

YOGA VEDA INSTITUTE
Ayurvedic Health Counselor: Clinical Assessment Internship
Spring 2019
Tuesday 11:15 AM
ONLINE

Teaching Team

Marek Sawicki(Lead Instructor)

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Course Description

Āyurvedic Health Counselors are competent in health promotion and disease prevention (svasthavṛtta). They utilize the principles of Āyurvedic medicine to create diet and lifestyle (āhāra and vihāra) recommendations according to their assessment of the patient's Āyurvedic constitution and imbalances (prakṛti and vikṛti), state of the doṣas, agni, dhātus, malas, and manas (mind). They educate, motivate and counsel patients in order to support them to be successful in implementing the principles of Āyurveda into their lives. Āyurvedic Counselors refer patients whose disease state (samprāpti) is beyond the third stage to Āyurvedic Practitioners or Doctors of Āyurveda for diagnosis (nidāna) and treatment (cikitsā) of disease.

The broad goal of this Internship Program encompassing Ayurvedic theory and assessment is to help students measure and build the elements that contribute to a well rounded Ayurvedic professional. The program is designed to bring concepts of Ayurveda (e.g., biological, psychological, social, emotional), techniques, and activities that enhance the Ayurvedic patients overall well-being.

Course Text

Textbook of Ayurveda, Volume 3, Dr. Vasant Lad

Textbook of Ayurveda, Volume 2, Dr. VAsant Lad

Expected Student Learning Outcomes

Students will be able to:

- Demonstrate effective communication & counseling skills
- Take a detailed personal & family history
- Develop detailed questionnaire forms using HIPAA compliant software
- Assess physical and mental prakṛti and doṣa imbalance using Ayurvedic diagnostic methodology (trividha, aṣṭavidha and daśavidha parīkṣā)
- Determine the etiological factors (nidāna) responsible for the doṣic imbalance
- Determine which guṇas are predominant in prakṛti and vikṛti
- Identify which subdoṣas are involved in a presenting imbalance
- Determine dhātu, upadhātu, and srotānsi involvement (sāmyata, vṛddhi/ kṣaya, duṣṭi) in a presenting imbalance
- Assess the state of the malas through questioning (praśna)
- Determine the clinical state of agnis by questioning (praśna) and observation (darśana)
- Determine the clinical state of āma by questioning (praśna) and observation (darśana)
- Determine the state of prāṇa, ojas and tejas
- Determine the stage of samprāpti by observations (darśana), touch (sparśana) and questioning (praśna)
- Assess and determine patients strengths and willingness to follow recommendations
- Able to create and collect case studies
- Ability to contribute to research on health promotions and disease prevention (svasthavṛtta)

Weekly Course Format

This course is delivered in a LIVE online format. You will need access to a computer (NOT a mobile phone) with web camera capacity, and a headset in order to fully participate in class discussions. Each week will include a variety of student presented research, case studies, readings, discussions, and activities to explore key elements of the week's case study topic. Students will get the most out of the course if they come to class each week having completed required case study assignments and required reading with case study presentations & research to share with the class.

Each week expect to participate in a variety of activities which will include:

- Completing several readings and/or watching videos on the week's topic presented by other students engaging in the course.
- Attending weekly scheduled class time;

- Participating in class discussions.

Two options to engage in the program.

- 1) Students who are ready to begin conducting case studies.
- 2) Students who wish to sit in and contribute to case studies.

Regardless of HOW students choose to participate, each student is responsible for documenting and tracking their case study contributions.

Live Online Class

Class meets LIVE online Tuesdays from (TIME) using the Zoom web conference platform.

You are expected to attend class live; however, we know that sometimes life happens. All classes are also recorded. If you are unable to attend a class, you will have access to the recording and will be expected to view it and complete the weekly assignments.

Technical Support Information

Email: hello@yogavedainstitute.com

Course Policies and Expectations

The classes (lecture, sections and discussion boards) are available on a distance platform and recorded/available for students to watch/participate when they can't attend live or want a review.

Students are required to attend at least **8 classes live online each term**. If you are not able to attend class, you may watch a recording of the class each week.

Assignments and Grading Procedures

Grading Elements

1. Weekly Case Studies 30%
There will be weekly case study assignments throughout the term.
2. Experiential 40% Students are required to create questionnaires, present activities and/or case studies throughout the semester with the goal being to apply the material of the course to their case studies. A 1-2 page, typed reflection summary paper will be written about your experience. The ultimate goal is for students to experience the Ayurvedic medicine first hand through the exercises, self-reflect in a meaningful way and, as a result, gain insight into the mechanisms and processes of Ayurvedic clinical assessment.
3. Class Participation (30%)

Students are expected to complete all required reading/viewing and “attend” weekly classes and sections (live or watch recorded).

Class attendance is mandatory for students.