

Intern Name: Tanja Kees
Client Plan: Client Name: M.K.

Proposed number of sessions: 4

Planned time per session: 90 minutes

Session topic/content: anxiety, upper body strength , developing a routine

Presenting problem: 44 yo female with hx of stage 4 breast cancer, is experiencing anxiety and decreased upper body strength.

Client goals: 1. decrease anxiety
2. increase upper body strength
3. develop a daily routine

Generalized Care Plan:

Asanas/Annamayakosha:

1. Arm raises with focusing on the breath, to increase range of motion and flexibility
2. Prayer position with pushing palms towards each other and holding to the count of 5. 3 times, to improve upper body strength.
3. Hands interlaced behind the head, bringing the elbows back inhaling and bringing the elbows forward , exhaling going into cow. To increase flexibility, to broaden the chest and deepen the breath.

Pranayama/Pranayamakosha:
Alternate nostril breathing to decrease anxiety

Emotional & Mental/Manomayakosha:
non attachment (vairagya) to help decrease anxiety

Spiritual Orientation:

Self-discipline Tapas, accepting pain but not causing pain. It invites us to consciously choose discipline and growth

Scientific Research:

<https://www.frontiersin.org/articles/10.3389/fpsy.2020.00501/full?redirect=false>

Yoga philosophy research:

<https://link.springer.com/article/10.1007/s12671-024-02378-7> For the first few at home assignments, I would recommend the following (adding one or two per session):

Recommend:

1. Incorporate Alternate nostril breathing into daily routine
2. Incorporate 15 minutes of crossword puzzle into the beginning of the day to help decrease anxiety
3. Incorporate arm raises, prayer position with holding resistance to the count of 5 , 3 times, hands behind the head ,elbows back inhaling and exhaling into cat
4. Incorporate reading spiritual text, eg.one sutra from the yoga sutras of Patanjali before bedtime