

## Pain Care Yoga

- is the integration of pain science, yoga and an in-depth understanding of the lived experience of pain.
- denotes the manner in which yoga can be practiced with the intention of addressing suffering in all levels of pain and injury. The *Overcome Pain Gentle Yoga* workshop provides an introduction to pain care yoga, and the foundation from which to find more success with your movement practice of choice.
- is a training program for health professionals and yoga teachers, ranging from individual workshops to a three-level mentoring process. The *Pain Care Yoga* and *Overcome Pain Gentle Yoga* workshops are the entry-level courses.

## Individual Workshop and Retreat for People in Pain, and practitioners.

### Overcome Pain Gentle Yoga workshop

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.

For practitioners, come to experience pain care practices on a personal level, and to spend time listening to the experiences of people with persistent pain as they learn, practice and discuss pain self management technique.

Individual Workshop and Retreat for practitioners.

### Pain Care Yoga workshop

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 and pain self-care skills acquisition will ready the practitioner to begin integration of Pain Care Yoga into their clinical or therapeutic practice.

The Pain Care 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 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.

### Training Program Description

**Life is now pain care** offers a unique, one-, two- or three-level training program, for health professionals and yoga teachers. The goal is to integrate current pain science with yoga, while building expertise and community to support people in pain and those serving them.

Step 1. *Pain Care Yoga certification*

Step 2. *Pain Care mentor ship*

Step 3. *Pain Care Yoga licensing process*



## FAQ's

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

Each of the three steps is approximately a one-year commitment. With each step, individuals access more of the Life Is Now Pain Care resources.

### 2. *Who can participate?*

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

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

Yes. Commitment to completing the certification process is not required to attend the workshops.

### 4. *Can I take part on the mentor ship 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?*

The certificate and mentor ship processes are distance and online learning.

### 6. *Who would take the mentor ship*

Those who have completed the PCY and OPGY workshops, case study and key readings, and who would like to increase their expertise in bringing Pain Care to their clinical practice, or to their 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 Care Yoga certification

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

**Cost Course** fees, plus \$180 to receive mentor ship in literature review and case study.

Components:

- 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 mentor ship process - demonstrating an understanding of pain science, the lived experience of pain, and yoga techniques suitable for people in pain. (6 hours)

## Pain Care Yoga mentor ship

(draft program)

Continuing **education hours** TBA

**Cost** TBA

Components:

- Five-day workshop
- Read and summarize an in-depth list of pain science papers and articles, including yoga therapy research.
- Daily personal practice and ongoing mentor ship in pain self-care techniques.
- Co-teach in the PCY and OPGY workshops with Neil.
  - Receive \$ if able to organize or co-organize.
- Case studies and distance mentor ship (further details provided to certificate trainees)
  - Assess an individual in month 1-3 of the process, create a treatment plan, measure effects and effectiveness, modify treatment plan and then send in report to receive mentoring.



- o Either, create and video a small-group pain care class, or video your instruction of one individual's home therapy plan – then send in video by month 9.
- o Reassess three clients about 1 month into their therapy, creating a revised treatment plan, measure effectiveness, then send in the reports to receive mentoring.
- On completion, individuals will receive access to Life Is Now Pain Care resources, and be prepared to take on the role of mentoring others.

## Pain Care Yoga licensing process

*(draft program)*

**Continuing education hours** TBA

**Cost** will include

- Licensure fee (TBA)
- Ongoing mentor ship fee (TBA)

### **Components**

- Three year licensure commitment.
- Access to PCY products required to teach, and to product discounts.
- Organize and teach PCY and OPGY courses.
  - o Submit self-assessment, attendee feedback forms and ongoing mentor ship fee.
  - o Identify at least 4 people in each workshop (specifically people in pain for the OPGY courses) to whom a detailed feedback form will be sent from Life Is Now Pain Care with the intention of evaluating the effectiveness of the teacher's ability to pass on the key aspects of life is now pain care – in return for a 50% discount for PCY products for these individuals.
- Those invited to renew their licence will join Neil at one of his workshops, to experience updates as well as a mentor ship retreat day (share insights and new research, Q&A, connect with other licensed practitioners, innovations for Pain Care Yoga).

### 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.

The techniques, discipline and systems of classic yoga are well-suited for integration with pain care and pain self-management techniques. A well-rounded yoga practice, is one path that individuals can follow in their recovery from chronic pain conditions.

The Pain Care Yoga processes intend to enhance the benefits of western pain care, and assist individuals in pain to attain improved health through yoga practices.