

Intern Name Tanja Kees
Client Plan: S.M.

Proposed number of sessions: 4

Planned time per session: 90 minutes

Session topic/content:
Improving low back pain
Presenting problem:

Administrator presents with low back pain and work related stress

Client goals:

Client would like help with his chronic low back pain and to decrease his stress level

Generalized Care Plan:

Asanas/Annamayakosha:

1. Mountain pose for centering , grounding and body awareness
2. Forward bend to elongate spine
3. Pyramid pose to stretch hamstrings as people in sitting professions often have shortened hamstrings and this can also add to low back pain

Pranayama/Pranayamakosha:

Deep 3 part breathing, to increase oxygen flow in the lungs and raise breath awareness

Emotional & Mental/Manomayakosha:

Techniques from stress management how breathing and stress response are related will help my client to possibly change his stress response .

Spiritual Orientation:

This client enjoys reading and is interested in learning new things, learning about yogic philosophy might spread to his intellect

Scientific Research:

<https://www.frontiersin.org/journals/neurology/articles/10.3389/fneur.2023.1273473/full>

Yoga philosophy research:

<https://www.teresa4yoga.co.uk/mindfulness-as-an-essential-spiritual-practice>
Citation and logic

For the first few at home assignments, I would recommend the following (adding one or two per session):

Recommend:

1. Incorporate 3 part deep breathing times into daily routine,
2. Incorporate 5 minutes of meditation into the beginning of the day
3. Incorporate 3 favorite asana