

Practicum Requirements:

Practicum Opportunities with Holistic Yoga Teacher Trainings
150 hours required (do not have to be contact hours)

What are Practicum Hours and how do I earn them?

Practicum hours are hours earned working directly with clients using yoga therapy techniques. These hours can be earned through sessions you are currently doing on your own as a yoga instructor

(for example: yoga privates, group series, specialty masterclasses or workshops) as long as you get guidance and feedback from the mentors regarding curriculum planning and treatment planning. Be sure that you are currently registered at the 200 hour level with Yoga Alliance, have **personal liability insurance** and disclose fully with your clients your level of training at the time you offer you services. Also it is a good idea to provide them with a HIPAA form and have them sign that they have read it. (Sample form available on homework page)

Fees for services: It is recommended that you charge a fee which you feel is appropriate for your market and level of expertise. Your time and knowledge is valuable. Recommended fee for one on one session (prior to Yoga Therapy Certification) is \$50.00 to \$75.00 per session. Group Series: \$85-100.00 per student for 4 week series. These are just recommendations. You are free to charge less or more. The intention is for you to begin developing a client base so that upon graduation you will already have a foundation for your yoga therapy practice and experience to share with prospective employers. That being said, many of our practicum opportunities ask that you provide services at a reduced fee or as Karma Yoga. This allows us to provide you with more opportunities to obtain a practicum experience and serves the community in need as well.

Yoga Therapy Mentor: Chrys Kub, PT ERYT 500 Program Director. More mentors will be added as the need arises.

We also will be willing to help you earn practicum hours. The practicum opportunities available are as follows:

1) Assist/Participate in Group Yoga Therapy Series

a. Each quarter Yoga Club will offer a 4 week Yoga Therapy series for a special population (ie low back pain, shoulder issues etc) You will receive credit hours for assisting at the sessions. This includes doing intake interviews with prospective clients, designing individualized programs and assisting during the sessions.

b. Hours credited will be at the discretion of the mentor of the Group series. Estimated to be 1-3 hours for each session. Be sure to bring a template for documentation of participation (name/date/session) for the mentor to sign.

2) Develop a Group Yoga Therapy Class

- a. Yoga Club can provide contacts with local agencies in need of therapeutic yoga sessions
- b. The student will design a 4 week Group Yoga Therapy Series. The following has been estimated for the hours to be credited for this practicum choice.
 - i. Prep time: designing curriculum, reviewing intakes, marketing class 10 hours Submit curriculum to mentor prior to session for approval.
 - ii. Actual Group Sessions: 8 hours (2 hours given for each session for set up, close down etc) Class time is usually 75 minutes
 - iii. The student will then teach a 4 week Group Yoga Therapy Class
 - iv. Be sure to maintain a roster and documentation of student participation
 - v. Videotape one session for submission to mentor.

Total: 18 Hours

3) Case Studies: One on One sessions (can be paid with full disclosure to client that you are in practicum) Time estimated for the hours to be credited for this practicum choice:

- a. First Session: Includes intake and preparation for first session 3 hours
- b. Session 1.5 hours
- c. Follow up notes and HEP after 1.5 hours

First Session Total 6 hours

- d. Follow up sessions Prep 1.0 hour
 - i. Session 1.5 hours
 - ii. Follow up notes and HEP after 1.0 hours

Total credited for each session: 3.5 hours

You must provide for your mentor written treatment programs, progress notes and a video of one of your sessions for each student submitted. **These treatment programs need to be submitted PRIOR to treating your client for approval and feedback for each session.**

4) Sessions with Mentor: If you would like to observe a session with a Yoga Therapy Mentor working with a private client, we can provide this opportunity. You would observe the initial assessment session and then upon agreement of the student, provide the follow up yoga therapy sessions. These sessions would be at a reduced rate (\$50.00) per session. As for the above opportunities, you would communicate treatment planning and follow up with your mentor. These opportunities will be sent out in an email announcement when available

5) Several homework assignments include case studies. If you have a current client who can be used as a case study; you can apply those homework non contact hours towards your practicum requirements. You must submit your intake information and treatment plans/goals along with the homework assignment to receive practicum credit.

Holistic Yoga Therapy Institute

Practicum Hours Documentation Chart

Student Name : _____

Please use this chart to document all hours spent in practicum training. All hours must be approved by your mentor. Contact hours (hours in the physical presence of the mentor) must have a signature. Be sure to include hours spent preparing for a yoga therapy session, treatment planning etc as well as time spent in communication with your mentor regarding such treatment planning

Practicum Activity: This can be preparing for your initial session with a client, compiling curriculum for a yoga therapy group, reviewing a session and planning for the next session, preparing a home program for your client.

Email contact with mentor equals .5 contact hours. Phone would be actual time in phone/skype conversation.

Practicum Activity	Date	Direct patient contact hours	Independent Study Contact Hours	Mentor Contact Hours	Mentor approval Initials
Ex. Review of intake form (Carol D)	12/12/13		1.0	Email .5	
Initial Therapy Session (Carol D)	12/14/13	1.5			
Preparation for 2 nd session (Carol D)	12/19/13		1.0	Phone .25	
Developing Group Yoga Therapy Curriculum	12/20/13		6.0	Email .5	
First Session Group Yoga Therapy Session (Yoga Therapy for Fibromyalgia)	1/5/14	1.5	.5		
Total Hours		3.0	8.5	1.25	

