

**Therapeutic Yoga for Pain Management Certificate Program
Information Guide
September – December 2016**



**Restore,
reclaim,
rebuild.**

THERAPEUTIC YOGA FOR PAIN MANAGEMENT
CERTIFICATE PROGRAM

Langara.

THE COLLEGE OF HIGHER LEARNING.

Langara is a community of thinkers, collaborators, and mentors who value exceptional learning opportunities. Whether you are on a set path or navigating your way through a sea of options, our focus is on you and your experience here.

PROGRAM OVERVIEW:

When experience is viewed in a certain way, it presents nothing but doorways into the soul. Jon Kabat-Zinn

Research has pointed to the efficacy of Yoga as a complimentary therapeutic intervention for many chronic pain conditions. In this NEW experiential **80-hour** certificate program, learn to teach restorative yoga, therapeutic breathing, and mindfulness based stress reduction techniques for pain management to groups and individuals. Discuss and understand modern pain science, as well as the physical and psychological influences of pain.

PROGRAM GOALS:

By using an interdisciplinary approach, the Therapeutic Yoga for Pain Management Certificate Program draws from classical and contemporary traditions to provide a balanced and integrative learning experience.

Graduates will have the ability to:

- Understand Yogic theories and philosophies through the study of classical texts.
- Examine modern pain science, the neurophysiology of pain and the importance of neuroplasticity in the management of chronic pain.
- Describe the physical and psychological influences on pain, and the therapeutic benefits of yoga for pain management.
- Describe and demonstrate mindfulness based stress reduction techniques for pain management.
- Design and demonstrate how to teach restorative yoga classes, specialized workshops and conduct individual sessions to meet the unique needs of people with chronic pain conditions based upon current research.
- Identify the needs of individuals living with chronic pain from a trauma informed perspective.
- Describe the importance of utilizing a holistic approach to mental and physical health and well-being and synthesize the practice into regular care routines.

HIGHLIGHTS:

- Receive a certificate vetted through Langara College's Education Council
- First public college in BC offering holistic and therapeutic yoga teacher trainings
- Experiential, active and heart-centered education learning models
- Train with experienced instructors who have made their passion their profession
- Tax deductible, no GST, early bird and alumni discounts
- International Association of Yoga Therapists Member School (IAYT)

This program is designed to bridge the chasm between modern pain science and yoga in an academic setting. It has been developed for yoga teachers and healthcare providers and clinicians to advance their knowledge in the field of pain management through the application of yoga techniques, philosophies and practices.

COURSES: Students need to complete all 7 courses in order to receive a certificate

Restorative Yoga Therapeutics (AYGA 2005)

Restorative yoga therapeutics is a unique modality that offers an experience of self-care and befriending of the pain body; an essential complement for self-managing chronic pain. Explore the principles and practices of classical Restorative yoga and integrative therapeutic movement to the lived experience of pain with the goal of deepening our understanding and supporting the self-management of the pain experience. These techniques have been found to be beneficial for a diverse range of pain conditions.

Understanding Modern Pain Science (AYGA 2006)

Pain neurophysiology is an essential area of study when assisting individuals to move forward and actively engage in the processes required for them to effectively manage their pain and disability. In addition to the neurophysiology of pain students will learn about and the importance of neuroplasticity in the management of pain, pain terminology and various treatment strategies with an emphasis on self-care. This course will explore predominant societal attitudes and beliefs about pain and ethical issues related to its' management.

Yoga Philosophy and Pain Management Applications (AYGA 2001)

This experiential course will combine the practical application of basic therapeutically-based yoga techniques combined with an examination of Yoga philosophy. Students will examine how to modify yogic practices and apply the classical path of Ashtanga Yoga (8-limbs) as well as other yogic tools for chronic pain management. Studies include the Vedas, Yoga Sutras, and mantras.

Mindfulness Based Stress Reduction (MBSR) for Chronic Pain (AYGA 2003)

Mindfulness has been found to be an effective complementary therapy for managing pain. Research in this area finds that the practice of mindfulness meditation is effective in changing structures in the brain associated with the processing of emotions and stressful life events. Key strategies for cultivating resilience and pain management founded on simple MBSR techniques will be explored.

Voices of Chronic Pain (AYGA 2002)

When learning about how best to use yoga to meet the needs of people living with chronic pain, understanding their lived experience is essential. In this interactive lecture series, guest speakers from the community will share their experience of what it is like to live day to day with chronic pain conditions and share some of their insights into effective pain management strategies.

Chronic Pain and Trauma (AYGA 2004)

Individuals who have experienced trauma are often at a higher risk to develop chronic pain conditions. As yoga teachers and healthcare practitioners it's important that we understand the additional stigmas and barriers to treatment that trauma survivors with chronic pain conditions encounter. In this course we will explore the connection between trauma and pain, and issues of empathy and self-acceptance.

