Consultation and Supervision of Yoga Service Providers in Healthcare

Syllabus
Christiane Brems, PhD, ABPP, ERYT500, C-IAYT
June 30 – September 29, 2023; 30 hours (Fridays 4 to 7 pm)

Target Audience and Instructional Level
This is an advanced-level course geared to experienced yoga service providers with concurrent healthcare credentials and/or interest in healthcare applications. Trainees will learn how to provide feedback, consultation, and supervision to beginning and intermediate yoga service providers who are learning to apply integrated holistic yoga principles in physical and mental healthcare settings. The course is aimed at individuals with already well-developed skills and applied experience in providing integrated holistic yoga services in healthcare settings who want to teach others how to do so in practical and applied 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 full-time 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-ea21-4854-87c7-777a583e02cf.filesusr.com/ugd/37469f_73d3c9e8ebb14214a60e11d8b08baba1.pdf
- YogaX has no commercial support for this event and there are no disclosable conflicts of interest.
- Zoom links for all didactic and experiential sessions are provided on the module’s private webpage.

Instructor
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Department of Psychiatry and Behavioral Sciences at the Stanford School of Medicine
More information at https://profiles.stanford.edu/christiane-brems

Training Content Summary
This course provides advanced yoga service providers with the learning necessary to serve as consultants or supervisors of yoga teachers who wish to become more integrated and holistic in their yoga teaching and services, particularly in healthcare settings.