

Yoga New Zealand - Yoga Therapist Guidelines

Yoga Teachers registered with Yoga New Zealand may also apply to be registered as a Yoga Therapist. Evidence of specialist education in yoga therapy is required as set out below.

During 2019, automatic recognition to be a yoga therapist member with Yoga New Zealand will be available to those with the following qualifications:

- C- IAYT Certified Yoga Therapist with the International Association of Yoga Therapists
- Yoga Australia Registered Yoga Therapist

During 2020, it is intended to also operate a 'grandparenting' scheme for those who meet the education requirements.

For those who hold other Yoga Therapy qualifications the pathway to membership would be to complete the mapping document and verification process.

Application requirements are to be reviewed in 2020 and any revised guidelines issued.

Renewal as a Yoga Therapist

Renewal of registration is needed every 3 years.

Requirements include:

- Maintain your annual Yoga New Zealand membership
- Submit evidence of at least 24 hrs (8 per year) of Yoga New Zealand approved CPD

Additional Continuing Professional Development (CPD) for Yoga Therapists

24 hours (8 per year) of specialised continuing education hours are required in addition to the hours needed to maintain your yoga teacher registration. These hours may be acquired through:

Completing courses/workshops that support one or more competencies for yoga therapists

Teaching courses/workshops that support one or more of the Yoga New Zealand Education competencies for yoga therapists (contact hours only)

Hours spent in individual clinic supervision with a mentor or peer groups with a mentor

Reading and reviewing journals, research articles and text books or watching instructional videos that support the educational competencies.

CPD recording example:

Source:	Abc Yoga therapy training program
Activity name:	Yoga for social media addiction
Hours:	4
Education competency supported:	1,2,3
Evidence:	Certificate

Definition of Yoga Therapy

Yoga is a scientific system of self-investigation, self-transformation, and self-realisation that originated in India. The teachings of yoga are rooted in the Vedas and grounded in classical texts and a rich oral history. This tradition recognises that the human being's essential nature is an unchanging awareness that exists in relationship to and identification with the changing phenomena of the empirical world.

The yoga tradition views humans as a multi-dimensional system that includes all aspects of body, breath, mind, intellect, and emotions and their mutual interaction. Yoga is founded in the basic principle that intelligent practice can positively influence the direction of change within the human dimensions, which are distinct from an individual's unchanging nature of spirit.

The practices of yoga traditionally include, but are not limited to:

Asana	Chanting
Pranayama	Mudra
Meditation	Ritual
Mantra	Disciplined lifestyle

Yoga Therapy is the appropriate application of these teachings and practices in a therapeutic context in order to support a consistent yoga practice that will increase the self-awareness and engage the client/student's energy in the direction of desired goals. The goals of yoga therapy include:

- improving function
- eliminating, reducing, or managing symptoms that cause suffering
- helping to prevent the occurrence or recurrence of underlying causes of illness
- moving towards improved health and wellbeing
- improving students/clients change their relationship to and identification with their condition

Yoga Therapy is informed by its sister science – Ayurveda. As part of a living tradition, yoga therapy continues to evolve and adapt to the cultural context in which it is practiced, and today, it is also informed by contemporary health sciences. Its efficacy is supported by an increased body of research evidence, which contributes to the growing understanding and acceptance of its value as a therapeutic discipline.

Education Requirements

Specific training to become a yoga therapist is to have a minimum of 650 hours over a minimum of 2 years. This is in addition to a solid foundation in yoga teaching to include a minimum of: 350 hours of training over 2 years, 300 hours of regular yoga teaching, and a regular personal practice of 2 years.

