

Client #1: RG Care Plan - Practicum IYTh 2024

Your Name: Raji Sundararajan

Submission date:

Your Mentor: Rev.Brahmi

Entry Category: Individual Session

Proposed number of sessions: 3 to 5

Client First Name/location of sessions: RG / Online

Planned time per session: 60 to 90 minutes

Session Topic/content: Care Plan

Presenting problem: 61 yr retired female with

- Hypothyroid
- High cholesterol
- Hiatal hernia - acid reflux, regurgitation
- Tendonitis
- 3 surgeries and about 10 cortisone shots in one of her hand
- autoimmune disease(didn't specify on & off on medication)
- pain switches between rt & lt hip joints
- X-rayed hip joints (waiting for results)
- Knee pain
- hair fall
- nail crack

Client goals:

- Have less pain
- more flexible

Physical/energetic kosha brief assessment:

- Modified Forward fold (avoid putting pressure on abdomen)
- Modified Inversion (avoid acid reflux)
- Modified downward dog (avoid acid reflux)
- No bridge (avoid acid reflux)
- Pain on the front of her left hip
- Couldn't put weight on her left leg due to pain
- Able to do all activities involving legs
- Have trouble falling asleep and restless
- Has a good energy level.
- Says that she needs to rest after 3 continuous vinyasa flow classes (thinks she stretched too much)
- Did hiking couple of weeks ago (said approx. 75 floor high) and had to rest for days

Emotional/mental kosha brief assessment:

- Very active, motivated, ambitious
- Likes to burn her energy
- Likes hiking, mountains, fast flow vinyasa yoga, hatha yoga and walking in the woods
- Experiences occasional anxiety, anger or frustration
- Frustrated with her body's limitations and says her body always gets in the way of what she wants to do
- Does physical activities thinking that she can break the barrier
- Feels "lacking" when she does less physical work
- Thinks not active is "not acceptable"
- Stressed out about her health and her daughter's health
- Now accepts her body's limitations

Spiritual orientation:

- Not active in any faith community or maintain any spiritual practices
- Does yoga 3 to 4 times a week @ the gym
- Does either vinyasa or hatha yoga depending on her body's availability that day - Class has centering, breathing, asana, brief relaxation practices

- Home asana, relaxation, breathing, and meditation practices are hit or miss.
- Does shoulder stand, breathing, relaxation and meditation practices sometimes at home, may be two times or less
- Follows plum village guided meditations sometimes
- Eating meditation sometimes

Care plan:

- Body scan
- Setting intention

Come up with something like below with the client -

- I intend to move my body in ways that feel good.
- I intend to get the [sleep my body needs](#) to be healthy.
- I intend to listen to what my body tells me it needs.
- I intend to practice self-care and treat my body with love and respect.
- I intend to engage in my spiritual practice.

Scientific research reference, why chose, how you plan to incorporate:

- [Positive Effect of Abdominal Breathing Exercise on Gastroesophageal Reflux Disease: A Randomized, Controlled Study](#)
- [Diaphragmatic Breathing Reduces Belching and Proton Pump Inhibitor Refractory Gastroesophageal Reflux Symptoms](#)
- [The role of hiatus hernia in GERD](#)
- [Hypnosis and the relaxation response](#)
- [Correlation between Psychosomatic Assessment, Heart Rate Variability, and Refractory GERD: A Prospective Study in Patients with Acid Reflux Esophagitis](#)

- [The association between symptoms of gastroesophageal reflux disease and perceived stress: A countrywide study of Sri Lanka](#)
- [Severe gastro-oesophageal reflux symptoms in relation to anxiety, depression and coping in a population-based study](#)

Yoga philosophy/wisdom research reference, why chose, how you plan to incorporate:

- Talk about Stress, stress response, relaxation response, how to relieve stress, building resilience, coping w/stress
- Explain Koshas
- Discuss Gunas
- Sutra 2-16: Future pain can be avoided: [Decoding Sutra 2-16](#)