

From Pills to Postures: Dose Yourself with Yoga

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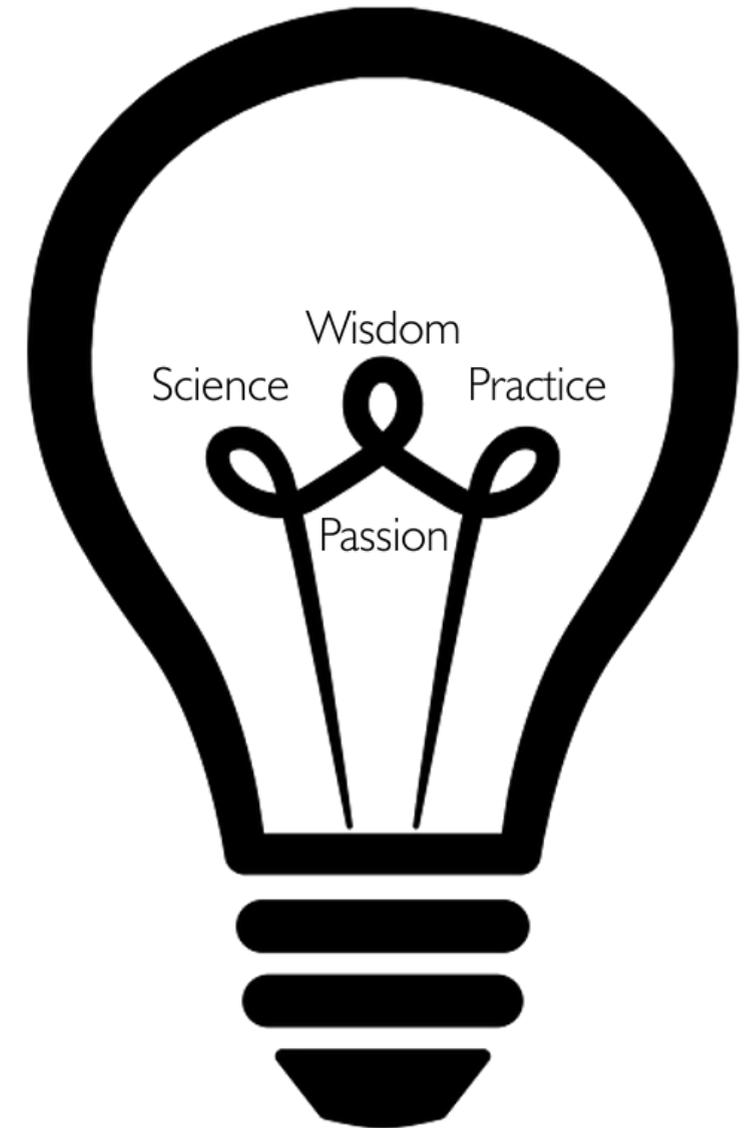
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LEARNING OVERVIEW

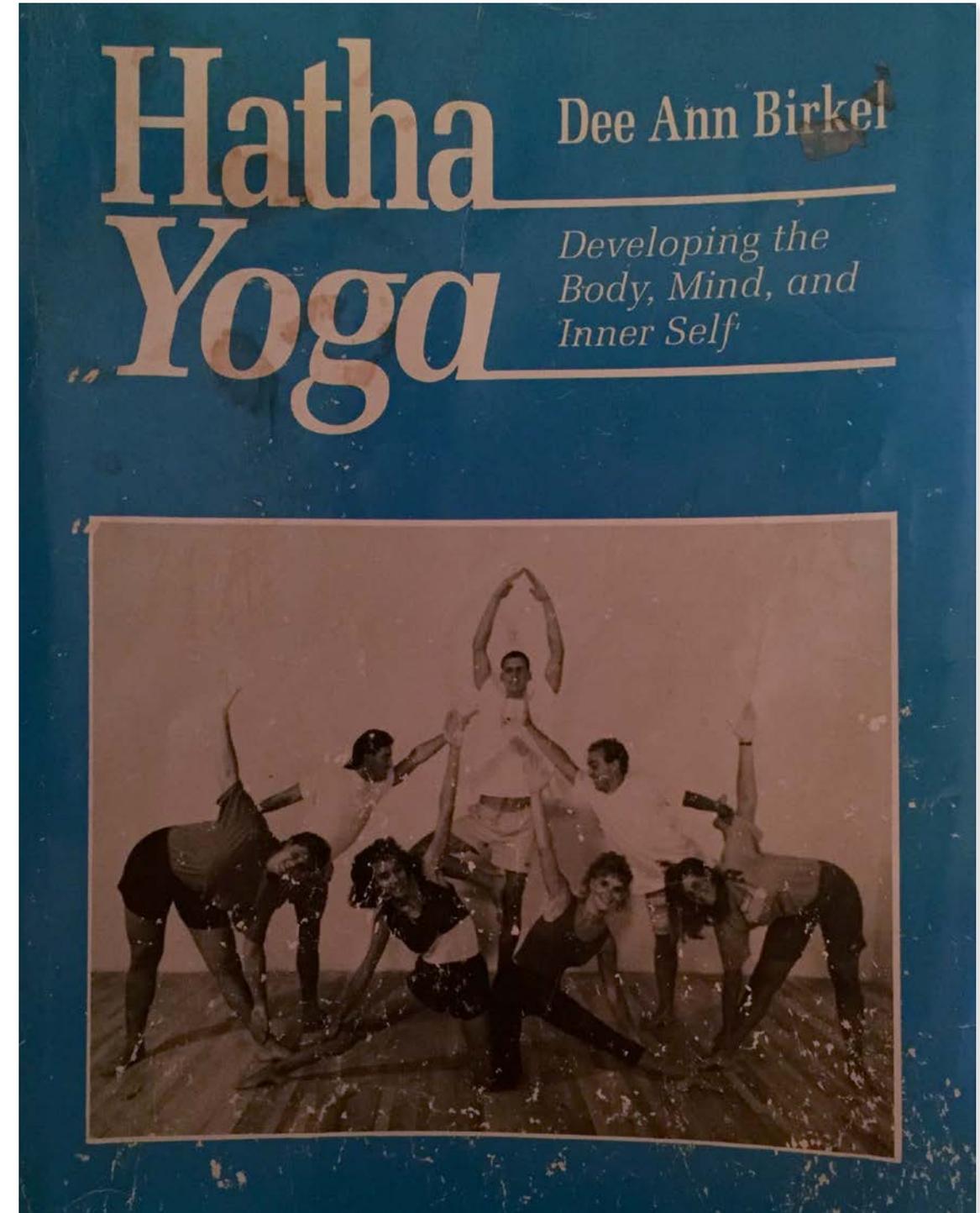
1. Distinguish between Yoga and Yoga Therapy.
2. Engage in 3 Experiential Components.
3. Understand trauma, access and inclusion issues in regard to yoga as a primary or adjunctive intervention.
4. Develop Understanding of Yoga Therapy's Utility in Pain Reduction and Management.



