

## Pain Care Yoga Specialist Certification

*Training courses for health professionals, yoga therapists and yoga teachers, ranging from individual workshops through a professional mentoring program.*

The goals are to gain competence in understanding of ...

- current pain science
- the lived experience of pain
- the value of mindful movement practices (with a focus on yoga techniques and philosophy)

... and to build skills in the application of pain science, yoga and mindful movement practices to therapeutic interventions for people in pain

... while building expertise and community to support people in pain and those serving them.

### Level I Courses: (may be done in any order)

- **Overcome Pain Gentle Yoga** workshop / retreat

This is a workshop for people in pain and for practitioners.

The focus for practitioners includes:

*: experiential learning of techniques – of pain care, mindfulness and yoga*

*: build a personal self care practice*

*: group mentorship - spend time listening to the experiences of people with persistent pain as they learn, practice and discuss pain care techniques.*

The focus for people in pain includes:

*: immerse yourself in three days of safe effective practices to decrease your pain and help you live well again. Explore modern science-based views on chronic pain, while empowering yourself with practical tools to improve ease of movement. Heal yourself through yoga techniques designed to wind down your nervous system and promote positive, lasting changes in your body.*

No yoga experience needed.

- **Pain Care Yoga** workshop / retreat

This is a workshop for health practitioners - *regulated health professionals, yoga teachers and movement professions.*

The focus is on enhancing foundational knowledge, and shifting paradigms of:

- pain
- people in pain
- pain care

Come to learn more about:

*: pain anatomy, biology, physiology, psychology*

*: how suffering impacts every aspect of our existence*

*: how every aspect of our existence can be used to influence pain*

*: how to use 'moving with ease' as both a pain education tool and analgesic.*

*This workshop provides in-depth integration of pain science, innovative pain self-management techniques, yoga philosophy and yoga practices. Participants will gain a solid foundation in pain science, and in yoga philosophy related to pain and pain management. Daily yoga practices will assist the practitioner to begin integration of Pain Care Yoga principles into their clinical or therapeutic practice.*

Note: The Pain Care Yoga and Overcome Pain Gentle Yoga workshops are offered with overlapping content, intentionally. For most of us, the pain science information provided is not only new, it is contrary to previous understanding, beliefs and attitudes towards pain, AND towards people in pain. Come to the workshops to spend more time 'thinking about what you think' about pain, to experience pain care techniques in a new ways, and practice changing how you educate people in pain about pain.

**Level II:** (to complete this level contact Neil for enrolment protocol; [neil@lifeisnow.ca](mailto:neil@lifeisnow.ca) )

**Pain Care Yoga certification**- 50 continuing education hours

**Components:**

- **Complete Level I courses**
  - Overcome Pain with Gentle Yoga workshop/retreat. (18 hours)
  - Pain Care Yoga workshop/retreat. (21 hours)
- **Read and summarize seminal pain science papers and articles**, including yoga therapy research. (5 hours)
- **Case study mentorship process** - demonstrating an understanding of pain science, the lived experience of pain, and yoga techniques suitable for people in pain. (6 hours)

**Level III:**

**Pain Care Yoga Specialist**

**Components:**

- **Complete Advanced Pain Care Yoga workshop**
- **Advanced case study mentorship process** – interacting with a patient for three months, with monthly reports of therapeutic interventions and progress, including citations to validate interventions, and discussions of this individual’s lived experience of pain from body-mind-spirit perspective.

**Advanced Pain Care Yoga workshop/retreat**

This is a workshop for health practitioners - *regulated health professionals, yoga teachers and movement professions.*

*The focus of this five-day program is on developing further expertise, moving beyond foundational principles of Pain Care Yoga and focusing on key areas that will enhance your work. Come to experience the meditative and compassionate heart of yoga, to integrate gratitude and ritual techniques into your clinical work, and improve patient/client outcomes through application of Pain Care Yoga to specific clinical presentations.*

## Learning Objectives

1. Discuss pathophysiologic and yogic views of common regional pain problems.
2. Explore and experience techniques beyond the foundational practices to gain a deeper skillset including conscious mindful actions specifically to help manage pain and or psycho/spiritual suffering, mindful goal setting and conscious creation of thoughtful intentions involving personal affirmations, and ritual for better long term outcomes.
3. Begin to better understand the spirit of consciousness and awareness in pain care
4. Enhance facilitation techniques for individual and group settings.
5. Practice teaching and improve your client interactions through mentoring and peer-feedback.

## Level IV:

### Join the Life Is Now Pain Care teaching team

- *Professionals who have attained a certificate of completion for all programs in Level's I, II and III, attain a Pain Care Yoga Specialist Certification and are eligible to apply for the Life is Now Pain Care Yoga Licensure process.*

*Details coming ...*

# Pain Care Professional Mentorship Program

- *and an academic distance learning approach for health professionals who have less interest in therapeutic yoga, and for movement and yoga practitioners working within health care settings*
- *an additional path for all practitioners to continue their learning and develop their competency ...*
- *Note that this is not a Pain Care Yoga training. The focus is on pain science, the lived experience of pain, and on pain care/pain management. (yoga will be discussed as one component of pain care)*
- *an alternate pathway for yoga teachers and therapists interested in science and therapeutic care*

***Begins September 2017 - Details on request***

*10 month distance education open to anyone who has completed one of the Level 1 workshops or Neil's course within a health professional or yoga therapy training program*

## FAQ's

### *1. How long is this process?*

You can take as long as you like or move through the programs more quickly, depending on our ability to attend workshops/courses. The full process *may* take as long as three years. With each step, individuals access more of the Life Is Now Pain Care resources.

### *2. Who can participate?*

Health care professionals, movement therapists, yoga therapists and yoga teachers are welcome.

### *3. Can I attend without seeking certification?*

Yes. Commitment to completing the Pain Care Yoga Specialist Certification process is not required to attend the workshops.

*4. Can I take part on the mentorship process as a health professional working with people in pain?*

Yes. Prerequisites are the same as for the PCY certificate except for RYT200.

*5. What format is this training?*

Level, I and III are workshop or retreat based programs - these require full attendance to receive certificate, and often involve travel and lodging costs which are not included in the program fees.

The Level II Pain Care Yoga Certification and the Pain Care Professional Mentorship Program are distance and online learning.

*6. Who would take the mentorship?*

- Do you want a guided tour through key pain science books and research?
- Have you completed one of the Level 1 workshops, and wants more access to Neil's experience and knowledge?
- Are you interested in using Life Is Now Pain Care resources to improve your clinical and therapeutic practices?
- Would you like to increase your expertise in bringing Pain Care to your clinical practice, or yoga therapy practice?

*7. Does this process train me to teach yoga or provide yoga therapy?*

No. *The Pain Care Yoga certificate does not prepare individuals to teach yoga or yoga classes.*

*8. Who would complete the licensing procedure?*

Those who intend to become Pain Care Yoga workshop facilitators.

Pain is one of the most common reasons for individuals to seek assistance from medical, therapeutic and yoga practitioners. Yet, few educational systems in western or eastern health care include knowledge acquisition related to pain and to the lived experience of pain.

Many of the techniques and systems of classic yoga are well-suited for effective pain care. Yet these same processes are helpful whenever we use mindful movement to live well again.

The Life Is Now Pain Care processes intend to enhance the benefits of western pain care, and assist individuals in pain to attain improved health through our ever-advancing