Summary of Key Learning Areas and Associated Hours:

Category	Details	Minimum Hours
Section 1 – Yoga Foundations	Yoga Teachings and Philosophy Yoga and the Mind Yogic Framework for Health and Disease	35 hours 35 hours 50 hours
Section 2 – Biomedical and psychological Foundations	Anatomy and Physiology Additional Biomedical Knowledge Psychology and Mental Health Additional knowledge Body Mind Integration	75 hours 20 hours 45 hours 15 hours 15 hours
Section 3 – Yoga Therapy tools and therapeutic skills	Yoga Therapy Tools Basic Principles of the Therapeutic Relationship Principles and Skills for Educating Clients/Students Principles and Skills for Working with Groups	75 hours 35 hours 60 hours 15 hours
Section 4 – Practicum	Providing Yoga Therapy	150 hours
Section 5 – Professional Practice	Ethical Principles Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy Relationships with Peers, Mentors, Clinicians, and Organisations Personal and Professional Development and Continuing Education	10 hours 5 hours 5 hours 5 hours

Yoga Foundations - 120 Hours minimum for this section

Suggested Guidelines: 120 minimum for this section

Category	Suggested hours	Description
Yoga Teachings and Philosophy	35 hours minimum	<p>> Familiarity with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda. Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, include but are not limited to:</p> <ol style="list-style-type: none"> tanmatra/bhuta/indriya (subtle element/gross elements/ senses); purusha/prakrti (consciousness/material world); pancamaya kosha (dimensions of the human system); guna (fundamental forces of nature); and duhkha (suffering/discomfort).
Yoga and the Mind	35 hours minimum	<p>> Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including, but not limited to:</p> <ul style="list-style-type: none"> > drasht (seer), drshya (seen); > antahkarana citta (consciousness), buddhi (intellect), ahamkara (ego), manas (mind); > citta vrtti (activities of the mind), citta parinama (structural changes in the mind), vyutthana/nirodha (mind's potential for distraction and focus); > artha (cognition), bhava (mood), svabhava (inborn nature), vasana (residue of experience), samskara (conditioned pattern of thinking and behavior); and > states of mind: mudha (stupefied/dull), kshipta (disturbed), vikshipta (alternating between distraction and focus), ekagrata (one-pointed), nirodha (focus enveloped/held/ restrained), vaishvanara (waking), tajasa (dream), prajña (deep sleep), turiya (beyond). <p>> Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the Yoga Sutras, the Bhagavad Gita, and other texts, including but not limited to:</p> <ul style="list-style-type: none"> > klesha (affliction); > lobha, krodha, and moha (greed, anger, attachment); > duhkha and daurmanasya (suffering/discomfort and negative attitude/thinking), sarupyam (identification with the contents of the mind or seer taking the same form as the mind); and > antaraya (obstacles to progress in yoga).
Yogic Framework for Health and Disease	50 hours minimum	<p>> Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of:</p> <ul style="list-style-type: none"> > panca maya (kosha) (fundamental structure of the human system); > subtle anatomy; > tri-dosha (effect of the elements on the physical body); > tri-guna (effect of sattva (equilibrium), rajas (activity), tamas [inertia]); > prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body); > ama (undigested food, emotions, etc. accumulated in the body); > agni (internal fire(s) and their contribution to health); > prana vayu (prana, apana, vyana, udana, samana);

Category	Suggested hours	Description
Yogic Framework for Health and Disease continued	50 hours minimum	<ul style="list-style-type: none"> > prana prakopa (disturbance of the vayu); > surya/chandra (sun/moon); > brmhana/langhana (expansion/contraction); and > vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya(the tools). > In depth knowledge of categorising illness, including: <ul style="list-style-type: none"> > Development/evolution of disease (samprapti [pathogenesis]), including but not limited to direction, intensity, onset, and duration and their influence on the ease or difficulty of healing and disease management. > Setting priorities: symptoms/pacification (shamana [short term]) and purification/strengthening (shodhana [long term]).

Biomedical and Psychological Foundations

Suggested Guidelines: 170 minimum for this section

Category	Suggested hours	Description
Anatomy and Physiology	75 hours minimum	<ul style="list-style-type: none"> > Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist. > Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a yoga therapist. > Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a yoga therapist.
Additional Biomedical Knowledge	20 hours minimum	<ul style="list-style-type: none"> > Familiarity with commonly used drugs and surgical procedures, as relevant to the work of a yoga therapist. > Familiarity with common medical terminology. > Knowledge of how to reference current healthcare information relevant to the work of a yoga therapist, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.
Psychology and Mental Health	45 hours minimum	<ul style="list-style-type: none"> > Basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions— their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.