YOGA 101



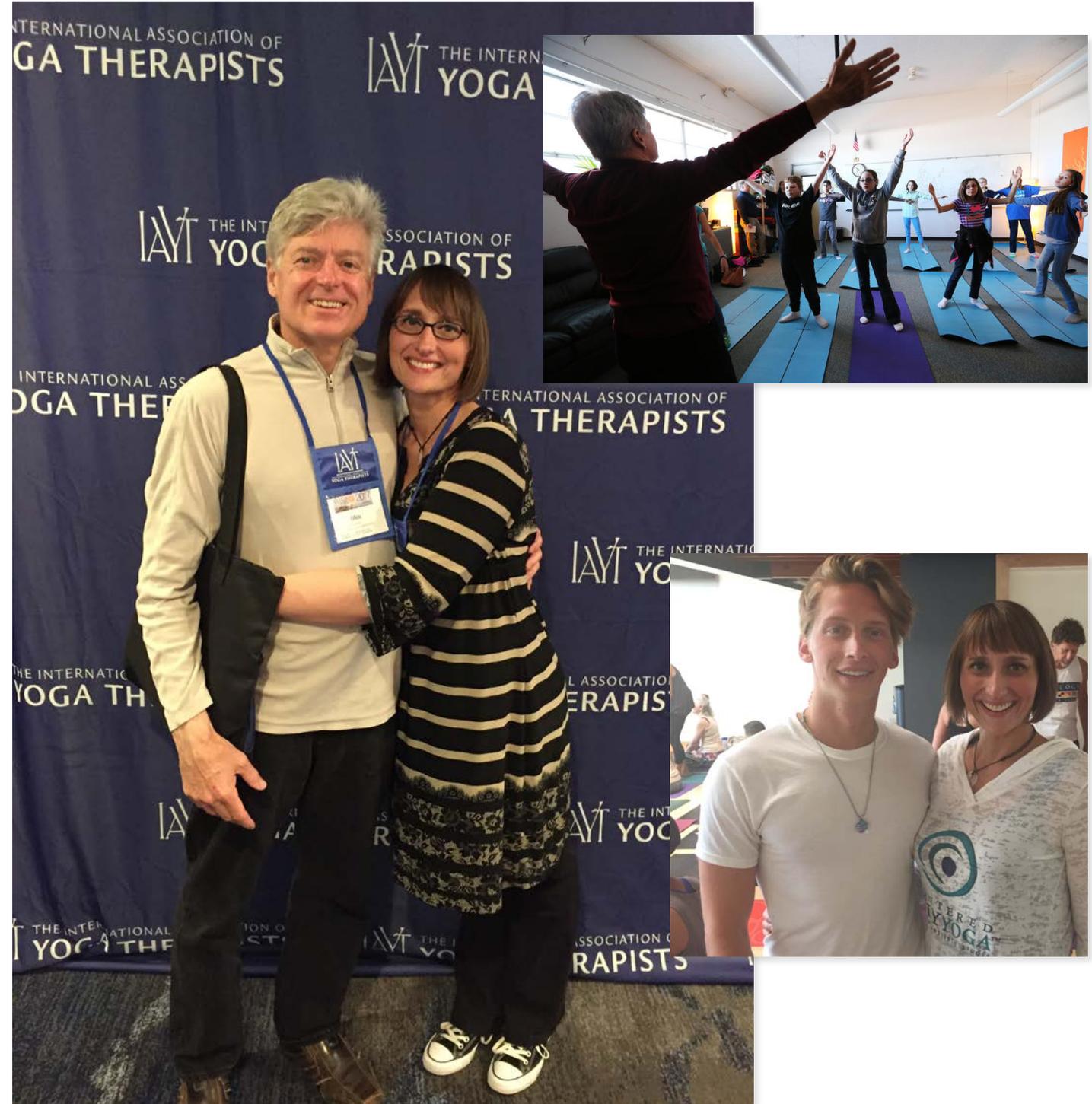
First Yoga Class Fall 1994



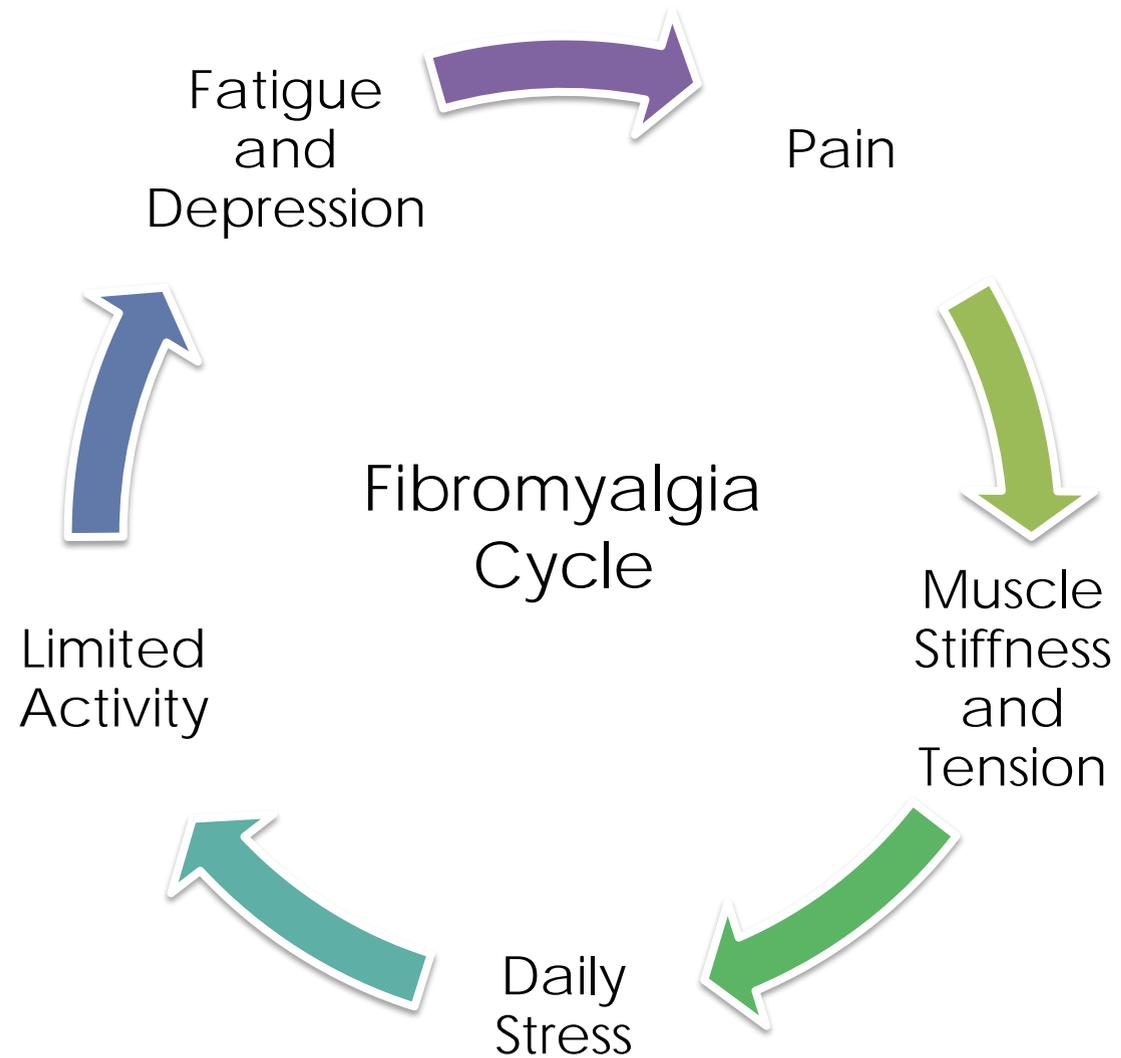
YOGA TODAY



MEET OUR POWER INSTRUCTORS. THEY BEND, BUT NEVER BREAK.



LIVING WITH CHRONIC PAIN



Diagnosis Fall 2003

Use of Complementary Health Practices in the U.S.
National Health Interview Survey (NHIS)

Yoga & Wellness

Did you know? 94% of Americans who practice yoga say that they do it for wellness reasons. And they say that practicing yoga makes them healthier in many ways.

over 60% of yoga users were motivated to exercise more regularly	over 40% of yoga users were motivated to eat healthier
over 55% of yoga users reported improved sleep	over 85% of yoga users reported reduced stress
over 12% of yoga users cut back or stopped drinking alcohol	over 25% of yoga users cut back or stopped smoking cigarettes

Shussman RJ, Black JJ, Earnes PM, Clarke TC, Nahin RL. Wellness-related use of common complementary health approaches among adults: United States, 2012. National health statistics reports; no 85. Hyattsville, MD: National Center for Health Statistics; 2015.

U.S. Department of Health & Human Services • National Institutes of Health

National Center for Complementary and Integrative Health

nccih.nih.gov

YOGA

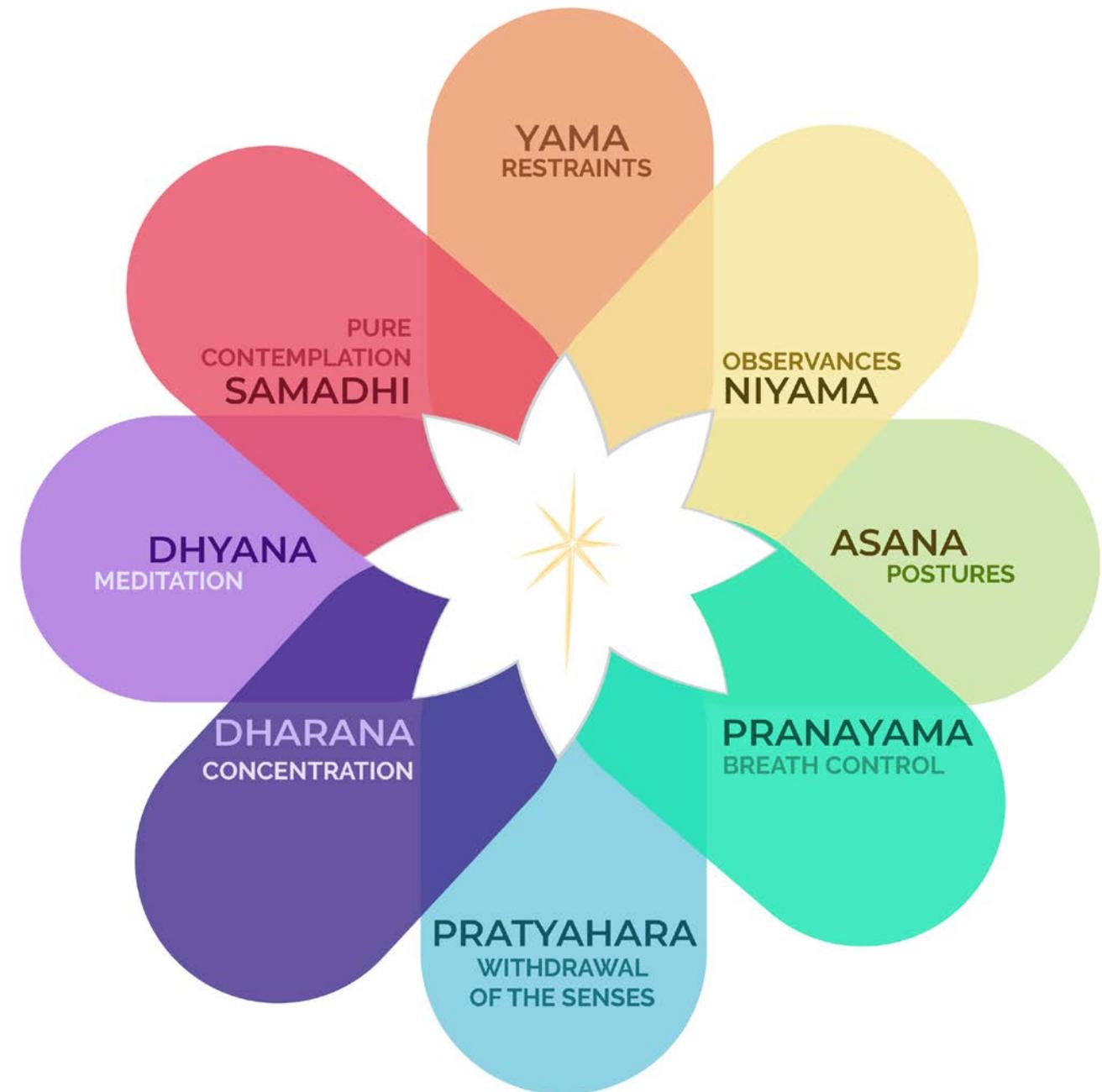
Yoga was developed up to 5,000 years ago in India as a comprehensive system for wellbeing on all levels: physical, mental, emotional and spiritual. Today, many millions of people use various aspects of Yoga to help raise their quality of life in such diverse areas as fitness, stress relief and wellness.

