

Sara Family Group

Care Plan

Basic format for group is to open with breathing practices, then do a check-in, in which each client speaks what is on his/her mind and the other members consciously listen without responding directly to the person speaking (allowing each person space to express him/herself). We use a speaking object (a stuff animal, teddy bear provided by the clinic) that is passed around. After each person has spoken, we pass the bear around one more time.

At this time, I deliver a teaching to the group based on the care plan below.

We take a brief break/rest room break.

We regroup, answer any questions and spend some time practicing what was learned, using a partner system is possible. Scripts for yoga nidra were taken from Stress Management manual.

We then get back together as a group, pass around the teddy bear and reflect on the experience of the practice that was newly learned.

We address any lingering questions, then end with a round of diaphragmatic breathing.

Plan through the Koshas

Anamayakosha: Physical symptoms include overall muscle stiffness, insomnia, tightness around head/neck/shoulder/upper back area reports by most and especially prominent in mother who works on the computer.

Intervention: JAPA practices for whole body, with extra attention paid to shoulder, neck, upper back, jaw; also, eye movements to help with eye strain which is likely also an issue that can manifest as facial tightness. Plan to teach body scan and eventually yoga nidra.

Will also teach an active meditation practice which involves full body vibration/shaking and can help with alleviating full body tension.

Pranamayakosha: Client report feeling tired in general, particularly after 'waking up' in the morning after a night of poor sleep. Tiredness also exists in the day time and has prevented attendance of school and work.

Intervention: Will open group with Diaphragmatic breathing, then alternate nostril breathing. Will plan to teach these breath practices and to open the group sessions with these practices. Will also assign breath practices as homework.

Manamayakosha: All clients report emotions of fear.

Intervention: Teaching the first and second sutras of Yoga Sutras; plan to do the practice of using a crystal and putting it in water to which various colors are added, to demonstrate the concept of having a true nature that is unburdened.

Vijanamayakosha: All clients with thoughts which revolve around fear and prevention of harm which has occurred due to past traumas. Thoughts of clients revolve around not feeling safe, financial insecurity, fear of being abandoned, fear of losing their home due to financial issues, fear of being harmed.

Intervention: Plan to use mantra repetition which focuses on safety and can be repeated daily. Practice of using alternate nostril breathing to breathe in the thought of "Trust," and breathing out the thought of "Fear."

Additionally, plan to teach yoga nidra is hoped to calm anxious thoughts and fearful thoughts.

Anandamayakosha: unable to fully access this koshic level.

At the last session, each client will compose a self care plan to use moving forward once the group is completed.

This plan is to be adjusted depending on the groups interests and abilities; we do have a younger member, Julia, and we may need to take more frequent breaks or provide her with toys to play with while we are in session.