

WAE Teacher Scope of Practice

Background

This Scope of Practice (Scope) is the latest pillar of the Warriors at Ease (WAE) Policies, Procedures & Safe-Practices initiative which began in September of 2019.

This initiative has included:

1. Developing educational standards for our Warriors at Ease teachers and training.
2. Meeting accreditation standards of our industry's national and international governing bodies.
3. A process for credentialing individuals who meet the WAE Certification standards.
4. A Warriors at Ease Teacher Code of Conduct & Ethics with detailed and enforceable provisions to promote responsible practice.
5. Warriors at Ease Class and Teacher Specifications.
6. A Warriors at Ease Teacher Scope of Practice establishing clarity of roles and responsibility that support effective delivery, creating and holding space, guiding practice and offering feedback within the ethical boundaries of teaching yoga.

All of this work has been accomplished by a committee of leaders in the adaptive, evidence-based, military-specific and trauma-informed yoga and quality management fields representing diverse educational, clinical and practicum backgrounds.

Introduction

WAE trains and credentials adaptive, evidence-based, military-specific and trauma-informed yoga teachers internationally. This Scope document was developed by WAE primarily to inform and support Certified Warriors at Ease Teachers (WAETs) (i.e., yoga teachers who have been granted the WAET credential) about the activities, practices, skills, and knowledge that WAE believes every yoga teacher with the WAET credential should be able to utilize and responsibly apply in professional practice.

Because WAE is not a licensing body for yoga teachers, the Scope is not a legally binding document. Rather, it serves as a set of guidelines and parameters for WAETs and the adaptive, evidence-based, military-specific and trauma-informed yoga 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 adaptive, evidence-based, military-specific and trauma-informed yoga is and how it's practiced.

WAE acknowledges that there are varying approaches to and styles of adaptive, evidence-based, military-specific and trauma-informed yoga, so the Scope is not meant to prescribe or standardize the practice. Adaptive, evidence-based, military-specific and trauma-informed yoga may adapt to diverse cultural and social environments and takes into account modern medical research and practice innovations. As such, each WAET may apply skills and knowledge according to his/her training in an appropriate and adaptive way, consistent with the principles and accepted conventions of adaptive, evidence-based, military-specific and trauma-informed yoga.

It is important to note that this Scope is not meant to imply in any way that yoga teachers are physicians or practitioners of other licensed healthcare fields who are capable of diagnosing and treating conditions from the perspectives of these professions. Adaptive, evidence-based, military-specific and trauma-informed yoga teachers may, however, hold additional qualifications in other healthcare fields that enable them to utilize 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.

All WAETs teaching WAE Classes are required to use the the WAE New Student Registration (digital and physical) document to ensure students understand the nature and extent of the services being provided; the practitioner's education, training, experience, and other qualifications; and the fact that adaptive, evidence-based, military-specific and trauma-informed yoga is not a licensed healthcare professional in the state or other jurisdiction in which they practice (unless this does not apply).

We recommend Warriors at Ease trained teachers implement proper liability practices and inform their students of nature and extent of the services being provided; the practitioner's education, training, experience, and other qualifications; and the fact that adaptive, evidence-based, military-specific and trauma-informed yoga is not a licensed healthcare professional in the state or other jurisdiction in which they practice (unless this does not apply) by using a form similar to the Warriors at Ease New Student Registration document.

As with any other service provider, it is the responsibility of an adaptive, evidence-based, military-specific and trauma-informed yoga instructor to ensure the safety of a student 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.

Framework

The Warriors at Ease adaptive, evidence-based, military-specific and trauma-informed yoga teaching protocols and techniques are founded on knowledge and skills to share yoga in a way that is safe, effective, and relevant for warriors and their families

The goals of adaptive, evidence-based, military-specific and trauma-informed yoga include help regulate an overactive nervous system, enhance physical and mental performance, create resilience, and support the decrease of the long-term effects of stress.

Certified Warriors at Ease Teachers (WAETs) have undertaken specialized training beyond that of a yoga teacher, in accordance with the WAE educational standards and Certification Process. WAETs adhere to the WAE Teacher Code of Conduct & Ethics relating to the practice of adaptive, evidence-based, military-specific and trauma-informed yoga as defined by WAE and commit to not making false or inaccurate claims about yoga's healing capacities.