YOGA THERAPY

Yoga Therapy consists of individualized body-based practices such as breathing techniques and movement, designed to help foster improvement in emotion, mood and posture. In addition, meditation practices and ethical principles are used as self-regulatory strategies.

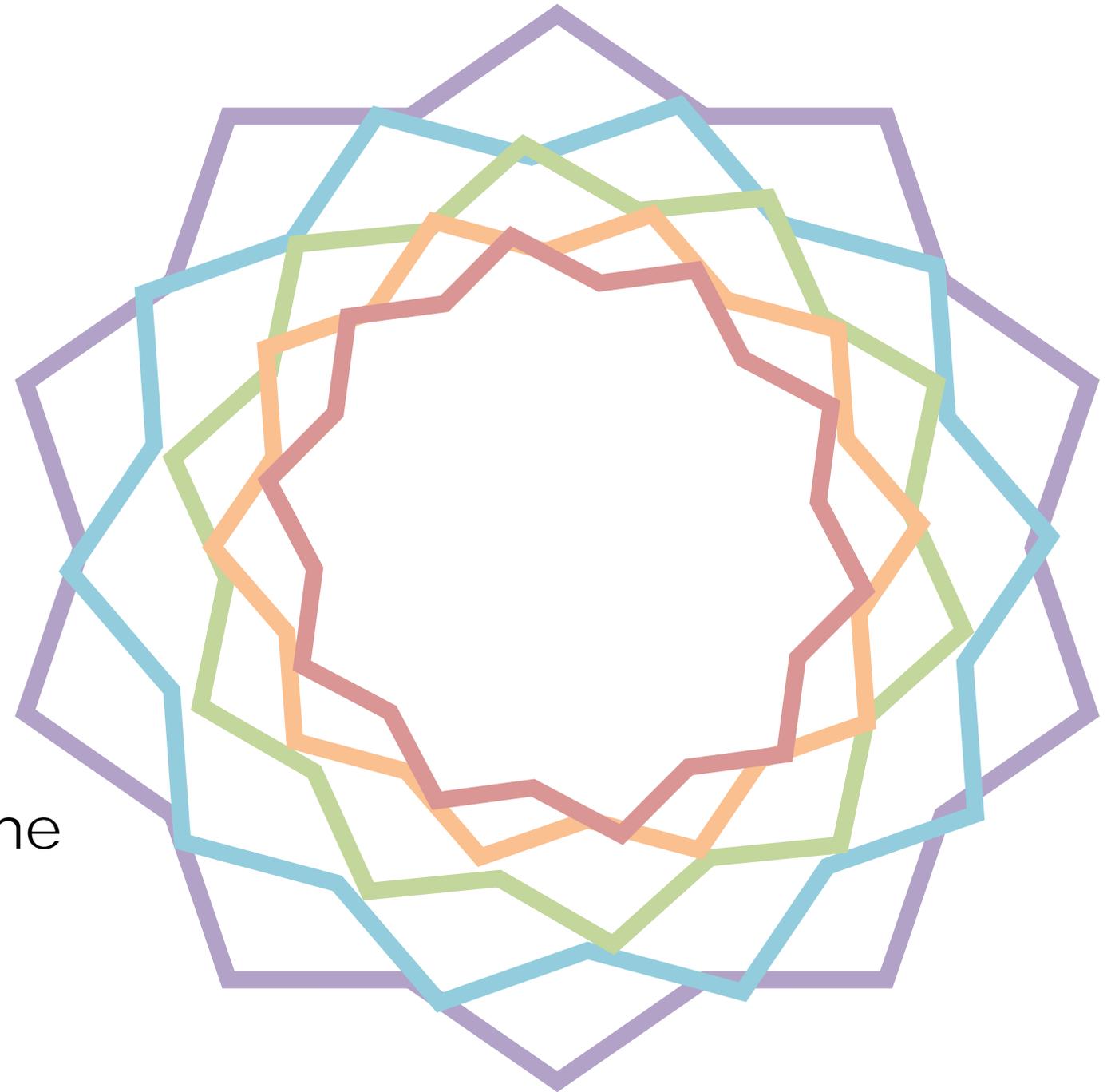
YOGA AS A SYSTEM

- All Yoga is potentially therapeutic.
- Uniting the seemingly opposing layers of our being.
 - BODY/MIND/BREATH
- Integrated state of mind in which we are able to experience the challenging dualities of life.
- Deeply relax the inner struggle with life's paradoxes.



YOGA IN ACTION

- Set of behaviors that develops an integrated experience of the body-mind-breath.
- A path to fully inhabiting ourselves and our life in engaging and inquisitive ways.
- Cultivating a healthy capacity to ground in our bodies and minds, leading to simple presence.
- This body-mind presence serves as the ground for the wisdom within us to emerge.



INTERSECTING IDENTITIES



TRAUMA DEFINED

“Trauma is a pervasive problem. It results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, and/or spiritual well-being” (TICIRC, 2019).

Yoga itself offers tools that touch on the whole spectrum of human experience.

TRAUMA-INFORMED PRACTICE

Events that may be experienced as traumatic include:

- Physical, sexual, and emotional abuse.
- Childhood neglect.
- Living with a family member with mental health or substance use disorders.
- Sudden, unexplained separation from a loved one.
- Poverty and discrimination.
- Institutionalized racism and historical oppression.
- Violence in the community, war, or terrorism.

TRAUMA PREVALENCE RATE

“Trauma can occur at any age, and it has particularly debilitating long-term effects on children’s developing brains” (TICIRC).



U.S. adults with at least one ACE

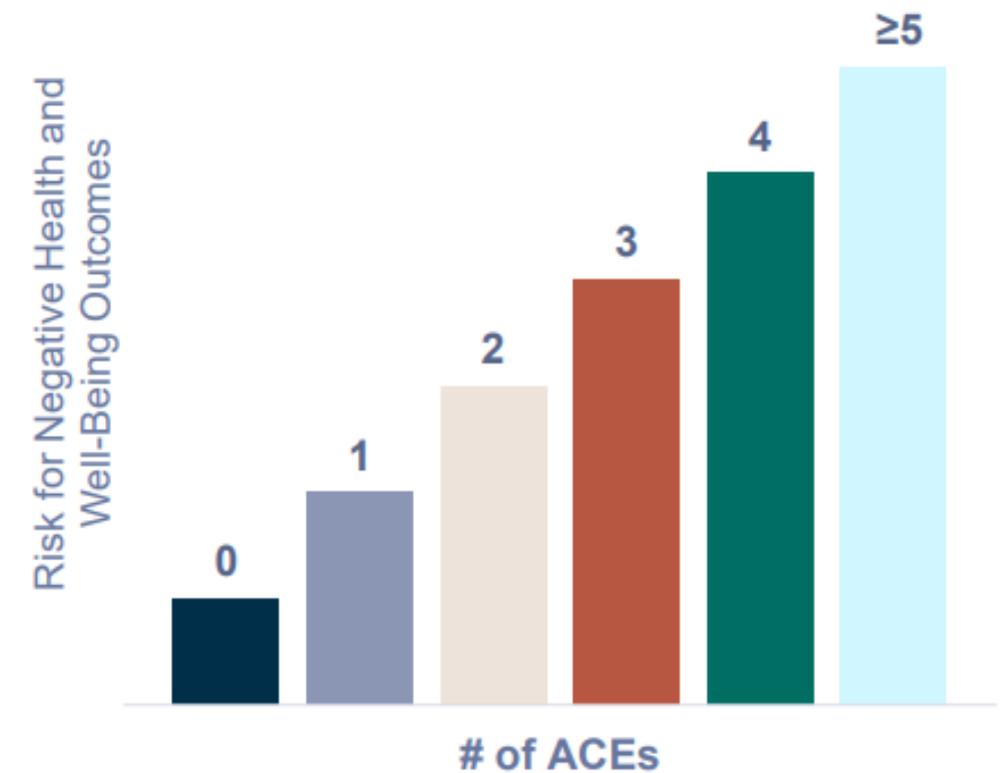


U.S. adults with three or more ACEs

TRAUMA ACROSS THE LIFESPAN

The risk for ACEs is particularly elevated within certain populations such as racial and ethnic minorities; lesbian, gay, bisexual, transgender, and questioning individuals; and low-income people.

ACEs have been found to have a graded dose-response relationship with 40+ outcomes to date.

