers interested in offering advanced pranayama practices, especially to students in healthcare settings.
- Yoga therapists providing offering advanced pranayama practices, especially in healthcare settings.

Training Pragmatics

- Cost: $800 tuition for this 30-hour workshop or YogaX YTT300 prepaid enrollment
- This training is delivered via online synchronous instruction and with fulltime contact with the lead teacher, Chris Brems
- (see Training Format below for specific details of training delivery)
- Yoga Alliance Continuing Education credits (30 hours) are included in the tuition cost; a CE certificate is issued 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_73d3c9e8ebb14214a60e11d28b08baba1.pdf
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.
- The zoom link for this event is: https://stanford.zoom.us TBA

Instructor

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YogaX Program Manager
Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine
More information at https://profiles.stanford.edu/heather-freeman

Training Content Summary
This advanced training helps yoga teachers and health professionals develop a foundation of ethics and facilitation skills to inform their development as a yoga professional. A yoga professional needs to have both a foundation of ethics from which to make decisions from and skills to facilitate group process and healing for each student. The course will include the teaching and integration of ethics from the ancient teachings of yoga and modern health professions. Students will also learn facilitation skills based in clinical psychology to inform how teachers approach students to provide an opportunity for healing in the context of yoga. This workshop is dedicated to infusing clinical psychology with yoga teacher training ethics and skills. We will be exploring the foundations of a healing relationship, discuss yoga as a therapeutic modality and practice skills based on facilitating healing and growth in relationships.

Participants will apply ethics and facilitation skills to foster healing thorough intention, interconnection and belonging. As such, participants learn to develop strategies, apply skills, and problem-solve related to the following applications of ethical and therapeutic yoga:

- Understanding and applying yogic ethics to ethical dilemmas within the context of teaching and teacher-student relationships
- Understanding and utilizing ethics from other health professions to inform yoga teaching and group facilitation
- Learning therapeutic relational skills adapted from basic clinical skills to foster congruence and healing in student-teacher relationships
- Defining and applying skills to apply in both group (studio classes and therapeutic yoga groups) and individual applications (1:1 private teaching or yoga therapy sessions)
- Integrating cultural sensitivity and competence, including language skills, empowerment, collaboration, and interpersonal skills

**Key Concepts**

- Ethical and skillful yoga teaching promotes student safety and teacher integrity to ensure the possibility of healing to occur
- Ethical and skillful yoga teaching sets the stage for teachers to have a basis of ethics to rely on and utilize in their decision-making process when preventing or addressing complex and difficult interpersonal conflicts
- Ethical and skillful yoga teaching offers teachers a set of skills that when based in ethics, can offer them an opportunity to build deeper intimacy with their students and clients while also encouraging boundaries to preserve the student-teacher relationship
- Ethical and skillful yoga teaching encourages teachers to meet the needs of each individual student, while also being able to address the process of the group in the context of a yoga class
- Ethical and skillful yoga teaching honors each student as an individual with unique and specific needs, while being focused on teaching yoga in integrative, interactive, empathic, and joyful group settings.
- Ethical and skillful yoga teaching honors each teacher and their unique set of skills and abilities, while teaching them to internalize yoga ethics and facilitation skills to be able to teach authentically and with intention.
Learning Objectives

Learning Objective #1:
1. Describe the role of a yoga teacher and the potential impact of an “ethical and skillful” teacher on a student’s path to healing

Evaluation Method for Learning Objective #1
• Define and provide examples “roles” yoga teachers play
• Explore and define the meaning of being an “ethical and skillful” teacher

Learning Objective #2:
2. Understand and apply yoga philosophy and healthcare ethics to practice ethical decision-making in application to common ethical dilemmas faced by yoga teachers and professionals.