Category	Suggested hours	Description
Psychology and Mental Health continued.		> Basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist.
Additional Knowledge	15 hours minimum	> Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being. > Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.
Body Mind Integration	15 hours minimum	> Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

Yoga Therapy Tools and Therapeutic Skills

Suggested Guidelines: 185 minimum for this section

Category	Suggested hours	Description
Yoga Therapy Tools	75 hours minimum	<ul style="list-style-type: none"> > In-depth knowledge of the application of yama and niyama in the context of yoga therapy. > In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include, but are not limited to: <ul style="list-style-type: none"> > asana (postures); > pranayama (regulated breathing); > meditation and relaxation techniques such as bhavana (visualisation), mantra (recitation), and ritualised activities such as nyasa and mudra; and > vihara (lifestyle modifications) including basic yogic dietary concepts. > In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.
Basic Principles of the Therapeutic Relationship	35 hours minimum	<ul style="list-style-type: none"> > In-depth knowledge of, and observed capacity for, well- developed communication skills: listening, presence, directive and non-directive dialogue. > Demonstrated ability to recognise, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship. > Demonstrated ability to recognise and manage the subtle dynamics inherent in the therapist/client relationship. > In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.
Principles and Skills for Educating Clients/Students	60 hours minimum	<ul style="list-style-type: none"> > In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/ successes. > In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self- responsibility throughout the therapeutic process. > In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student. > In-depth knowledge of how to translate practicum preparation, such as clinical observation of yoga therapy sessions, role playing and case study into effective practicum delivery.
Principles and Skills for Working with Groups	15 Hours minimum	<ul style="list-style-type: none"> > Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs. > Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants, to the degree possible in a group setting.

Practicum

Suggested Guidelines: 150 minimum for this section

Category	Suggested hours	Description
Providing Yoga Therapy	Minimum of 150 hours of practicum delivery	<ul style="list-style-type: none"> > Demonstrated ability to conduct intake and assess the client/ student, including: <ul style="list-style-type: none"> > Taking a history of the client and his/her condition(s); and <ul style="list-style-type: none"> > Assessing the current condition using the tools relevant to the yoga therapist, including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well- being. > Demonstrated ability to elicit the goals, expectations, and aspirations of the client/student. > Demonstrated ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities. > Demonstrated ability to apply knowledge of how to determine which aspects of the client/student's conditions, goals, and aspirations might be addressed through yoga therapy. > Demonstrated ability to identify priorities and set both long- and short-term goals with the client/student. > Demonstrated ability to apply knowledge of pacification, purification, and strengthening strategies. > Demonstrated ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual. > Demonstrated ability to apply knowledge of how to choose and prioritise the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients. > Demonstrated ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy. > Demonstrated ability to facilitate the client/student's experience of the practice, including: <ul style="list-style-type: none"> > providing instruction, demonstration, education of the client/ student using multimodal strategies of education such as auditory, visual, and kinesthetic learning tools; and > providing supportive strategies for the client/student to actively participate in his/her practice, such as a means to remember his/her practice (e.g., auditory and visual tools). > Demonstrated ability to develop and maintain therapeutic relationships including:

Category	Suggested hours	Description
Providing Yoga Therapy continued		<ul style="list-style-type: none"> > fostering trust by establishing an appropriate therapeutic environment through privacy, confidentiality, and safety; and
Providing Yoga Therapy	Minimum of 150 hours of practicum delivery	<ul style="list-style-type: none"> > practicing effective, client/student-centered communication based upon a respect for, and sensitivity to, individual, familial, cultural, social, ethnic, and religious factors. > demonstrated ability to provide follow up and re-planning, including <ul style="list-style-type: none"> > gathering feedback. Re-assess, and refine the practice and to determine short-term and long-term goals and priorities; > addressing new and changing conditions, goals, aspirations, and priorities of the student/client and to provide appropriate support; and > providing appropriate closure for the therapy sessions.