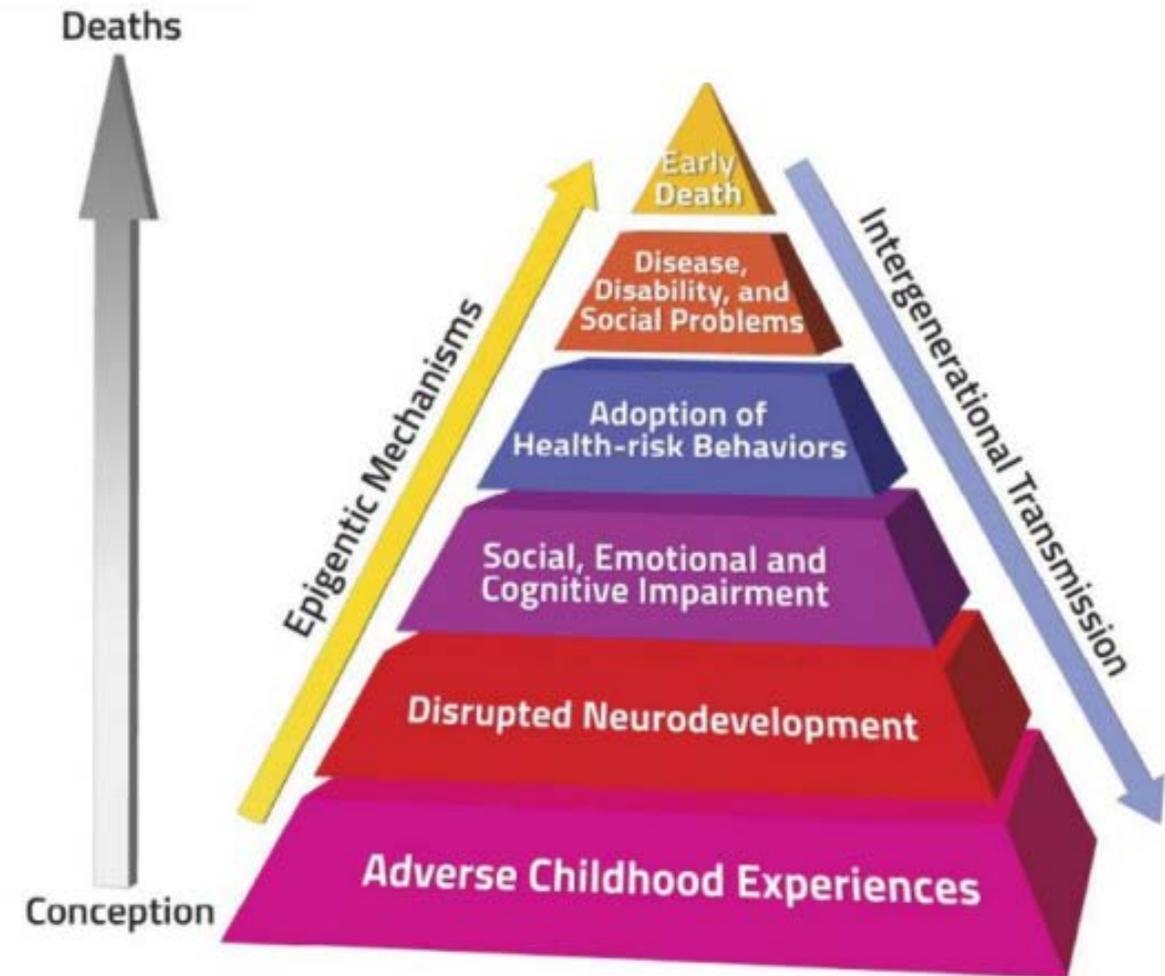


Source: Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Violence Prevention

TRAUMA IMPACT

“Social support helps lessen the negative consequences of stress.”

Elizabeth Gould



Slide Courtesy of Rob Anda, MD, MS

TRAUMA IN HEALTHCARE

Medical/Healthcare Encounters are Inherently Stressful:

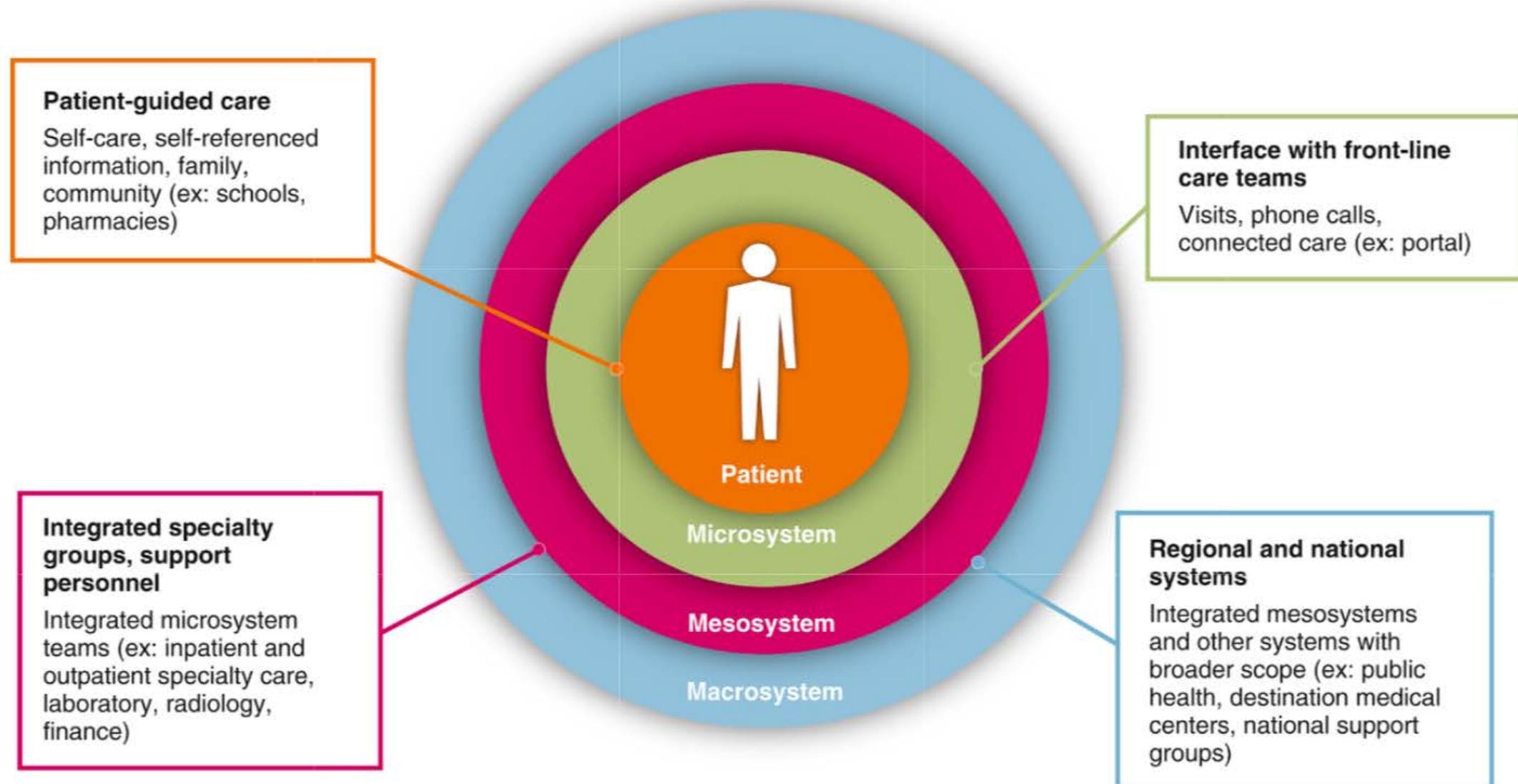
- Shame and guilt (stigma).
- Reliving the original trauma.
- Ambivalence toward treatment.
- Intrusive (time off work, travel, childcare, etc.).
- Past treatment failures.

“Treatment fails patients, patients don’t fail treatment.”

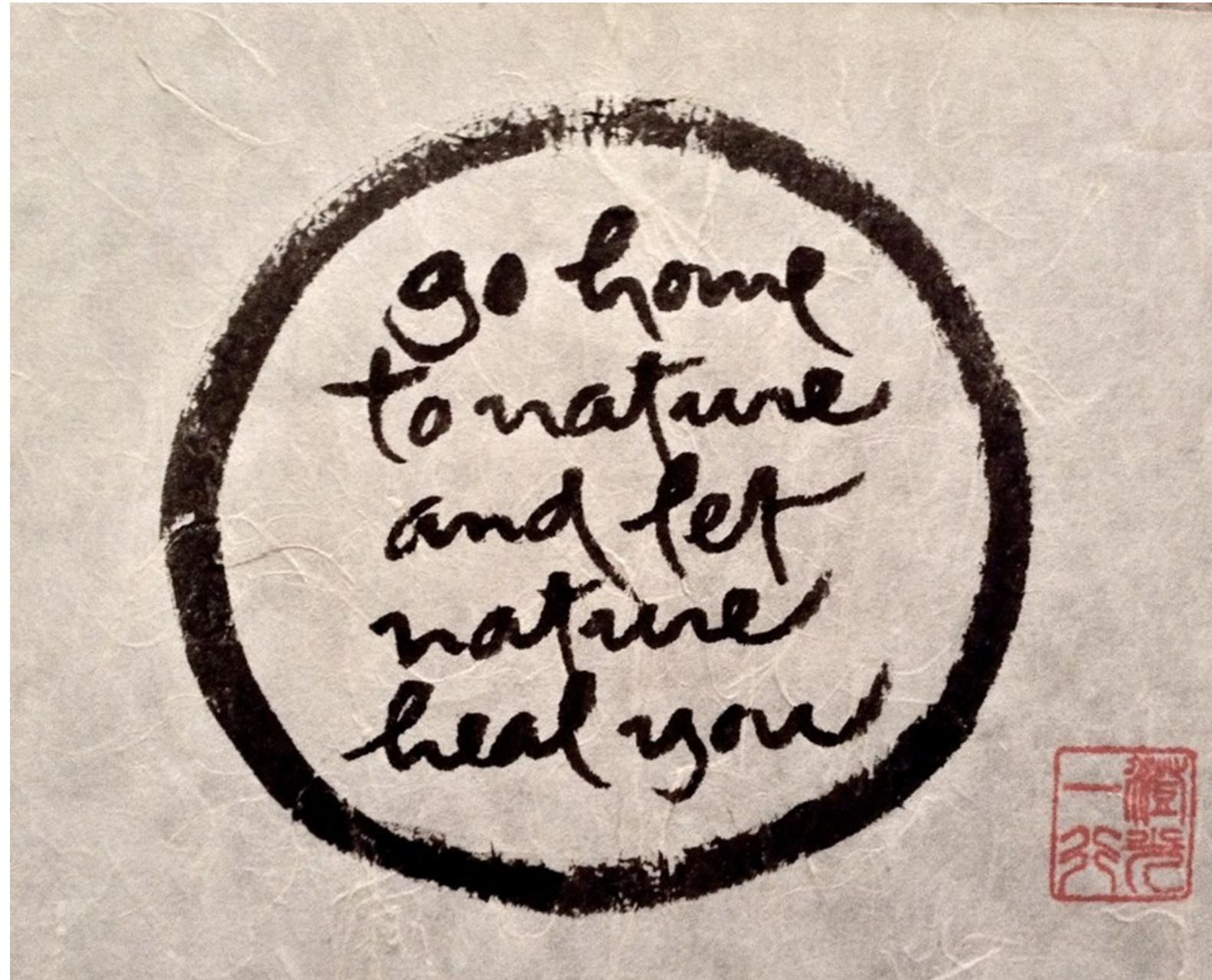
“Patients may lie, but they’ll also be truthful if you respect their truths.”

