**Interactive Assessment Domains and Areas in SYMT with Selected Assessment Activities**

This collection outlines the main assessment activities in Spanda® Yoga Movement Therapy. These activities are not exhaustive nor are the assessment areas under each assessment domain. The assessment domains are based on the *koshic* model and are adapted in a way that hopefully allows the therapist to gain maximum insight into each unique individual’s impediments, complaints and concerns in a respectful client-centered way. While the *koshic* model is ancient and employed across many yogic disciplines, this model of assessment for yoga therapy is unique to Spanda® Yoga Movement Therapy.

1. **Skeletal Alignment**

Skeletal alignment focuses on the body’s architectural form and its ability to serve as the structural scaffolding for stillness and movement in gravity and space. This includes alignment of how the three body weights and 5 spinal curves interact to support the body in the field of gravity in standing and in any position, posture or dynamic movement sequence. It also includes skeletal asymmetries through various scoliosis, and boney anomalies, malformations, injury, and muscle imbalance as it affects alignment.

1. Static Alignment of 5 curves and 3 weight and limbs

Selected Assessment Activities: Can use figure on a chart to notate.

* 1. Observation of standing alignment in (relaxed) Mountain Pose or simple normal standing from front and side.
  2. Palpation of skeletal alignment, bone shape, joint action ability in stillness.

B. Dynamic Boney Alignment

* 1. Observation of asana and/or vinyasa practice; joint alignment and cogwheel
  2. Observation of walking and normal activities for the person or other ADL (activities of daily life.)
  3. Palpation of skeletal alignment, bone shape, joint action in stillness and while moving.

1. **Somatic Dynamism** Can draw or use figure to notate.

Somatic dynamism focuses on the neuro-muscular-fascial system of the body in terms of organization for activation, the dynamism of mobility and stability throughout the body, initiation and sequencing in action and overall efficiency, effectiveness and expressiveness in movement. This includes but is not limited to:

1. Tissue consciousness

Selected Assessment Activities:

1. Observation: Perception of dark and light, density and diaphanousness.
2. Palpation of tissues.
3. Ask client while touching
4. Ask client of their experience non-contacting
5. Cellular, intercellular and tissue communication (taking out the slack and others)

Selected Assessment Activities:

1. Observation: Perception of connectivity, through line, through line of evenness of tone.
2. Palpation of tissues: Perception of connectivity, through line, through line of evenness of tone.
3. Explore “slack” or sense of elongation or compression between items on a linear pathway
4. Ask client while touching
5. Ask client of their experience non-contacting
6. Activation and connectedness through kinetic chains (differential and general)

Selected Assessment Activities:

1. Observation: Perception of efficiency in action through a line of activation or movement in the body. Can draw or use figure to notate, describe by body area, muscular sequencing, bone and muscle pathway.
2. Assisted action to assess if activation is along the line of best use by body part or parts
3. Observe ability of client to perform actions requiring certain levels of coordination and sequencing (motor skill level assessment). And also timed activities.
4. Developmental pattern use

Selected Assessment Activities:

1. Observation of client in action that would use the pattern in question.
2. Observation of client’s body with regard to “shadow movements” or shadow patterns of body organization revealing BNP preferences. (ex. Mick Jaggars mouthing, Patabhi Jois’s navel radiation)
3. Appropriate mobility and stability

Selected Assessment Activities:

1. Observation of client in action
2. Observation of client’s body with regard to “shadow movements”
3. Body attitude and dream body expressions at body level

Selected Assessment Activities:

1. Observation of client’s body with regard to overall gestalt impression or evocation of imagery.
2. Observation of client’s body with regard to feeling tone.
3. Efficient use in terms of amount of activation and muscle tone

Selected Assessment Activities:

1. Observation of client in movement to discern if amount of muscle tone is appropriate for activity undertaken
2. Observation of client in stillness for “shadow” activation and muscle tone
3. Efficient use in terms of initiation and sequencing

Selected Assessment Activities:

1. Observation of client in movement to discern if beginning of movement is most efficient choice, and whether or not sequencing is effective in terms of action’s goal.
2. Spatial clarity

Selected Assessment Activities:

1. Observation of client in movement to discern if use of space is effective for action’s goal.
2. **Autonomic Activation & Balance**

Focus on the interface between the body and *pranic* sheaths with reference to inhabitation and predominance of use (vagal tone).