Professional Practice

Suggested Guidelines: 25 minimum for this section

Category	Suggested hours	Description
Ethical Principles	10 hours minimum	<ul style="list-style-type: none"> > In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles. > In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles. > Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships. > In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities. > Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.
Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy	5 hours minimum	<ul style="list-style-type: none"> > Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist. > Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.
Relationships with Peers, Mentors, Clinicians, and Organisations	5 hours minimum	<ul style="list-style-type: none"> > Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist. > Basic knowledge of how to establish, maintain, and utilise a referral network of peers and related healthcare practitioners and organisations. > Basic knowledge of how to develop and maintain ongoing collaborative relationships.
Personal and Professional Development and Continuing Education	5 hours minimum	<ul style="list-style-type: none"> > Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education. > Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.

Terms Used in the Competencies

Familiarity: Acquire introductory knowledge of a subject sufficient to bring the student's awareness to the existence and central essence of that subject and for the student to know when further knowledge is required for the practice of yoga therapy.

Basic Knowledge: Acquire an overview of the broad principles of a subject, including a general awareness of its relevance to and/or potential use in the practice of yoga therapy.

Knowledge: Develop an understanding of all aspects of a subject and its specific applications to the practice of yoga therapy.

In-Depth Knowledge: Through study and practicum, acquire a confident, in-depth knowledge of a subject and its multiple applications as well as its potential limitations in the practice of yoga therapy.

Demonstrated Ability: Demonstrate the ability to undertake particular tasks associated with the work of a yoga therapist.

Demonstrated Ability to Apply Knowledge: Demonstrate the application of knowledge to specific cases.

Scope of Practice for Yoga Therapy

Framework

Yoga therapy is the process of empowering individuals to progress toward improved health and well-being through the application of the teachings and practices of yoga. The yoga tradition views each human being as a multidimensional system that includes numerous aspects—including body, breath, and mind (intellect and emotions)— and their mutual interaction. Yoga therapy is founded on the basic principle that intelligent practice can positively influence the direction of change within these human dimensions, which are distinct from an individual's unchanging nature or spirit. The goals of yoga therapy include eliminating, reducing, and/or managing symptoms that cause suffering; improving function; helping to prevent the occurrence or re-occurrence of underlying causes of illness; and moving toward improved health and well-being..org.nz Yoga

Introduction

This Scope document was developed by YNZ primarily to inform Yoga New Zealand Registered Yoga Therapists about the activities, practices, skills, and knowledge that YNZ believes every registered yoga therapist should be able to utilise and responsibly apply in professional practice. Because YNZ is not a licensing body for yoga therapists, the Scope is not a legally binding document. Rather, it serves as a set of guidelines and parameters for Yoga New Zealand Registered Yoga Therapists and the yoga therapy community. Additionally, the Scope is intended to be an information resource for healthcare practitioners, clients, healthcare insurers, and other individuals and entities that may be interested in learning what yoga therapy is and how it is practiced. YNZ acknowledges that there are varying approaches to and styles of yoga therapy, so the Scope is not meant to prescribe or standardise the practice. Yoga therapy may adapt to diverse cultural and social environments and takes into account modern medical research and practice innovations. As such, each Yoga New Zealand Registered Yoga Therapist may apply skills and knowledge according to his/her training in an appropriate and adaptive way, consistent with the therapeutic principles and accepted conventions of yoga therapy.

It is important to note that this Scope is not meant to imply in any way that yoga therapists are physicians or practitioners of other licensed healthcare fields who are capable of diagnosing and treating conditions from the perspectives of these professions. Yoga therapists may, however, hold additional qualifications in other healthcare fields that enable them to utilise practices that fall outside of the Scope set forth in this document. In such instances, this Scope is not intended to limit in any way practices that may fall under the scope of practice of the concurrent healthcare qualification, or otherwise impede or prevent a licensed healthcare practitioner from practicing according to their scope of practice.

