



Yoga in Rehabilitation: Adapting and Integrating the Tools of Yoga

Presented by UC Irvine Health – Rehabilitation Services

Saturday, Feb. 24, 2018 | 8:30 a.m.–4 p.m.

UCI Medical Center

101 The City Drive, Bldg 56, Rooms 113-115, Orange CA, 92868

Course Description

Adapted yoga techniques can be effective holistic tools for addressing sub-optimal motor behaviors that negatively impact integration of respiration, phonation, swallowing, and fine/gross motor movement. Yoga emphasizes the integration of mindfulness - attention to sensory/emotional/ ideational attributes - with movement, breathing, and voicing. This live workshop will provide an overview of the tools of yoga, demonstrate examples of movement, breath work and simple meditation for use in rehabilitation.

Learning Outcomes

At the conclusion of this course participants will be able to:

- Demonstrate simple yoga movements coordinated with breath to improve patient posture, phonation, and fine and gross motor movement for functional communication, mobility and activities of daily living.
- Demonstrate use of simple breath-work ratios to assist patients in self-calming for functional or therapeutic activity participation.
- List general steps in guiding visual imagery based meditation for whole body relaxation to support patient achievement of treatment goals.

Timeline/Agenda:

8:30-9 a.m.	Registration
9-10:30 a.m.	Yoga perspective on therapeutic tools: Linking Awareness-Breath-Movement
10:30-10:45 a.m.	Break
10:45-12 p.m.	Breath-centric āsana: linking breath and movement
12-1:00 p.m.	Lunch
1-2:30 p.m.	Working with Breath
2:30-2:45 p.m.	Break
2:45-3:45 p.m.	Meditation: mindful somatosensory visualization
3:45-4 p.m.	Q & A

Accreditation:



UC Irvine Health is an AOTA Approved Provider of continuing Education. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This course is offered for .55 AOTA CEUs or 5.5 contact hours. AOTA Educational level Introductory, Category 1 Domain of OT and Category 2: Occupational Therapy Process



The Physical Therapy Board of California recognizes University of California, Irvine Medical Center as an approval agency to approve providers offering continuing competency courses for California licensed PTs and PTAs. This course is approved for .55 PT CEUs or 5.5 contact hours.

	<p>UC Irvine Health Rehabilitative Services is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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This course is offered for 0.55 ASHA CEUs (Introductory level; Professional Area)

For further information or questions regarding this course, contact rehabeducation@uci.edu or call Lisa Tran, Rehab Educator (714) 385-4887.

Speaker:

Kenneth Tom, Ph.D.
Associate Professor Emeritus
California State University Fullerton Department of Human Communication Studies

Target Audience:

Occupational Therapists/Assistants, Physical Therapists/ Assistants, and Speech-Language Pathologists

Registration:

UC Irvine Health faculty and staff: \$35
Non-UC Irvine Health faculty and staff: \$50
Registration fees include light breakfast and Lunch

To register, please visit: ucirvinehealth.org/yogarehab

Parking:

A confirmation email will be sent with parking instructions.

Additional information: Please bring a yoga mat or large towel and wear comfortable clothing that allows you to move freely. Participants are welcome to bring blocks or cushions. You may also want to bring a light sweater/jacket.

Policy Statements:

Disclosure: Dr. Kenneth Tom has a private practice in Integrative Voice Therapy and Yoga Therapy. He receives honoraria/ consulting fees for continuing education teaching and clinical consulting on a contract basis. He has no other relevant financial or non-financial relationships to disclose.

Satisfactory Completion: Attendance of entire course is mandatory to receive full credit. Partial credit is not available for this course. There are no prerequisites to attend this course.

Cancellations:

Participant cancellations received more than 14 calendar days in advance will receive a full refund minus a \$25 administrative fee per registrant. There will be no refund for cancellations received 14 calendar days in advance or less.

If program cancellation or rescheduling is necessary, fees for course registration will be refunded in full. Rehabilitative Services Education Committee is not responsible for any expenses incurred by registrants (non-refundable travel arrangements) in case of cancellation.

ADA Statement:

In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please contact Lisa Tran at (714) 385-4887, one week in advance.

