

Psychology and Mental Health
Client:RA
4 Week Plan and Results

Week 1

- Review initial evaluation form filled out by client to determine baseline stress levels before starting yoga therapy sessions
- Discuss QOL, stressors, and self-care. Agree to a measurable, attainable and concise plan of action.

Practice:

- Check-in (mood, thoughts/emotions, body sensations, breath, and energy levels) 5 minutes
- Grounding and Centering 5 minutes
- Pranayama Techniques 5 minutes:
 - **Extended Exhales:** Slow-breathing interventions build on the human ability to control respiratory rate via skeletomotor muscles in the diaphragm and the intercostal muscles in the chest wall (Russo et. al 2017¹)
 - **Voo sound** (Brown and Gerbarg 2005;² Levine 2010³). Technique utilizes the long, extended breath and activation of vagal afferents (from the vibration) to up-regulate vagal nerve function, thereby down-regulating autonomic arousal.
- Vagal Regulation Exercises 5 minutes: Butterfly Hug, Cyma Conchae Ear Massages
- Grounding and Post Practice Somatic Check-in 5 minutes

HW: Journal and reflect when possible, Japa w/mantra, morning cold-water exposure.

Baseline Evaluation Questionnaire: Week 1

On a scale of 1-10, with 1 being low and 10 being high, please rate

- **Overall Stress and Anxiety Levels:** 9
- **Ability to use coping skills in the present moment:** 2
- **Quality of life:** 3
- **Quality Sleep:** 3

HW: Journal and reflect when possible, Japa w/mantra, morning cold-water exposure.

¹ Russo, M. A., Santarelli, D. M., & O'Rourke, D. (2017). The Physiological Effects of Slow Breathing in the Healthy Human. *Breathe (Sheffield, England)*, 13, 298–309.

² Brown, R. P., & Gerbarg, P. L. (2005). Sudarshan Kriya Yogic Breathing in the Treatment of Stress, Anxiety, and Depression: Part I—Neurophysiologic Model. *Journal of Alternative and Complementary Medicine*, 11, 189–201.

³ Levine, P. A. (2010). *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. Berkeley, CA: North Atlantic Books.

Week 2

Practice:

- Check-in (mood, thoughts/emotions, body sensations, breath, and energy levels) 5 minutes
- Grounding and Centering 5 minutes: See and Sense Exercise
- Pranayama Techniques 5 minutes:
 - Alternate Nostril Breathing⁴: Slow-breathing interventions build on the human ability to control respiratory rate via skeletomotor muscles in the diaphragm and the intercostal muscles in the chest wall (Russo et. al 2017⁵)
 - Bhramari Breath⁶
- Vagal Regulation Exercises 5 minutes: EFT Tapping
- Grounding and Post Practice Check-in 5 minutes

Weekly Evaluation Questionnaire

On a scale of 1-10, with 1 being low and 10 being high, please rate

- **Overall Stress Levels:** 8
- **Ability to use coping skills in the present moment:** 3
- **Quality of life:** 3
- **Quality Sleep:** 4

HW: Journal and reflect when possible, Japa w/mantra, morning cold-water exposure.

Week 3

Practice:

- Check-in (mood, thoughts/emotions, body sensations, breath, and energy levels) 5 minutes
- Grounding and Centering 5 minutes:
- Pranayama Techniques 5 minutes:
 - Sitali/Straw Breathing
 - Sama Vritti/Box Breathing
- Vagal Regulation Exercises Bi-lateral Standing Cross-crawl⁷, Somatic self hug for containment⁸

⁴ Shah, Mayuri & Desai, Parita. (2019). Effects of Nadi-Shodhana Pranayama on Depression, Anxiety, Stress and Peak Expiratory Flow Rate in Post CABG Patients: Experimental Study. 40.

⁵ Russo, M. A., Santarelli, D. M., & O'Rourke, D. (2017). The Physiological Effects of Slow Breathing in the Healthy Human. *Breathe (Sheffield, England)*, 13, 298–309.

⁶ Kuppusamy M, Kamaldeen D, Pitani R, Amaldas J, Shanmugam P. Effects of *Bhramari Pranayama* on health - A systematic review. *J Tradit Complement Med*. 2017 Mar 18;8(1):11-16. doi: 10.1016/j.jtcme.2017.02.003. PMID: 29321984; PMCID: PMC5755957.

⁷ Serin, Amy & Hageman, Nathan & Kade, Emily. (2018). The Therapeutic Effect of Bilateral Alternating Stimulation Tactile Form Technology on the Stress Response. *Journal of Biotechnology and Biomedical Science*. 1. 42-47. 10.14302/issn.2576-6694.jbbs-18-1887.

⁸ Dreisoerner A, Junker NM, Schlotz W, Heimrich J, Bloemeke S, Ditzen B, van Dick R. Self-soothing touch and being hugged reduce cortisol responses to stress: A randomized controlled trial on stress,

- Grounding and Post Practice Check-in 5 minutes

Weekly Evaluation Questionnaire Week 3

On a scale of 1-10, with 1 being low and 10 being high, please rate

- **Overall Stress Levels:** 7
- **Ability to use coping skills in the present moment:** 4
- **Quality of life:** 4
- **Quality Sleep:** 4

HW: Journal and reflect when possible, Japa w/mantra, cold water exposure.

Week 4

Practice:

- Check-in (mood, thoughts/emotions, body sensations, breath, and energy levels) 5 minutes
- Grounding and Centering 5 minutes:
- Pranayama Techniques 5 minutes:
 - Heartmath Institutes Heart Focused Breathing⁹
- Vagal Regulation Exercises 5 minutes: Shaking or grounding and releasing stuck energy¹⁰
- Grounding and Post Practice Check-in 5 minutes

Weekly Evaluation Questionnaire Week 4

On a scale of 1-10, with 1 being low and 10 being high, please rate

- **Overall Stress Levels:** 6
- **Ability to use coping skills in the present moment:** 5
- **Quality of life:** 4
- **Quality Sleep:** 4

physical touch, and social identity. Compr Psychoneuroendocrine. 2021 Oct 8;8:100091. doi: 10.1016/j.cpnec.2021.100091. PMID: 35757667; PMCID: PMC9216399.

⁹ Edwards SD, Edwards DJ, Honeycutt R. HeartMath as an Integrative, Personal, Social, and Global Healthcare System. Healthcare (Basel). 2022 Feb 15;10(2):376. doi: 10.3390/healthcare10020376. PMID: 35206990; PMCID: PMC8871721.

¹⁰ Berceli D, Salmon M, Bonifas R, Ndefo N. Effects of Self-induced Unclassified Therapeutic Tremors on Quality of Life Among Non-professional Caregivers: A Pilot Study. Glob Adv Health Med. 2014 Sep;3(5):45-8. doi: 10.7453/gahmj.2014.032. PMID: 25568824; PMCID: PMC4268601.