

Intern Name: Tanja Kees Client Plan: Client Name K.P

Proposed number of sessions: 4 sessions Planned time per session: 90 minutes

Session topic/content: transient global amnesia Presenting problem:

K.P. a 58 yo female Phd.Psychologist who experienced 2 episodes of transient global amnesia.

Client goals:

She would like to be able to calm her mind and improve her focus.

Generalized Care Plan:

In general I will create a practice that is geared towards relaxation and grounding to help with vata energy to relieve anxiety and tension both physically and emotionally. Contraindication, to avoid rigorous and too activating asanas, to avoid eye strain. To keep the practice simple and doable, since she has a type A personality I want to try to avoid comparison and competitiveness in her own practice. My focus will be on calming practices.

I will teach a complete data yoga practice including forward bend, backward bend, twist and yoga Nidra. Yoga Nidra will be guided with calming imagery. The client appreciates nature settings, so I will work with that. The yoga branch I will use is raja yoga.

Asanas/Annamayakosha:

1. eye movements to improve her focus
2. Alternate nostril breathing to help calm her nervous system.
3. Hata yoga sequence to help her with grounding, this can be adapted to her needs depending on her day.

Pranayama/Pranayamakosha:

1.alternate nostril breathing to calm her nervous system to improve focus.

Emotional & Mental/Manomayakosha:

She is mostly in a vata state with could explain her trouble focusing and her 2 episodes of amnesia.She is experiencing turmoil at work and at home.

Spiritual Orientation:

The four locks and keys as she describes problems with her new boss, maybe wanting to make a change at work.She feels that she is in a transitional stage with her son graduating high school next year. She describes more conflicts with her husband lately.

Scientific Research:

1. <https://www.sciencedirect.com/science/article/pii/S2225411014000443>
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3681046/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>

Yoga philosophy research:

<https://integralyogamagazine.org/patanjalis-words-the-four-keys/>

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

Recommendation:

1. Incorporate eye movements into daily routine.
2. Incorporate 15 minutes of eye movements and alternate nostril breathing into the

beginning of the day, perhaps during meditation.

3. Incorporate chest to knee pose and sun salutation into a daily yoga routine.
4. Incorporate a gratitude practice before bedtime