WHOLE PERSON

And goes beyond conditions and individual systems or parts...



BODY

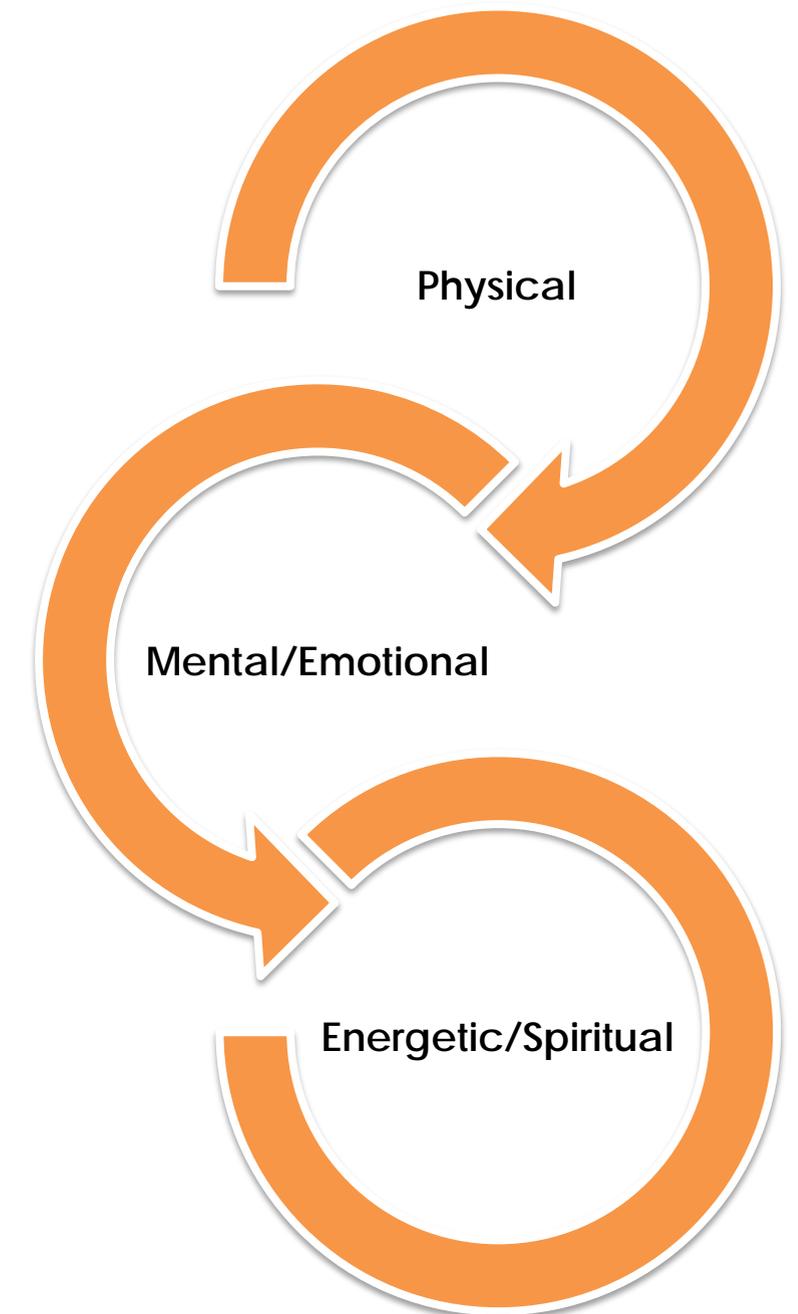


YOGA THERAPY

Biopsychosocial-spiritual Methodology

PAÑCAMAYA | The Five Layers of the Self

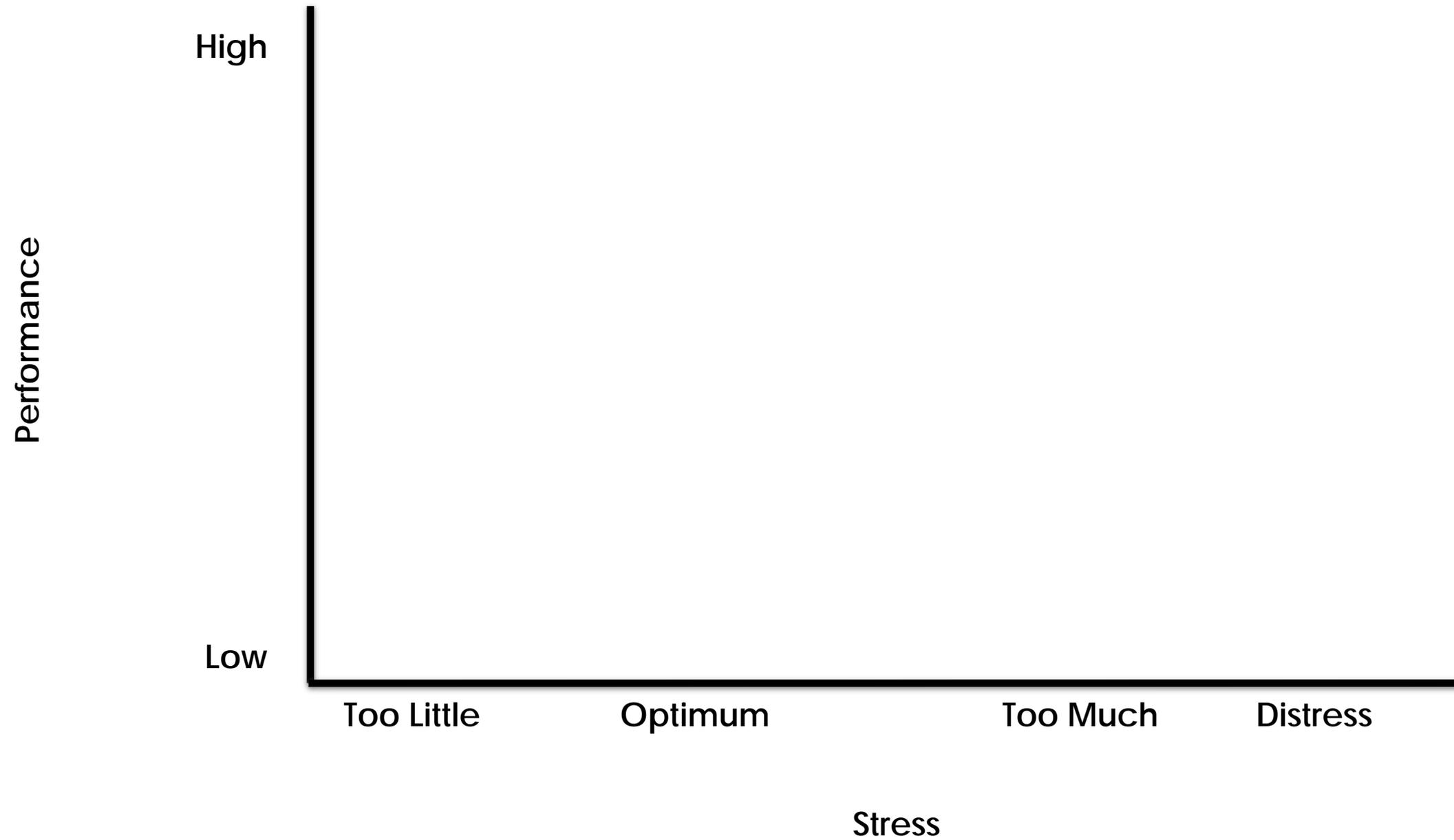
- Inextricably interconnected human system.
- Musculoskeletal stretching and strengthening.
- Changes in neurological processing.
- Nervous system regulation.
- Reorganization of the connective tissue.
- Tools used in one area (e.g., breath-work) affects another (e.g., musculoskeletal), in fact, affects all others.