It is recommended that all yoga therapists provide a client information document to ensure that clients understand the nature and extent of the services being provided; the practitioner's education, training, experience, and other qualifications; and the fact that yoga therapy is not a licensed healthcare profession in the state or other jurisdiction in which they practice (unless this does not apply). As with any other healthcare provider, it is the responsibility of a yoga therapist to ensure the safety of a client at all times and to refer to a more appropriate therapist or medical practitioner when a client seeks care for conditions that cannot be appropriately addressed within the Scope.

Background

This Scope of Practice (Scope) forms part of Yoga New Zealand's (YNZ) professional standards for yoga therapists. It accompanies the YNZ Educational Standards for the Training of Yoga Therapists¹, which represents world's best-practice and aligns with the standards of the International Association of Yoga Therapists (IAYT). As the peak body for yoga in Australia, YNZ provides an accreditation process for recognising training programs that meet these standards and a registration process for credentialing individual yoga therapists who meet YNZ's standards.

Yoga therapists draw from the principles of yoga and the full range of yogic practices and assessment skills, as well as familiarity with biomedical and psychological foundational knowledge. Yoga therapists work with the client to develop and implement a self-empowering therapeutic plan³ appropriate to the client's needs and oriented around prevention and health promotion.

A Yoga New Zealand Registered Yoga Therapist has undertaken specialised training beyond that of a yoga teacher, in accordance with YNZ's Educational Standards for the Training of Yoga Therapists. She/he adheres to the Ethics Guidelines⁴ and Code of Professional Conduct⁵ relating to the practice of yoga therapy as defined by YNZ and commit to not making false or inaccurate claims about yoga's therapeutic and healing capacities.

Yoga therapy may occur in the following settings:

Individualised one-on-one yoga therapy sessions. (If the client is a child/minor, the state or other local jurisdiction laws governing the safety of children/minors are to be adhered to.)

Group yoga therapy. Group Yoga Therapy is a session(s) in which a yoga therapist works with a small group of clients who have a similar condition or symptom(s), or with clients who have a variety of health or health-related conditions. A hallmark that differentiates group yoga therapy from group yoga teaching is the presence of an individual intake and assessment⁶ for each client in the group prior to commencing the class, personalisation of the practice(s) based on the individual assessment, and reassessment at regular intervals throughout a series of classes.

Scope of Practice for Yoga Therapy Table

1. A yoga therapist is qualified to:	A yoga therapist is NOT qualified to:
<ul style="list-style-type: none"> > Practice in a way that responsibly reflects his/her yoga therapy education, training, and experience. > Assess each individual client using qualitative and/or quantitative yoga therapy assessment tools and maintain records according to any applicable statutory requirements. > Use the assessment process to identify any risk factors or contraindications to ensure the safety and appropriateness of the yoga therapy intervention and to develop an appropriate therapeutic plan. > Develop a therapeutic plan and/or provide advice within the yoga therapy framework in accordance with the individual client's needs, goals, learning style, life circumstances, and access to resources such as time and equipment. > Guide clients in implementing the therapeutic plan, aimed at prevention and health promotion. > Teach an integrated set of practices aligned with the needs and goals of the individual and consistent with the yoga therapy framework. > Include yoga practices such as asana (postures), pranayama (breath-work), relaxation, meditation, mudra (energetic gestures and seals), bandha (energy locks), mantra (sacred sounds), mindfulness, bhavana (imagery), sankalpa (affirmation/intention), yogic lifestyle, and dietary advice⁷ according to the yoga therapy framework, education in yoga philosophy, and other practices in the yoga tradition and for which the therapist has received appropriate education and training. > Provide appropriate follow-up and review at regular intervals. > Use and modify practices of yoga therapy to support the client and help the client manage their physical, emotional, mental, and spiritual health. > Make adjustments^s to postures by verbal instruction or gentle touch to the area of the body that needs modification. > Provide clear goals for each yoga therapy session. > Provide clear instructions for any home practice that is recommended, with appropriate feedback mechanisms. > Foster the client's own support networks, independent practice, and self-responsibility for his/her own well-being. > Provide clear processes for client feedback. > Provide guidance for lifestyle changes to create improved health and well-being according to the yoga therapy framework provided in yoga therapy training. 	<ul style="list-style-type: none"> > Work with clients presenting with issues outside the therapist's areas of competence/professional expertise. > Advertise himself or herself as a licensed healthcare practitioner, unless he/she is also a licensed healthcare practitioner. > Perform physical adjustments,⁸ manipulations, or massage, unless appropriately qualified to do so. > Undertake individual or group psychological counselling, unless appropriately qualified to do so. > Recommend specific lifestyle or nutrition changes outside of a yoga therapy framework, unless appropriately qualified to do so.

