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Previous Client/Group Credit - Table
 IY Therapy Practicum 2024

Name Simone Sanchez		6/1/24	
Date:			
Previous Clinical / Other Therapeutic Yoga training beyond IYT courses:			
Years teaching Yoga regularly:			
Client / Group Case Table (35-50 hours maximum) (Example table show below in yellow)			
Session date or date range	Individual or group session?	Brief description of session(s) including presenting primary condition(s), session plan and/or therapeutic intervention	How many hours did you see this client (s)
2/2023-present	individual	63 year old female Assessment pain on the left side of her neck from arthritis on her cervical spine C 3-5. Some work and money related stress. Good breath and wants to enhance her meditation Provide meditation, breath work, some gentle asana, and restorative yoga	50
1/24-3/24	individual	52 year old female Assessment low metabolism and overweight due to Graves disease and wanted yoga for weight loss. She has pain in her right knee caused by inflammation, she has a very shallow breath, and can also struggle with some depression. Provided asana/chair yoga, and lots of breathwork, she was resistant to meditation so I introduced the concept of sense withdrawal and we do EFT (tapping)	12
3/24-present	individual	54 year old male Assessment he struggles with life long panic disorder and general anxiety. He has been using guided meditations for a while, has a good full breath and exercises often.	20

		Provided meditation, breath work, asanas with somatic movement, yoga nidra	
Add additional rows as needed			

Client Contact Case Table Examples			
Session date or date range	Individual or group session?	Description of session(s) including presenting primary condition(s), session plan and therapeutic interventions	How many hours did you see this client (s)
EXAMPLE: 08/01/2022-02/20/2023	Individual	Adult male, chronic pain from severe injuries in military combat. Assessment: multiple surgeries, ongoing neurological pain, superb attitude, remarkably functional. Desire to use yoga to manage pain. Provided awareness of movement and breath, asana consistent with limitations, and relaxation techniques with good results. Developed prayer practice (consistent with his faith) for emotional resilience.	6
EXAMPLE: 10/16-2023-present	Individual	43 yo female, presenting with anxiety and anger issues, feeling stressed. Assessment indicates high pressure work with long hours, poor posture and breathing habits. Provided gentle and restorative asana practices, pranayama, mindfulness meditation, and practice of non-attachment in relationship to work and personal life goals. Excellent results.	Continue meeting once/week 14 hours to date.

EXAMPLE: 05/10/2023-05/30/2023	Group	Cardio Rehab group class, including individual assessment. Bi-monthly meeting with stress reduction, physical/emotional awareness, lifestyle counseling, appropriate movement.	20
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