Professional Practice (AYGA 2007)

Demonstrate the ability to teach classical Restorative yoga postures, therapeutic integrative movement, mindfulness strategies, breath work, and other yogic tools for chronic pain in a group class or private session to students, clients or patients. Students will have the opportunity to practice teaching the techniques in class with peers, and outside with their community of family and friends. Professional practice includes ongoing mentorship, feedback, and evaluation throughout the program.

INSTRUCTORS:

Tianne Allan, BA, ERYT-500, Registered Yoga Therapist came to yoga after a long career as a high performance athlete. As her love of yoga grew, she began teaching. After a serious car accident Tianne's yoga practice became her pathway to healing. Restorative Yoga and Yoga therapy provided tools to help her heal both physical and emotional trauma. Tianne now devotes her teaching to sharing these powerful tools of healing and transformation through classes, workshops and teacher trainings, locally and internationally.

Janice Muir, BSc, RN, BSN, MSc (N) Clinical Nurse Specialist, Pain Management has her Masters of Science in Nursing and was the Clinical Nurse Specialist for Pain Management at Providence Health Care in Vancouver, B.C. She is also a member of Acute and Chronic Pain Services and the chair of the interdisciplinary Providence Health Care Pain Initiative Committee at Providence Health Care. She is an adjunct professor at the UBC School of Nursing and she is a member of the Education Committee for the of the Pain BC Society. She has completed numerous courses on non-pharmacological approaches to pain management including Therapeutic Touch and Integrated Energy Healing.

Maggie Reagh, MA, E-RYT 500, Certified Yoga Therapist (CYT) conducts private and public Yoga Therapy classes as well as her own IAYT accredited training program in Vancouver, Canada. She regularly teaches Therapeutic Yoga at Capilano University where she has been faculty since 1997. She started her own yogic studies in the Krishnamacharya lineage in 1995 in Vancouver before going to Mysore, India in 2000 with BNS Iyengar. She went on to study with the Desikachars in Chennai, India and the Kraftsows on Maui. In 2003, she started her Iyengar-based training with various senior teachers. She continues her studies in Yoga Therapy, Philosophy, and Vedic Chanting with DV and Radha Sridhar, and Viji Vasu in Chennai, India.

Linda Turner, RN, Ph.D. is the Manager of Holistic Health Studies at Langara College in the Continuing Studies department. Previously she was a Clinical Nurse Specialist for pain management at Vancouver Hospital, University Health Network in Toronto and University of California Medical Center in San Francisco. She studied with Jon Kabat-Zinn to learn how to teach Mindfulness Based Stress Reduction (MBSR). She has taught the eight week MBSR program over the past 20 years to patients in pain and members of the general public. This course is offered through Continuing Studies at least twice per year.

Nicole Marcia, MA, Certified Yoga Therapist has taught therapeutic yoga classes and offered individual sessions to trauma survivors struggling with addiction, depression and anxiety since 2004. She is a Project Coordinator and Instructor at Langara Continuing Studies. She also trains yoga teachers and clinicians in the trauma-sensitive yoga theory and techniques required to support trauma survivors in their healing, long-term stability and recovery. In 2009, she was awarded a master's degree in yoga therapy from Lesley University in Boston, MA. Since then, she has been employed by the Provincial Health Services Authority at their Burnaby Centre for Mental Health and Addictions and teaches at Onsite; the treatment arm of North America's first safe injection site.

ADMISSION REQUIREMENTS:

- Acceptance into the program is determined through application and admission process.
- Program is open to certified and professional yoga teachers and individuals in holistic and traditional healthcare who want to expand their practice by obtaining advanced certification in The Therapeutic Yoga for Pain Management Certificate Program.
- Healthcare professionals such as massage therapists, counselors, physiotherapists, teachers, or nurses who want to expand and upgrade their skills by including yoga.
- Applicant must be fluent in written and spoken English (Grade 12 English or equivalent)

SCHEDULE: Program is part-time and begins in September.

- Weekends: Sept 17/18; Oct 1/2; Nov 12/13 , Dec 3/4 (9:50-5:30pm)
- Evenings: Sept 16, 28, 30, Oct 5, 12, Nov 2, Dec 2 (6-9pm)

PROGRAM COSTS:

- \$1595 - 10% early bird discount, 20% alumni if registered by August 31st.
- Payment Plans available: no discount applies
- Cost includes student manual
- A \$100 non-refundable application fee, transferable between programs.

Pain and its management continues to be a huge problem in Canada and globally costing our healthcare system billions of dollars yearly. 1 in 4 Canadians suffers from pain which is chronic in nature and if we do not self-manage acute pain well it may transition to chronic pain. The goal of pain management is to provide symptom relief and improve an individual's level of functioning in daily activities.

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