Scope of Practice for Yoga Therapy Table

<p>2. A yoga therapist is qualified by virtue of his/her knowledge of health and health systems to:</p>	<p>A yoga therapist is NOT qualified to:</p>
<ul style="list-style-type: none"> > Have a basic understanding of typical disease states and associated symptoms, the effects of medications, and associated contraindications. The therapist will use this understanding to inform what is recommended as a suitable practice for each individual. > Understand and integrate information provided by diagnoses from other qualified healthcare professionals. > Have a basic understanding of different treatments and procedures from a variety of sources, or be able to identify and source credible and relevant information on other healthcare modalities, as needed. > Have a basic understanding of health reports obtained from a variety of sources. <ul style="list-style-type: none"> ➤ Have a basic understanding of how to manage interpersonal issues that may arise in therapeutic relationships. 	<ul style="list-style-type: none"> > Diagnose a medical or psychological condition, unless qualified to do so as a licensed healthcare practitioner.
<p>3. A yoga therapist is qualified to communicate with other health professionals to:</p>	<p>A yoga therapist is NOT qualified to:</p>
<ul style="list-style-type: none"> > Receive and provide referrals from and to other appropriate healthcare providers. > Be part of a multi-disciplinary team when necessary or useful to optimise the care of the client. > Engage with medical or other healthcare professionals (when appropriate) and use best-practice referral/ feedback processes to optimise client health and well- being outcomes. 	<ul style="list-style-type: none"> > Advise about other health treatment modalities, other than referring clients to appropriate personnel or services, unless appropriately qualified to do so. <ul style="list-style-type: none"> > Request diagnostic tests or procedures outside their professional areas of expertise or qualifications. > Interpret raw medical or psychological diagnostic test results, unless qualified to do so as a licensed healthcare practitioner. > Prescribe medication, unless qualified to do so as a licensed healthcare practitioner. <ul style="list-style-type: none"> > Prescribe nutritional supplements or herbs from Western or traditional medical methods such as Chinese Medicine or Ayurveda, unless appropriately qualified to do so. > Advise clients about ceasing medication prescribed by another healthcare practitioner, unless qualified to do so as a licensed healthcare practitioner. > Perform any invasive procedures, unless qualified to do so as a licensed healthcare practitioner. <ul style="list-style-type: none"> ➤ Make recommendations regarding the advice or treatment provided by another healthcare professional, unless appropriately qualified to do so.

Scope of Practice for Yoga Therapy Table

4. As part of their professional practice, a yoga therapist is required to:

- > Meet the requirements for registration as a Yoga New Zealand Registered Yoga Therapist, by way of either graduation from a Yoga New Zealand accredited program, an accepted grandparenting arrangement, or an established reciprocity arrangement.
- > Maintain all qualifications and ongoing continuing education / continuing professional development requirements.
- > Maintain registration with Yoga New Zealand.

4. As part of their professional practice, a yoga therapist is required to:

- > Maintain confidentiality of client information, including health records.
- > Comply with the YNZ Ethics Guidelines and Code of Professional Conduct.
- > Observe all applicable laws relating to the practice of healthcare.

5. As part of their professional practice, a yoga therapist is encouraged to:

- > Acquire a basic understanding of current yoga evidence-based practices.
- > Maintain a network of healthcare practitioner peers for the purpose of referrals.