

Proposed Care Plan: Tammy P

Please get your completed intake form from your first client or group and assess the information. Next conduct your oral intake/assessment session. Create your care plan. Then fill in this form:

Lil Harris
mrs.drewski@gmail.com
16 March 2024
22 March 2024? - waiting on client confirmation

Brahmi Romero

Tammy P

Individual

Proposed Number of Sessions: 4

Planned Time per Session: 90 min

Please provide thorough & concise information below.

Presenting Problem (2 sentences max)

The client is holding and carrying overwhelming burdens of others which are causing dis-ease through her anamaya, pranamaya, manomaya and **vijnanamaya** koshas. The client is experiencing pain in her neck and shoulders, gastroparesis, non-alcoholic fatty liver disease, fatigue, disrupted sleep and is unable to relax/rest. She is a caregiver to many, but stated that **"no one cares for me."**

Commented [CR1]: It's really a blocking of access to the Wisdom Sheath rather than dis-ease in the kosha itself. It is the kosha that allows us to witness the ana-, prana-, and manomaya koshas. It is connected in Raja to the Yamas and Niyamas, as well as to Dhyana, Dharana and Samadhi.

Client Goals (2 sentences max)

The client's self-identified goals are to relax, improve flexibility, and what she describes as "energy healing." Instead of criticizing herself for "struggling with having a disciplined routine," I encouraged her to begin implementing practices of self-care for each of the koshas, mentioned in the next sections.

Commented [CR2]: Very important bit of information. Coupled with her self-professed Christian faith, brings to mind Exodus 3:14 "I Am that I Am". In Sanskrit, there is the mantra "So Ham" "I Am That". A beautiful Japa practice is repeating the mantra, inhaling "So" exhaling "Ham" connecting us to that Divine Presence.

Physical/energetic kosha assessment and care plan (Including off the mat)

● Asana practices to explore:

- Marjaryasana-Bitilasana with breath awareness (will prepare for Agni Sara)
- Parva Sukhasana
- Ardha Matsyendrasana, Supta Matsyendrasana
- Pashchimottanasana, possibly Uttanasana - not planning to introduce initially, will see how the client feels, and first responds to the twist variations and supine postures.
- Bhujangasana - gentle, "baby"
- Apanasana
- Shavasana with Yoga Nidra

Commented [CR3]: With her professed Christianity, guiding Surya Namaskar (at Wall or in Chair in the beginning of her practice if needed) with The Lord's Prayer is a lovely embodiment of the faith. Will share explainer separately.

- Nutrition: While I am not a registered dietician, we discussed adding in whole foods that she both enjoys and that she knows are nourishing to her body. She daily prepares healthy meals for her partner with Parkinson's. She identified some small changes she can make: eating carrots and apples, making smoothies with ingredients she likes - and easier to digest, and drinking her Herbalife supplement. (Overall instead of focusing her thoughts on what she is doing "wrong" with her eating, let's focus on what we can add in to nourish all the koshas.)

- TRE: I am a certified TRE provider, and would love to introduce this practice to her. Is it appropriate within the context of a yoga therapy session, or should I reserve this for a separate TRE session?

Commented [CR4]: You are a certified TRE provider, so yes. The practice is very mind-body-spirit. That is the essence of Yoga.

- Dirga Swasam: with the encouragement/imagery of breathing in healing light - whatever color(s) she chooses, exhaling out the dark smoke. This is a great breathing practice to encourage more healthy movement through the thoracic and abdominal regions - will hopefully encourage more freedom/release/movement through the digestive system.

- Agni Sara: in looking for a resource I could share with her to help her practice between our sessions, I like how this article first introduces the movement supine, then tabletop, then standing: <https://yogainternational.com/article/view/guide-to-agni-sara/>

Emotional/mental kosha assessment and care plan (Including off the mat)

- Pratipaksha Bhavana (Sutras 2.33 & 2.34) I feel like giving her tools to support what she can control, being her thoughts, words and actions while shifting her focus away from all that she cannot control (the actions, words, responses of others) will allow her to release tightness she's feeling in her digestive tract/abdominal region.

- Custom Guided Imagery: water is healing for her - being near or on the water, hearing the sounds of water. The client was also diagnosed with a sensory processing sensitivity - identifying the sounds, colors, and textures which are calming and healing as well as those which are triggering could serve her well. Conducted an imagery intake in order to craft a guided imagery for her. Will practice it during a session, make edits she feels are necessary, and then record it for her.

Spiritual orientation and support plan (Including off the mat)

- She considers herself a Christian, and wants to incorporate daily practices more consistently. As the Bible app offers easy access to many versions and translations, as well as reading plans and daily prayer, will encourage her to choose a short-duration plan and explore it.

Scientific research reference, integration plan for sessions

Gastroparesis - <https://my.clevelandclinic.org/health/diseases/15522-gastroparesis>

Yoga philosophy/wisdom research reference, integration plan for sessions

Nonalcoholic Fatty Liver Disease -

[https://www.niddk.nih.gov/health-information/liver-disease/naflid-nash#:~:text=Nonalcoholic%20fatty%20liver%20disease%20\(NAFLD\)%20is%20a%20condition%20in%20which,with%20fat%20in%20your%20liver.](https://www.niddk.nih.gov/health-information/liver-disease/naflid-nash#:~:text=Nonalcoholic%20fatty%20liver%20disease%20(NAFLD)%20is%20a%20condition%20in%20which,with%20fat%20in%20your%20liver.)

Nutritional Recommendations:

<https://www.niddk.nih.gov/health-information/liver-disease/naflid-nash/eating-diet-nutrition>

<https://integralyogamagazine.org/patanjalis-words-pratipaksha-bhavana/> - this is a “go-to” article for me in sharing PB, as Rev. Jaganath’s resources are both thorough and accessible.

Please submit this proposed care plan for client #1 along with your intake form with all personal information removed. Submit via email to your mentor plus

Svid1@aol.com, jbrunson@verizon.net

Vidyananda will keep for permanent records in our limited--access archives. Jnana won't read docs but will keep track of all who submitted and who is missing.