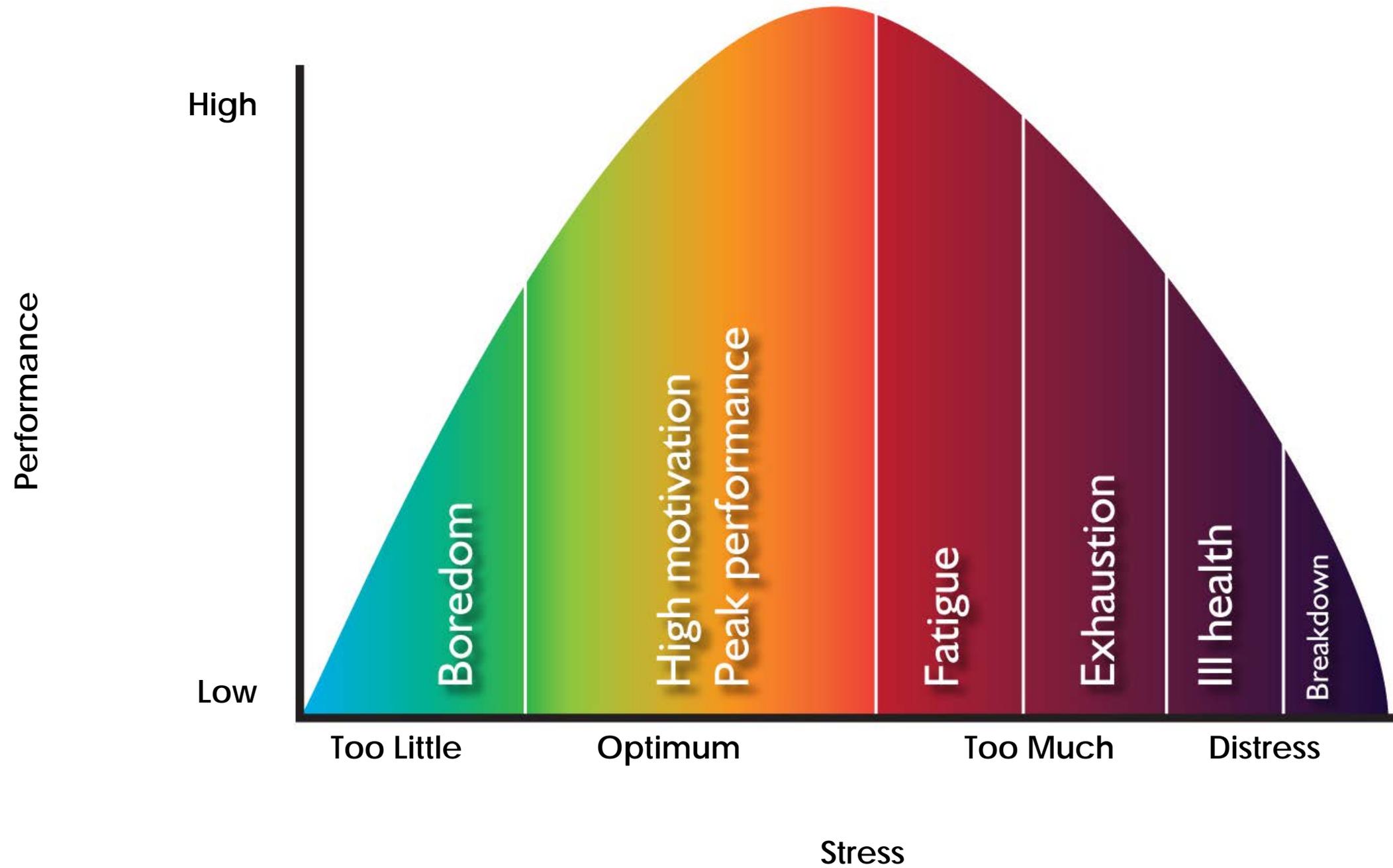
DISTRESS FACTORS

- Relationship ending
- Family conflict
- Divorce
- Loss of a loved one
- Feeling lonely
- Serious illness / injury
- Adjusting to a new home
- Not fitting in with peers
- Identity confusion
- Abuse / assault
- Depression
- Anxiety
- Drug / alcohol misuse
- Disordered eating / body image
- Financial concerns
- Loss of a goal or dream

STRESS SCALE



STRESS LEVEL



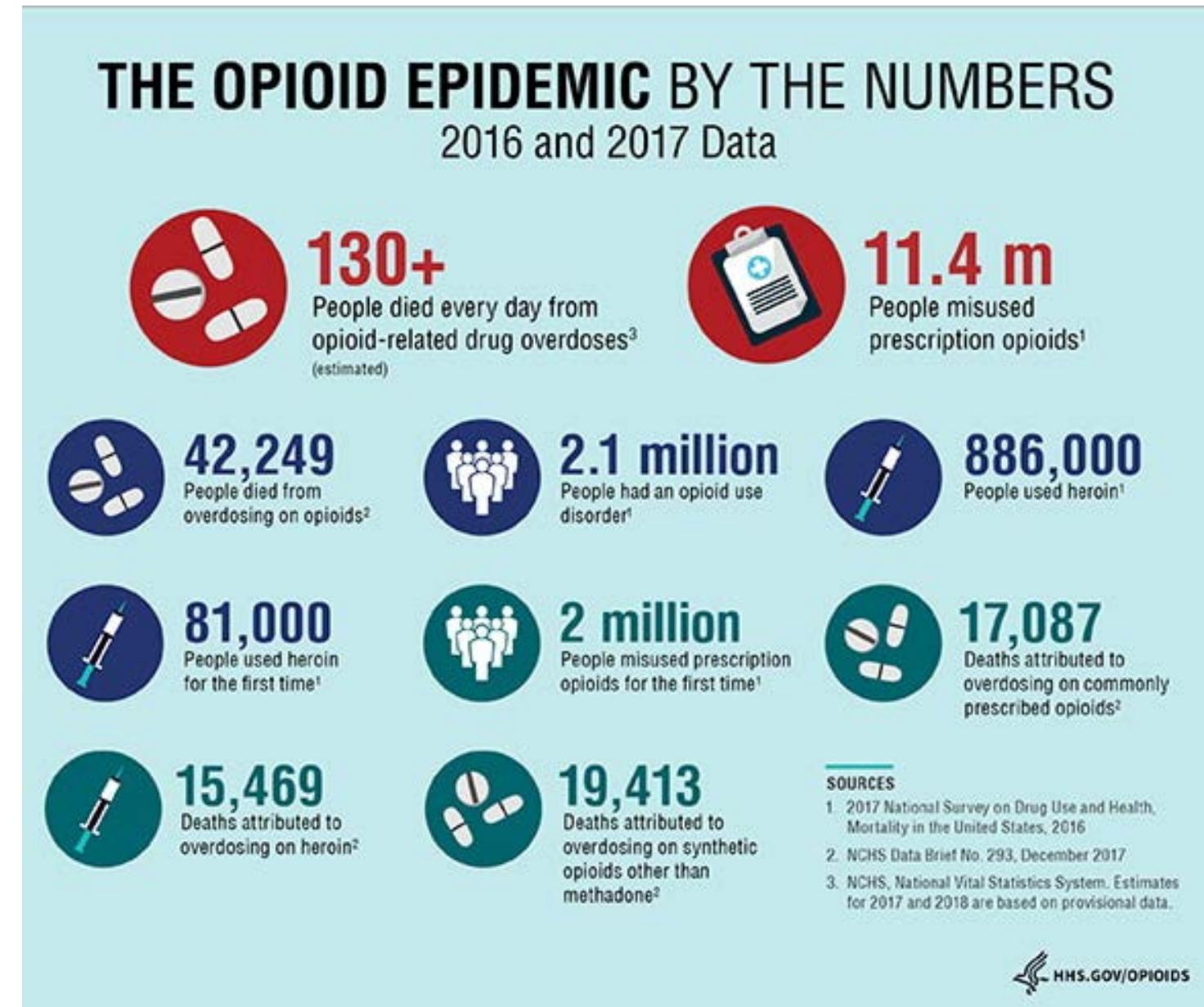
MIND



WHOLE PERSON PAIN MANAGEMENT

About the current Opioid Crisis...