1. Heart rate variability

Selected Assessment Activities:

1. Client (or therapist) takes pulse during a few moments of steady breathing to discern if heart rate changes or remains the same on inhale and exhale. (https://ouraring.com/heart-rate-variability-basics/)
2. Optimal breathing patterns

Selected Assessment Activities:

1. Observation of client in terms qualities of breath: smooth, nasal, quiet, lack of pause and evenness of inhalation and exhalation.
2. Observation of whether the breath is initiated diaphragmatically in a resting position diaphragmatically or elsewhere (ex. paradoxically).
3. Observation as to whether the diaphragm is used efficiently through its range of motion (ex. sidedness)
4. Nostril dominance of sun-moon (in moment and over time)

Selected Assessment Activities:

1. Using a small hand-held mirror, client exhales into it, and can see moisture pattern from each nostril. This can be done in the immediate and over designated intervals of time.

1. Appropriate overall tone for environment and circumstances

Selected Assessment Activities:

1. Observation of client’s physical appearance in terms of overall activation of tissues, alertness, sympathetic balance and awareness of environment, readiness for action and directional change

1. **Energetics**

Focus on flow in *vayus, nadis*, and simple and complex patterns of energetic currents

1. Overall and particular dynamics of energy flow in terms of continuousness or stagnation or blocked “stuck-ness”

Selected Assessment Activities:

1. Observation of client’s body in terms of areas of sensed energetic vitality.
2. Palpation of client to ascertain areas of flow and stagnation or “stuckness”.
3. Observation of specific asanas to see where in client’s body impediments to pliability exist. (Wind in sand idea)
4. Overall and particular density and thinness or diaphanousness

Selected Assessment Activities:

1. Observation of client’s physical appearance in terms of perception of overall thickness or thinness, or density or diaphanousness of areas of the energy body.

1. Five Prana Vayus: perceived directionality of flow in vayus, and also in terms of need for tonification or sedation.

Selected Assessment Activities:

1. Observation or palpation of client in terms of perceived directionality of flow in vayus
2. Observation or palpation of client in terms of perceived need for tonification or sedation of energy in vayus
3. Nadi flow with focus on the main three (*ida* and *pingala* balance and *shushumna*), *Shakti Nadis*, and yoga *nadis*

Selected Assessment Activities:

1. Observation of client’s nostril flow as above.
2. \* Other subtle signals
3. Lines of flow and energetic connectivity throughout *pranic* body in terms of simple or complex patterns, and taking out the slack at this level of being

Selected Assessment Activities:

1. Observation and/or palpation of client’s body in terms of sense of energy conductivity throughout; perception in terms of light or dark, density and diaphanousness, and patterns
2. Observation and/or palpation of client’s body in terms of connectivity along a linear path of energetic flow (without gaps or congestion)
3. Signs of Kundalini risings and types of rising (Kundalini Vidya)

Selected Assessment Activities:

1. Observation of signs of potential risings

1. **Outward Facing Mental-Emotional (OFME)**

Outward facing mental-emotional focuses navigation of behavior in the world, and in relationship with others. This includes relational aspects of our being, coping strategies for being in the world, patterning based on attempts to satisfy early dependency needs, and habit formation. This could be construed as a focus on *samskaras* when considered as organizers of habits, action and motor patterning.