Scope of Practice

WAETs are qualified to:	WAETs are NOT qualified to:
<ul style="list-style-type: none"> ● Practice in a way that responsibly reflects his/her adaptive, evidence-based, military-specific and trauma-informed yoga education, training, and experience. ● Assess each individual student's needs based on ... ● Use the assessment process to identify any risk factors or contraindications to ensure the safety and appropriateness of the adaptive, evidence-based, military-specific and trauma-informed yoga and teach adaptive, evidence-based, military-specific and trauma-informed yoga accordingly. ● Teach an integrated set of practices aligned with the needs and goals of the individual and consistent with the WAE adaptive, evidence-based, military-specific and trauma-informed yoga teaching techniques and protocols. ● Include yoga practices such as creating an inner resource, asana (postures), pranayama (breath-work), meditation, visualization (imagery), orienting, grounding and attention training. ● Use and modify practices of yoga to support the client and help the client manage their physical, emotional, mental, and spiritual health. ● Make adjustments to postures by verbal instruction or gentle touch (if given permission by the student) to the area of the body that needs modification. ● Provide clear goals and instruction for each adaptive, evidence-based, military-specific and trauma-informed yoga session. ● Provide clear instructions for any home practice that is recommended, with appropriate feedback mechanisms. ● Provide clear processes for client feedback. ● Provide guidance for creating and implementing an adaptive, evidence-based, military-specific and trauma-informed yoga routine. 	<ul style="list-style-type: none"> ● Work with students symptoms or problems outside the WAETs 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, manipulations, or massage, unless given permission and appropriately qualified to do so. ● Undertake individual or group psychological counseling, unless appropriately qualified to do so. ● Recommend specific lifestyle or nutrition changes, unless appropriately qualified to do so.

<p>WAETs are qualified based on their understanding of health and the health-systems to</p>	<p>WAETs are NOT qualified based on their understanding of health and the health-systems to</p>
<ul style="list-style-type: none"> • Have a basic understanding of typical states associated symptoms and physical limitations associated with Post-Traumatic Stree, Traumatic Brain Injury, Military Sexual Assault, Spinal Cord Injury and limited mobility. • Be able to identify and source credible individuals capable of providing credible and relevant information on other healthcare modalities, as needed. • Have a basic understanding of how to manage interpersonal issues that may arise in teacher-student relationships. 	<ul style="list-style-type: none"> • Diagnose a medical or psychological condition, unless qualified to do so as a licensed healthcare practitioner.

<p>WAETs are qualified to communicate to qualified healthcare professionals to</p>	<p>WAETs are NOT qualified to communicate to qualified healthcare professionals 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 optimize the care of the student. • Engage with medical or other healthcare professionals (when appropriate) and use best-practice referral/ feedback processes to optimize student general health and well-being outcomes 	<ul style="list-style-type: none"> • Advise other health treatment modalities, other than referring clients to appropriate personnel or services, unless appropriately qualified to do so. • 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. • Prescribe or consult on nutritional changes, unless 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. • Make recommendations regarding the advice or treatment provided by another healthcare professional, unless appropriately qualified to do so.

Community Health & Safety Guidelines

It is our highest priority to support the health, safety and wellbeing of our Warriors at Ease community. Students, Teachers, Facilitators, Presenters, and Participants are all responsible for ensuring a healthy and safe environment for all WAE training events, workshops, classes and/or retreats. We ensure a healthy and safe environment by adhering to the recommended guidelines for disinfection, sanitation and operations set by Yoga Alliance, WHO, CDC and local governing agencies.

Whenever possible and necessary, the following guidelines should be considered and followed in order to protect the health and safety of our community.

Maintaining Distance

1. Non-contact
2. Distancing Stickers or placement markers (recommended 6ft)

Disinfection Sanitation

1. Adequate Facility Cleaning Procedures utilizing EPA products
2. All Cleaning Products (mat cleaner, etc.) should be identified as an EPA recommended.
3. Thermometers (Training)
4. Hand Washing Often: Upon entering class, restroom visits, after practicing, before exiting
5. Personal PPE (facemasks, hand sanitizer)
6. Mat and Prop Cleaner Provided

Use of Props

1. PILLOWCASES FOR BOLSTER
2. Bring Mat: No Mat Rental Available
3. Digital Sign-In Sheets/New Student Registration Forms (handled by a teacher)
4. Minimize Personal Items in Training Space
5. Personal Water Bottle with lid
6. Adaptive training labs to follow distance and sanitation standards and protocols