

Intern Name Tanja Kees
Client Plan: Client Name G.Z.

Proposed number of sessions: 6

Planned time per session: 90 minutes

Session topic/content: decrease stress increase motivation

Presenting problem:

Pain in the area of the trigeminus nerve since diagnosed with MS, a feeling of heaviness in the right shoulder and right arm

Client goals:

decrease pain and increase energy

Generalized Care Plan:

Asanas/Annamayakosha:

- 1.arm raises to increase energy , blood flow and deepen the breath
- 2.arm raise with side bend to increase ventilation of the lungs
- 3.Cat cow in the chair to increase energy

Pranayama/Pranayamakosha:

Deep breathing and then alternate nostril breathing to decrease stress

Emotional & Mental/Manomayakosha:

Do your best and leave the rest, since the client tends to overwork herself and then feel depressed when she did not accomplish her goal

Spiritual Orientation:

Ahimsa, not to cause herself emotional or physical harm

Type offered and logic

Yoga philosophy :

<https://yogainternational.com/article/view/do-no-harm-the-art-of-ahimsa/>

Citation and logic

For the first few at home assignments, I would recommend the following (adding one or two per session):

Recommend: deep breathing to ground herself and as a basis to built up meditation

1. Incorporate 2 minutes of breathing awareness into daily routine to work on possibly developing a meditation routine
2. Incorporate cat cow when taking a break from writing at her desk
3. Incorporate gratitude practice before bedtime