1. Chakra imbalances at relationship level and social relational personae

Selected Assessment Activities:

1. Through interview of client focusing on chakra personality characteristics and issues.
2. Observation of “shadow movement” of the client with reference to centers of consciousness
3. Discussion with client of relationship issues, childhood and family, work and group interactions, and dynamics.
4. Appropriate chakra quiz as designed by practitioner
5. Support system in terms of other people/groups/belonging

Selected Assessment Activities:

1. Conversation with client as to significant others, social, religious and service groups, and typical and non-typical support systems (ex. pets, nature, inner life)
2. Conversation with client as to community engagement and involvement
3. Social Support questionnaire (Duke-UNC or other)
4. Emotional life in terms of motivation to act and engage in life and feelings about this, fear and faith/trust, appropriateness of affect

Selected Assessment Activities:

1. Discussion with client as to emotional life, feelings, concerns, attitudes, worries, and ways of expressing, sharing and coping with negative events.
2. Observation of client as to appropriateness of affect in relation to emotional issues and life demands.
3. Emotional wellness questionnaire (Illinois State or other)
4. Perception, attention and related thought

Selected Assessment Activities:

1. Discussion with client as to any abnormalities in terms of normal mental functioning, i. e. forgetfulness, fuzzy thinking, etc.
2. Observation of client in terms of normal functioning of perception and attention span.
3. Morality and ethics

Selected Assessment Activities:

1. Discussion with client as to beliefs concerning moral and ethical values and behavior.
2. Ethics questionnaire
3. Service to others

Selected Assessment Activities:

1. Conversation with client as to value of service in relation to personal wellness and client’s level of engagement with service activities.
2. **Inward Facing Mental-Emotional (IFME)**

Inward facing mental-emotional focuses on self-talk, thought processes and loops, feeling tone, mood, typologies defining “the humors” or personality types (ex. sanguine, melancholic, choleric, phlegmatic, and the like), feelings. This could be an interpretation of the term, *vasanas* in the sense of deep inner patterns of how we orient to interpret and filter experience and discern meaning.

1. *Guna* activity

Selected Assessment Activities:

1. Education of client about gunas. Guna quiz.
2. Other personality typing tools: Like the MBTI. https://www.16personalities.com/enfj-personality

(https://www.washingtonpost.com/national/on-leadership/myers-briggs-does-it-pay-to-know-your-type/2012/12/14/eaed51ae-3fcc-11e2-bca3-aadc9b7e29c5\_story.html?utm\_term=.1c6b16ec7fe3)

1. Conversation with client about tamas, rajas sattvic experiences/tendencies .
2. Anxiety level

Selected Assessment Activities:

1. Conversation with client as ability to relax, focus, carry out ADL, or sense of peace and overall wellness.
2. Take anxiety questionnaire. https://greatergood.berkeley.edu/quizzes/take\_quiz/stress\_and\_anxiety
3. Mood

Selected Assessment Activities:

1. Conversation with client as to general sense of mood, feeling tone over the past week or month.
2. Take a mood assessment quiz. https://www.nhs.uk/Tools/Pages/Mood-self-assessment.aspx
3. Habitual channel occupation

Selected Assessment Activities:

1. Observation of client’s use of language for sensory channel words, like “I see”, or “I feel”, etc.
2. Look for unoccupied channel signals such a taping foot, humming, nail biting, etc.
3. Have client observe and chart channel awareness for a few minutes to assess use.
4. Driving forces in personality construct: *vasanas*, beliefs, myths, buy-ins, themes, predilections and preferences

Selected Assessment Activities:

1. Dream and regular journaling.
2. Artwork.
3. Authentic movement and artwork.
4. Automatic writing.
5. Staging exercises (placing figures in a blank access field, ex. sand tray)
6. Conversation with client and active listening.
7. Preferences in terms of stories, heroes, villain, mythic figures in client’s life.
8. Preferences in terms of color, texture, animals, styles, entertainment and other types of proclivities.
9. Impediments to life goals and wants

Selected Assessment Activities:

1. Conversation with client as to goals and obstacles to them.
2. Client’s life narrative: personal, spiritual health
3. Artwork, or client’s description of relationship to figures in stories, movies, novels, myths, etc.
4. **Intuitive**

Intuitive focuses on insight, creativity, dream images and impulses *sans* perception and reasoning. These could be experiences of inspiration, premonition, sixth sense and the like.

