

From Assessing to Planning: A Practice in Communication, Experimentation and Discernment

Considerations to Integrate into your Decision-making Process:

1. Goals and expectations, aspirations of client
2. Information from Intake, Subjective and Objective, and Assessments (observations, questionnaires, discussions, etc.)
3. Which Assessment Domains are appropriate for work and at what times...
4. Client's limitations physically, emotionally, mentally, holistically, environmentally
5. Scope of Reach and Practice, i.e. what aspects of CC and other issues can be addressed by yoga therapy?
6. Priorities from client point of view
7. Priorities from your (therapist's) point of view - may be same as client or different
8. Short-term and long-term objectives
9. Brahmana and/or Langhana for different aspects of the client's presentation, and/or order. Ex. Nourish before cleanse, etc.
10. Correct understanding of CC and other conditions of the client – so as to mediate between what they can and cannot do to desired effect. (Help while doing no harm)
11. Time and frequency issues for client Rx practice efficacy
12. Ease or difficulty of conveyance of awareness, practices, lifestyle behaviors, or other
13. Ability to modify for best use by client
14. As needed, supportive framework or strategies (for compliance, guidance, check-in, correctness of technique, etc.)
15. Context and parameters of the therapeutic relationship