

Client # 7 Proposed Care Plan

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Session Date: August 30, 2024

Mentor: Brahmi

Client Initials or Group Name (and location of sessions):

Category (*individual or group*): Individual

Proposed Number of Sessions: 1 – 4

Planned Time per Session: 60 minutes (client's time is very limited therefore all session will be limited from 60-70 minutes.)

Please provide thorough & concise information below. Your care plan should be approved by your mentor, with any amendments they suggested, prior to starting your Yoga Therapy sessions beyond the intake session.

Presenting Problem (*2 sentences max*): Stress, anxiety, some insomnia, and too much physical work.

Client Goals (*2 sentences max*): Client wants to stop snapping and being short with her mother and the contractor. She wants to find more time for her own health.

a) PHYSICAL/ENERGETIC KOSHA ASSESSMENT AND CARE PLAN (INCLUDING OFF THE MAT)

Client is a Yoga Teacher and teaches up to twice a week. She also takes two Yoga classes and a Pilates class every week.

Client has a number of physical issues and health issues:

- Client works very hard physically on weekends and after work.
- Upper back pain between shoulder blades and upper neck for this she is seeing a chiropractor and she takes two yoga classes per week which help with the pain. Due to her living situation, client is unable to sit at a desk when she works and that causes upper back pain because of bad posture.
- Surgery for left hamstring tear, and right quadricep strain. She received Physical Therapy and she has been okay but it still hurts.
- Arthritis in her thumb.
- She is getting headaches from grinding her teeth since she lost her mouth guard. She has to replace that.
- Pre-diabetic.
- Pre-high cholesterol: (Client practices Yoga, and walks her dog four times a day for 15 to 30 minutes each time. According to the study listed below, this is a good practice to reduce cholesterol.)
- Eye strain.
- Evaluating Client's Breath: Client was observed breathing for 9-10 minutes. In the beginning of the observation, client was breathing into the upper chest/reverse breathing. This happens often as mention in the assessment. After observing the client for almost two to three minutes, client's breathing began to slow down and her belly began to expand she was breathing into the belly from then on. After another few minutes, I asked client to put her hand on her belly and asked her to tell me where she was breathing into, she said the belly. I also observed her lying down for 5 minutes and I saw that she was breathing into the belly. She confirmed it.

CARE PLAN:

Centering

Netra Viyayaman – Relieves tension in the eyes, for client's eye strain

Finger Compression – For arthritis in the thumb

Deep Relaxation (lying down) – 30 minutes

- Full body tensing and releasing
- Body Scan
- Yoga Nidra (I believe that during Yoga Nidra the client's breath will be from the belly.)

Breathing Practices for stress reduction

- Kapaalabhaati after Yoga Nidra for client's pre-diabetes.
- Dīrgha Śvāsam after Yoga Nidra so that the client can breath deeply into the lower lungs with extended exhalations will benefit both physically and mentally. This will help her in three ways:
 1. Vagus nerve runs through the esophageal hiatus of the diaphragm and diaphragmatic breathing stimulates the parasympathetic nervous system (PNS) which promotes many health benefits including reducing the hypothalamic pituitary adrenal (PHA) axis flow.
 2. Filling the lower lungs with air (O₂) will help cleanse the lungs of carbon-dioxide, because unless she breaths from the lower lungs they do not receive fresh O₂ and the carbon-dioxide may stay there.
 3. She will sit upright breathing into the upper chest expanding the ribcage and the lifting the collar bones, and this will help to improve posture and breathing.

b) EMOTIONAL/MENTAL KOSHAS ASSESSMENT AND CARE PLAN (INCLUDING OFF THE MAT)

Client has high stress due to having a strained relationship with her mother, their communication is difficult, her mother is impatient, complains a lot, and has ways of talking that irritates her, and client reacts to this. Client has aversion and anger towards her mother's behaviors.

In addition, client is having her house renovated and is anxious over the contractor who is doing the work because it is taking too much time and is costing double the amount of what she expected. They have not had a kitchen since July 3rd so client has not been able to eat well on a regular basis. She is eating out a lot and is eating lots of sandwiches. Additionally, for a while she did not have a bathroom in her new home and had to use a potty. Client gets angry with the Contractor. These conditions are impacting this client greatly and she is experiencing high levels of stress and as these conditions been going on for over six months.