1. Openness to intuition and inner guidance

Selected Assessment Activities:

1. Conversation with client.
2. Creative experience or arts experience

Selected Assessment Activities:

1. Conversation with client.
2. Availability to dreams, visions, the synchronous, uncanny and non-lineal fields

Selected Assessment Activities:

1. Conversation with client.
2. Valuation on non-ordinary or altered states with safe accessibility to them

Selected Assessment Activities:

1. Conversation with client.
2. Perceived self-awareness

Selected Assessment Activities:

1. Conversation with client.
2. Observation of client in actions and conversation.
3. **Openness to Ananda**

Openness to Ananda focuses on entertaining the possibility of a power greater than oneself and subsequent openness to spiritual life. This includes willingness to open to “the new”, change, joy, fun, play, etc.

1. Ability to take the objective witness stance (upper *ajna*)

Selected Assessment Activities:

1. Conversation with client.
2. Willingness to open to the new, to change, and to experiment and explore possibilities

Selected Assessment Activities:

1. Conversation with client.
2. Ability to engage in a state of play and employ playfulness as a valid approach to growth

Selected Assessment Activities:

1. Conversation with client.
2. Playing in some way (ex. joke-telling, tossing a soft ball, puppet or toy conversation, introducing a simple game, etc.)
3. Finding purpose and meaning

Selected Assessment Activities:

1. Conversation with client as to sense of these in life or desire for less or more engagement and its importance in life.
2. Connecting to the sacred in life, the One, etc.

Selected Assessment Activities:

1. Conversation with client and observation of client’s sense of comfort with the topic.
2. Recognizing that a yearning for more, happiness, something beyond is about spiritual development (which from a yogic perspective is the evolutionary path of human kind.)

Selected Assessment Activities:

1. Conversation with client.
2. Potential for belief in a power greater than self and/or expansion of consciousness as goal of life

Selected Assessment Activities:

1. Conversation with client.
2. Openness to Enjoyment! Love!

Selected Assessment Activities:

1. Observation of client
2. **Interwoven**

A. Harmony of Soul

Harmony of Soul focuses on balance of lifestyle habits overall. The focus is on the balance between life stressors and actions to counter lifestyle stress (pratikriya.) Some balancing factors include: water, sunlight, nature or “earthtime”, contact and engagement with others, fresh and natural diet, exercise-vigorous to movement throughout the day, detox and daily cleansing, sleep and recovery, sex, *dinacharya* (daily schedule), pleasant past-times), and working through difficulties rather than repressing them!

Selected Assessment Activities:

1. Conversation with client as to elements relevant to concern listed above.
2. Life stress questionnaire of choice.

B. Resilience

Resilience focuses on adaptability and appropriate dynamism in terms of polarities on a continuum. It asks how: active-receptive; inward-outward; *spanda-tapas*; sedation-tonification (overall, and in term of specifics like at *chakras*, etc.) is the client and is this working for them?

Selected Assessment Activities:

1. Conversation with client as to approach to the above termed polarities as related to client’s concern.

C. Ayurvedic Basics

Focus on adjusting with regard to *prakriti* and *vikriti*, environmental factors,

*agni, tejas,* and *ojas*, and the balance between nourishing and cleansing actions.

Selected Assessment Activities:

1. Educating client with regard to *doshas*, ayurvedic framework and value of *agni, tejas* and *ojas,* and the balance of nourishing and cleansing actions.
2. *Dosha* quiz of choice.

<http://www.mapi.com/doshas/dosha-test/index.html>