Evaluation Method for Learning Objective #2
• Define and explain yoga ethics and their application to being a yoga teacher
• Review and apply code of ethics for both yoga and healthcare professionals
• Explore and define common occurrences in therapeutic relationships (consent, confidentiality, transference etc).
• Apply ethics and problem-solving skills to ethical dilemma scenarios

Learning Objective #3:
3. Describe and apply the conditions for a healing relationship in their own development as a yoga teacher
   a. Define and understand “contact”
   b. Define and understand incongruence and provide examples of reasons for students to seek out a yoga teacher
   c. Define and explore traits of a teacher in relation to congruence, genuineness and authenticity
   d. Explore and define unconditional positive regard and its impact of the student-teacher relationship
   e. Define and apply therapeutic skills in yoga context both in an individual and group setting

Evaluation Method for Learning Objective #3
• Define the “6 necessary and sufficient conditions” for a healing relationship
• Apply the 6 conditions to real-life yoga scenarios and application to future student-teacher relationship
• Define skills related to group dynamics and compare and contrast those skills with working with individuals
• Define and practices skills related to relationship building in the context of an individual student and teacher relationship

Learning Objective #4:
4. Describe and demonstrate language skills that illustrate humility, respect, and dedication to learning how to create an environment of belonging.
   a. Address biospychosociocultural factors that contribute to the student’s presentation
   b. Identify and discuss how language fosters accessibility, community, and belonging.
   c. Discuss areas of priviledge and marginalization and how it presents itself in the yoga room

Evaluation Method for Learning Objective #4
• Identify and practice language that promotes accessibility, community, and belonging
• Explain how priviledge and marginalization can affect how students present and the support they need in the context of yoga

Schedule and Continuing Education Hours by YA Category
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
<th>TTP</th>
<th>TM</th>
<th>AP</th>
<th>YH</th>
<th>Pre</th>
<th>Spc</th>
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</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>8:00a-10a</td>
<td>Introductions; Overview of course; Practice What does it mean to be an ethical and skillful teacher?</td>
<td>1</td>
<td>1</td>
<td>2</td>
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<tr>
<td>Day 1</td>
<td>10:30a-12:30p</td>
<td>Yoga’s Path to Healing Introduction/review of the Koshas model How do we set up the context for healing to occur for our students?</td>
<td>2</td>
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<tr>
<td>Day 1</td>
<td>2:00p-5:00p</td>
<td>Qualities of a Yoga Teacher (1.33); Yoga Ethics: Yamas/Niyamas; Healthcare/ Facilitator Ethics; Roles of a Yoga Teacher</td>
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<td>3</td>
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<tr>
<td>Day 1</td>
<td>6:30p-9:30p</td>
<td>Application/Practice Scenarios Closing practice Debriefing the experience</td>
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<tr>
<td>Day 2</td>
<td>8:00a-10a</td>
<td>Check-in/Review/Questions Practice</td>
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<tr>
<td>Day 2</td>
<td>10:30a-12:30p</td>
<td>Conditions for Healing Relationships</td>
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<td>Day 2</td>
<td>2:00p-5:00p</td>
<td>Group Skills (Boundaries, Humility and Encouraging Inner Teacher and Interdependence)</td>
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<tr>
<td>Day 2</td>
<td>6:30p-9:30p</td>
<td>Application and Practice</td>
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<td>Day 3</td>
<td>8:00a-10a</td>
<td>Check-in/Review/Questions Practice</td>
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<td>Day 3</td>
<td>10:30a-12:30p</td>
<td>Individual Skills; Working 1:1 in yoga sessions Stages of Change Motivational Interviewing</td>
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<tr>
<td>Day 3</td>
<td>2:00p-5:00p</td>
<td>Individual Skills (Silence, Phenomenological Inquiry, Reflection, Apologizing, Boundary Setting)</td>
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<tr>
<td>Day 3</td>
<td>6:30p-9:30p</td>
<td>Closing practice Debriefing the experience Evaluations</td>
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30 hours of YA CE or YTT 300 in the following categories:

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

**Notes:** YA = Yoga Alliance; CE = Continuing Education

The program covers various topics including introductions, overviews, practice, yoga's path to healing, group skills, individual skills, and closing practice. It includes check-in, review, questions, and debriefing the experience. The program also includes applications and practice sessions. The total hours are 30, with specific hours dedicated to each category.
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:

- Illustration of the Layers-of-Self (Koshas) Model
- The Eight Limbs of Yoga Briefly Defined
- Pathways of Sensory Processing Engaged in Integrated Yoga
- Principles of Trauma-Informed Yoga
- Slide Set for the Training

Handouts already provided in the overall Training Manual:

- Guide to Observing and Assessing Yoga Professionals
- YogaX Code of Conduct
- Links to Yoga Alliance Code of Conduct and Scope of Practice

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.

Training Format

The workshop uses 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 (link above) 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. 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.
- Participants 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 practices 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.