Client is feeling bad because of her lack of patience because she snaps at her mother who is an elder and she may not be around for long. Client also snaps at the contractor and this also causes her to feel bad afterwards. Client has owns a bar/restaurant and is also snapping at one of her employees.

CARE PLAN

Provide client with Netra Vyayamum, Yoga Nidra and Dīrgha Śvāsam in every session and make that the focus to help her to deeply relax - turning on her PNS so that the HPA is turned off and her Executive Function can function effectively.

Additionally, ask client to practice mindful during activities such as:

- Walking the dog without thinking or worrying and to observe her breath as she walks.
- Listening to Krishna Das chants while driving and chanting along. (client likes Krishna Das chants)
- Practice becoming present in the Witness to observe tendencies to become snappy and/or angry.
- When she is serving customers.

c) SPIRITUAL ORIENTATION AND SUPPORT PLAN (INCLUDING OFF THE MAT)

Client does not have a spiritual practice. Currently client does not have the wherewithal to begin a meditation practice. Client is not in a position to dedicate time to consciously develop spiritually. Yoga has been important for this client. She trusts that Yoga Therapy will help her and this is where she is at now.

Client says that her meditation practice is to walk her dog. She walks her dog four times a day for 15 to 30 minutes each time.

I will encourage the client to being present when she is doing the following:

- Walking the dog.
- While she is doing things like cleaning, showering, walking.
- While listening to Krishna Das chants when she drives.

d) SCIENTIFIC RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

The information in these studies are ideal for my client with pre-diabetes and pre-high cholesterol, and chronic stress.

The studies show that yoga can turn down the HPA axis, pranayama stimulates the Parasympathetic Nervous System, the pancreas to secrete insulin, and pranayama and meditation can help with the emotional aspect of pain. And, the metabolic benefits from Mindfulness Based Stress Reduction observed that LDL and total cholesterol was a decrease by 15% and 10% respectively. “Study shows that greater parasympathetic activity correlated with greater decreases in triglyceride levels (cholesterol); and that more minutes practiced per week correlated with decreases in total cholesterol.

(Arkiath Veettil Raveendran, Anjali Deshpandae, Shashank R. Joshi: [Therapeutic Role of Yoga in Type 2 Diabetes](#), *EnM Endocrinology and Metabolism*. March 2018:3
[Therapeutic Role of Yoga in Type 2 Diabetes - PubMed \(nih.gov\)](#)

Gerritsen RJS, Band GPH. Breath of Life: *The Respiratory Vagal Stimulation Model of Contemplative Activity*. *Front Hum Neurosci*. 2018 Oct 9;12:397. doi: 10.3389/fnhum.2018.00397. PMID: 30356789; PMCID: PMC6189422.
[Breath of Life: The Respiratory Vagal Stimulation Model of Contemplative Activity - PMC \(nih.gov\)](#)

Gentile, C., Starnino, L., Dupuis, G., & D’Antono, B. (2021). Mindfulness-Based Stress Reduction in Older Adults at Risk for Coronary Artery Disease: A Pilot Randomized Trial. *Clinical Gerontologist*, 45(2), 272–286.
<https://doi.org/10.1080/07317115.2021.1887421>

e) YOGA PHILOSOPHY/WISDOM RESEARCH REFERENCE, INTEGRATION PLAN FOR SESSIONS.

Client will be taught Stress Response education, and how conditioned internal stressors create much of the stress we experience, especially long-

term stress. Client will be guided to identify her major inner stress. This will help her understand that stress that is internal is something she is able to have the control over and to change.

The Yoga Sutras of Patanjali, Translation and Commentary by Sri Swami Satchidananda

Sutra II.8 – Aversion/Dveshah – Aversion is that which follows identification with painful experiences.

Sutra I.2: The restraint of the modifications of the mind-stuff is Yoga.

Sutra I.3: Then the Seer [Self] abides in His own nature.

Sutra I.4: At other times [the Self appears to] assume the forms of the mental modifications.

Sutra I.5: There are five kinds of mental modifications which are either painful or painless.

Sutra I.33 – By cultivating attitudes of friendliness toward the happy, compassion for the unhappy, delight in the virtuous, and disregard toward the wicked, the mind-stuff retains its undisturbed calmness.