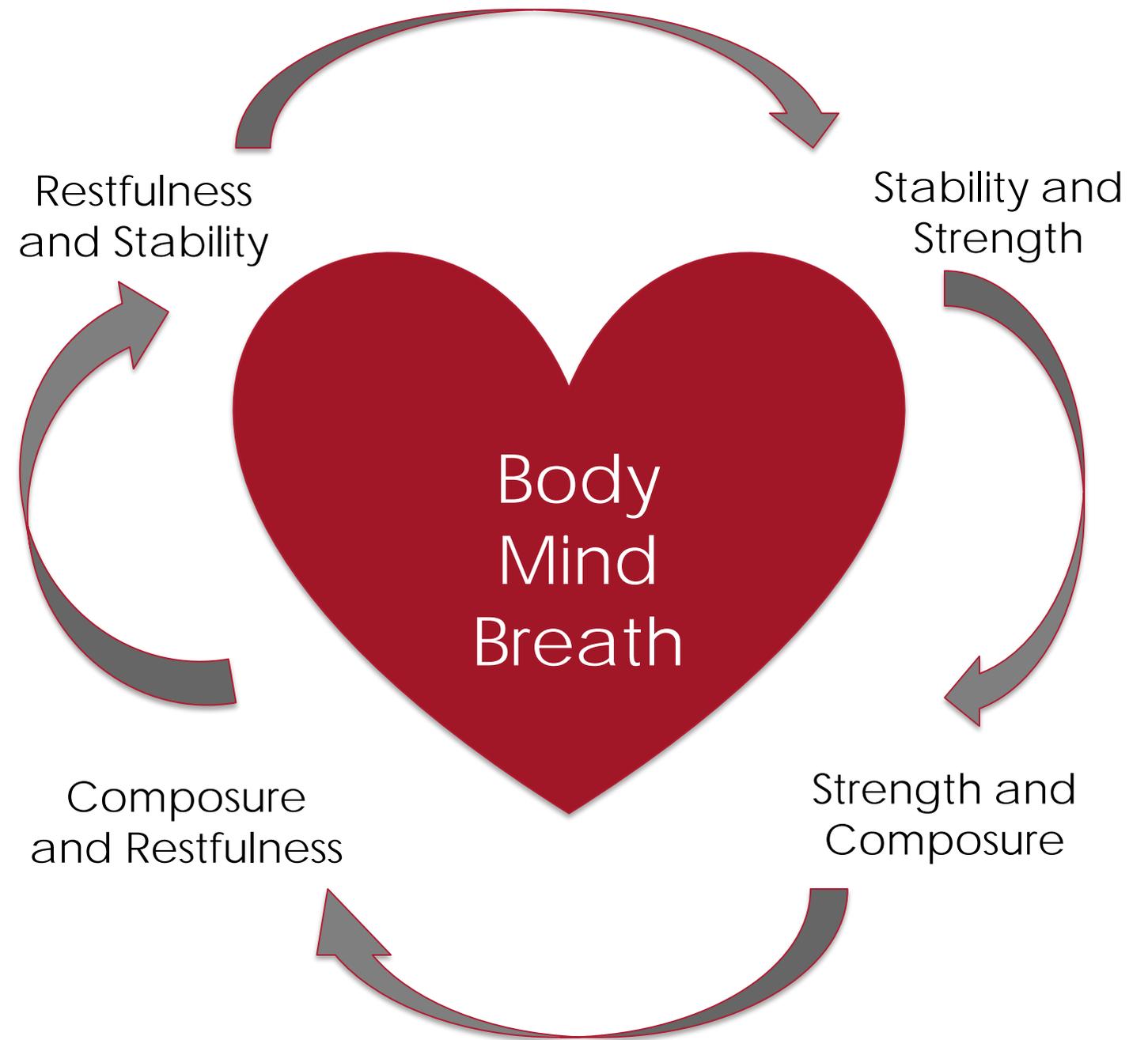
- Pain in the United States is persistent.
- Opioids have not remedied the problem, but exacerbated it.
- Call for evidence based, comprehensive pain care that includes non-pharmacological options.



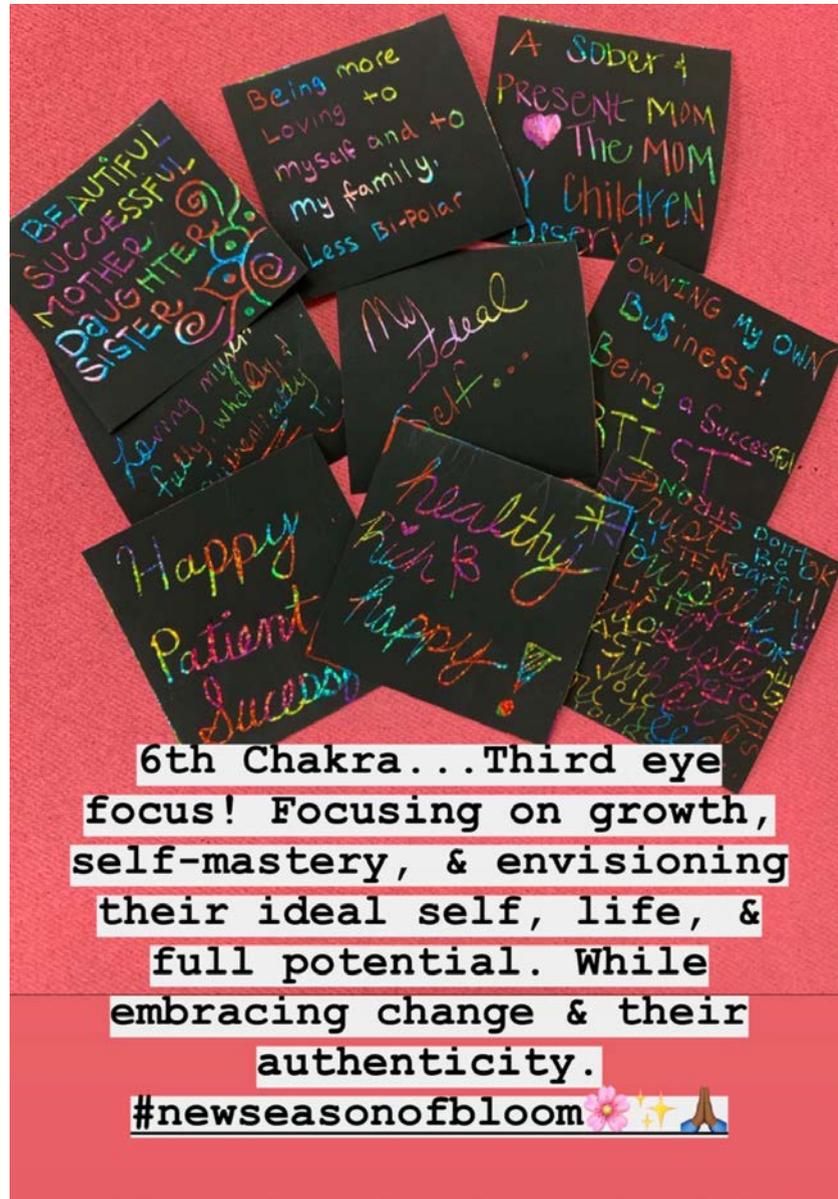
YOGA THERAPY

Basic aspects of Yoga Therapy for self management of pain:

- Four key aspects of being
 - Strength, Stability, Composure and Restfulness
- Three main domains
 - Quality of movement (body)
 - Quality of thoughtfulness (mind)
 - Quality of respiration (breath)



RESILIENCY ENHANCED YOGA THERAPY

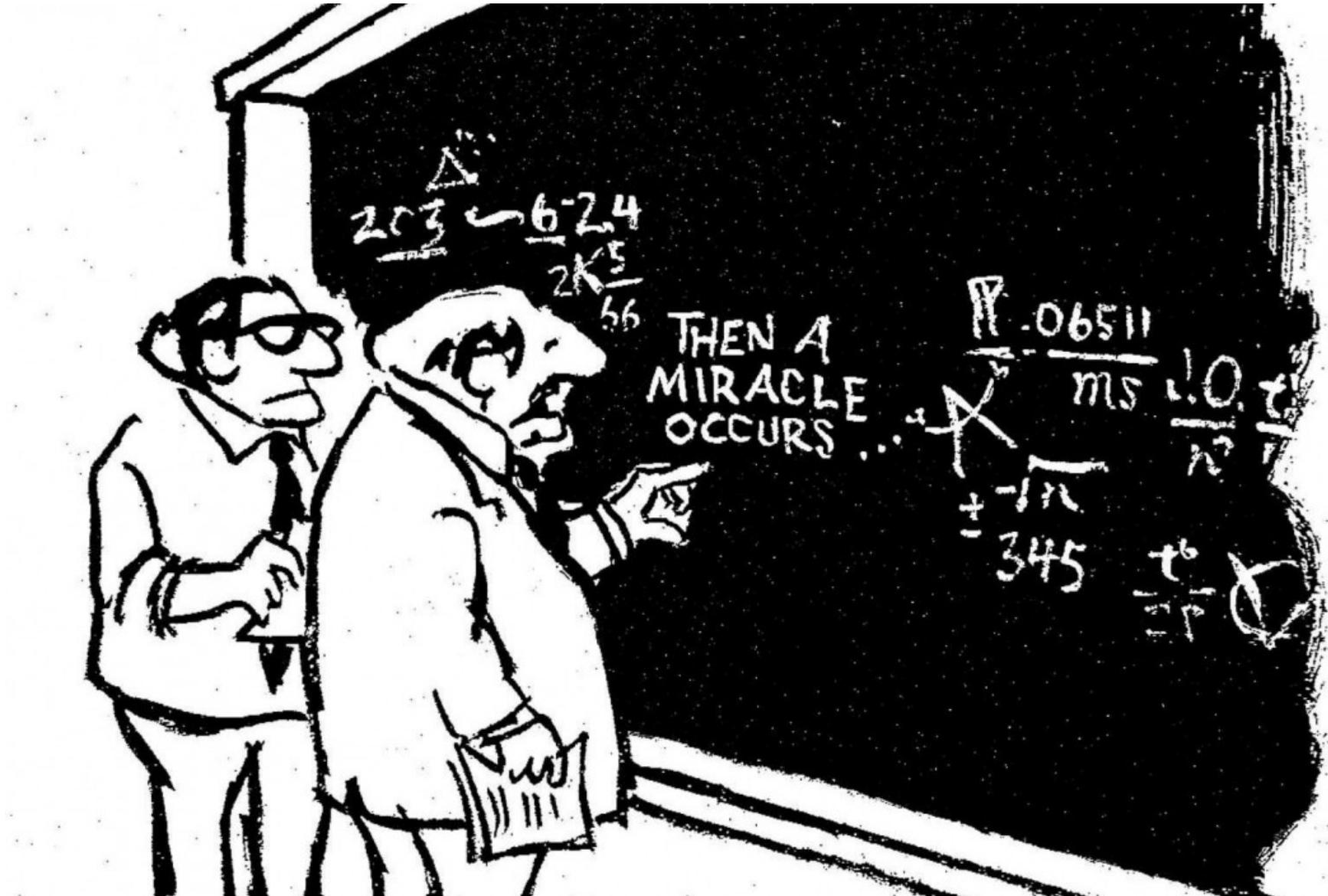


WHOLE PERSON PAIN MANAGEMENT

Yoga Therapy's Clinical Role:

- Can help patients cultivate a functional ability to adapt and appreciate personal values and life experiences toward the goal of adaptation to pain and/or adaptation to the anticipation of pain.
- The application of Yoga techniques and vocabularies into the scope of pain management within existing allopathic environments can create an integrated approach.
- More study and research is needed to design collaborative, integrative, evidence based solutions for non-pharmacologic pain management.

YOGA THERAPY RESEARCH



"I think you should be more explicit here in step two."

YOGA THERAPY RESEARCH

The Academic Consortium for Integrative Medicine & Health

[Evidence-Based Nonpharmacologic
Strategies for Comprehensive Pain Care](#)

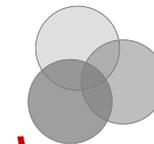
[The Consortium Pain Task Force White Paper](#)

Investment in Health:

- Grants and papers.
- Key research ideas.
- Rigorous longitudinal studies.

+ Measurements

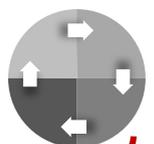
Assessment



Intervention



Outcomes

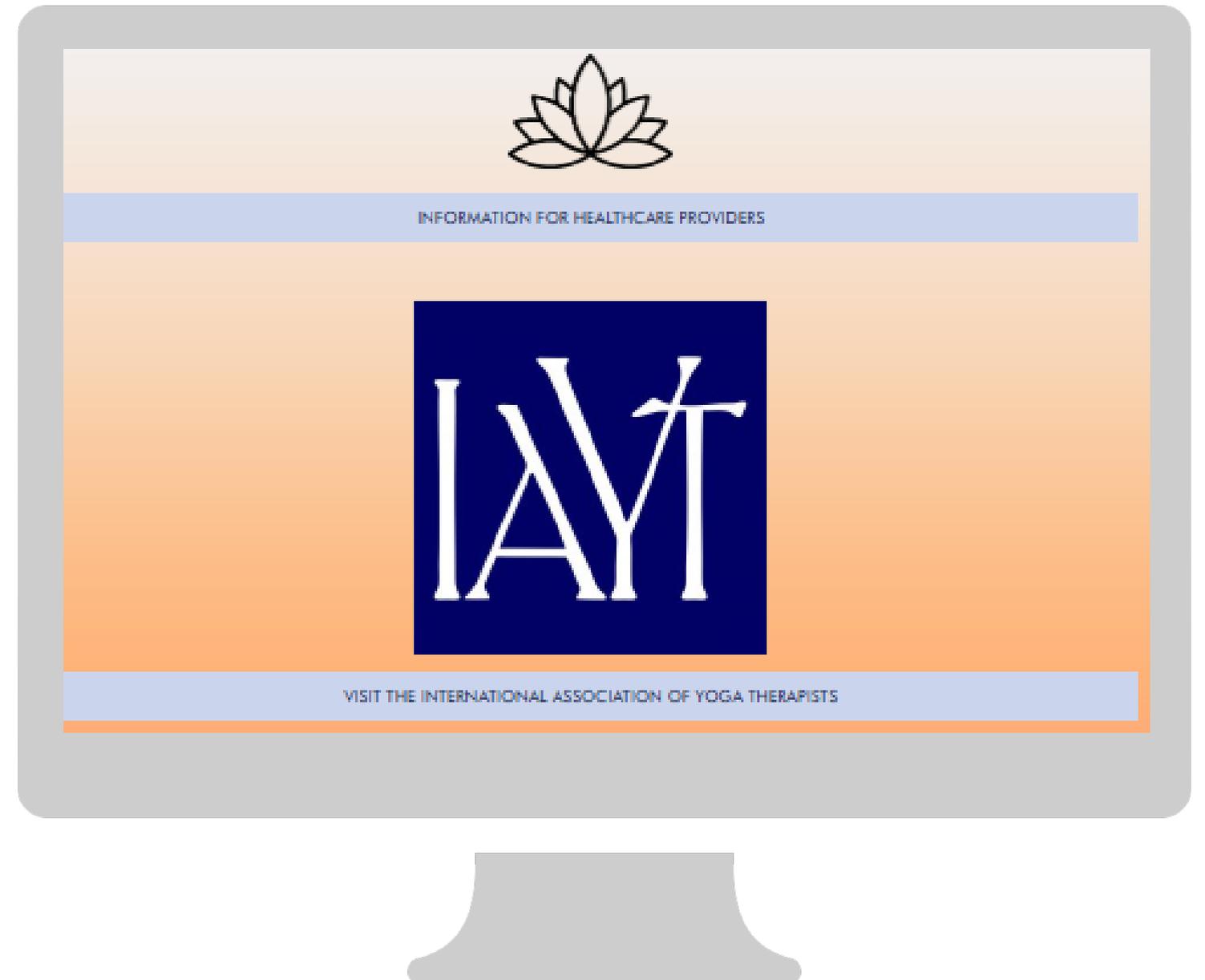


Evidence Based
Best Practices

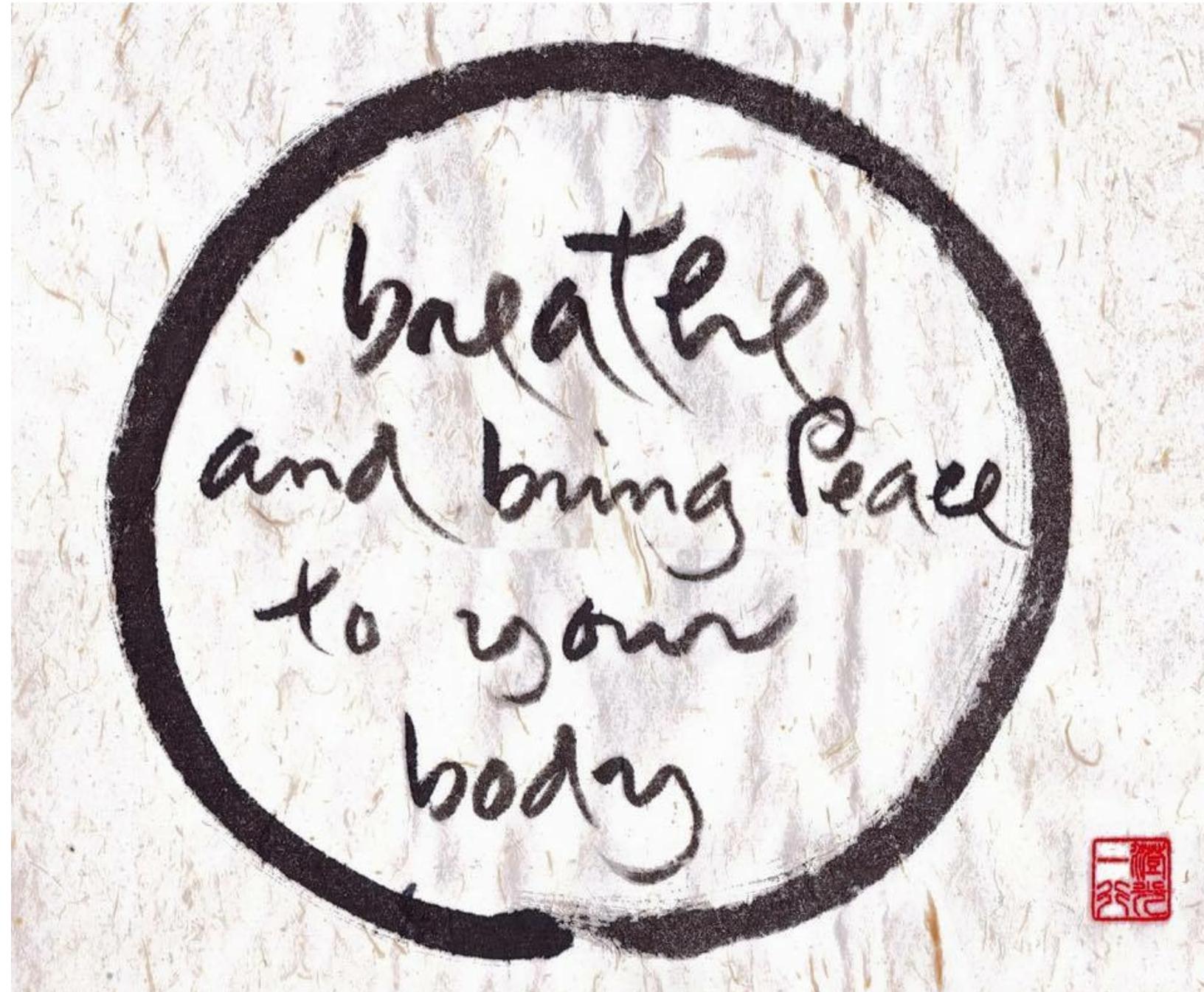
YOGA THERAPY

- Yoga therapists practice in hospitals, clinics and privately.
- Some offer online sessions or specialize.
- To find a certified yoga therapist in your area...

Visit: YogaTherapy.Health



BREATH



YOGA IN ACTION



In times of stress, the best thing we can do for each other is to listen with our ears and our hearts and to be assured that our questions are just as important as our answers.



Fred Rogers

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