



Australasian Association of Yoga Therapists

Accredited Professional Development

The Australasian Association of Yoga Therapists (AAYT) is an industry organisation which seeks to promote the ancient science, art and practice of yoga as it contributes specifically to the management of disability, medical and health concerns.

AAYT encourages C-AAYTs to maintain and extend their professional knowledge, experience and training so as to enhance their greatest potential in the field.

PURPOSE

This policy will provide guidelines to ensure that Australasian Yoga Therapists are supported to meet their individual Accredited Professional Development (APD) requirements and to advance their professional growth by assisting in providing an avenue to earn continuing education hours in recognised programs. AAYT members and member schools who list APD courses on the AAYT website gain wide visibility and direct access to Certificated Yoga Therapists (C-AAYT) wishing to further develop their expertise in their chosen areas and C-AAYTs can be assured the training meets the approval of AAYT Standards.

GUIDELINES

VALUES

AAYT is committed to:

- Supporting C-AAYTs to achieve their career development aspirations with appropriate resources and professional development opportunities
- Supporting ongoing effectiveness of C-AAYTs in their roles and fostering the overall effectiveness of the Yoga Therapy community
- Building a community of highly trained C-AAYTs.

BACKGROUND

Ongoing professional development, support and training is essential for professionals to remain current and effective in their practice. Facilitating meaningful opportunities for C-AAYTs to participate in professional development activities is a critical way of enhancing performance. Professional development events provide C-AAYTs with the opportunity to network with peers, reflect on issues of importance, gain new ideas and skills and foster best practice. Research shows that professionals who are involved in their own development are more motivated and provide better learning and development outcomes for the clients they engage with.

To ensure best practice for all C-AAYTs, All APD courses must have the following components:

1. An AAYT member who is the course “Provider”.
2. An active faculty member in all approved courses who is a C-AAYT – may be the same as the provider.
3. Clearly described yoga therapy related content aligned to the Competency Areas of the AAYT Educational Standards for Yoga Therapists. Please click [here](#) for 2020 AAYT Education and Practice Standards for Accreditation and Membership.
4. Concisely defined learning objectives that support the content.
5. An evaluation of the student’s comprehension of the course content.
6. Collection of participant feedback regarding course satisfaction, where applicable, including a willingness to handle any grievances internally.
7. All hours of educational content noted, with breaks; meals and homework **not** included in hours.
8. Courses formatted in one or more of the following:
 - a) **Live In-person** - teachers and students concurrently in one location
 - b) **Live On-Line (Synchronous)** - distant learning on line with availability to contact faculty by email or phone
 - c) **Pre-recorded (Asynchronous)** - Distance learning pre-recorded by teachers with students working at their own pace.
 - d) **Hybrid** – A combination of in-person and distance learning
9. Points of contact for course participants for technical support (online courses) and content questions.
10. The faculty delivering the APD course must have well-established expertise and experience in the course or program area(s) they teach, including training and certification in the field in which they teach and a minimum of 3 years practical experience.
11. It is strongly recommended that at least one faculty member has a Certificate IV in Training and Assessment (TAE40116) qualification or above.
12. Both parties agree compliance with full and up-to-date Certificates of Insurance.
13. To enable a strong ongoing relationship and to provide clarity in any areas of concern, the Provider will appoint a dedicated representative to liaise with an appointed member of the AAYT Accreditation Committee.
14. Email the AAYT Accreditation team at accreditation@yogatherapy.com.au with details of your course/s for application. In this application email provide the course outline including training hours, showing the yoga therapy related content, learning objectives, participant feedback and evaluation, methods of delivery and points of contact, faculty credentials, experience and insurance certification. Please nominate your representative to liaise with the AAYT

Accreditation team and provide their email and phone contact details.

15. Any changes to the course structure/subjects must be advised by the Provider to the AAYT Accreditation Committee within seven (7) days of such change via email together with a copy of such change.
16. Following assessment and approval, receive invoice for course payment. Upon payment course information will be published on the AAYT website.
17. To ensure relevance and educational acumen the APD program will accrue the following points, **as detailed in the form below**, the value depending on the method used:
 - **Contact & Training** - 1 hour = 1point
 - **Non-Contact Training** - 1 hour = 0.5 points point
 - **Other training & APD** – 1 hour = 0.25 point

Contact/Non-Contact & Training	Writing and Research	Other Training and APD
<p>Contact – via face-to-face attendance and/or via real time fully interactive video hook uplink such a webinar or internet training program.</p> <p>Non-Contact – pre-recorded online training with concluding testing of coherence and understanding of the subject matter.</p> <p>Training - Presenting post-graduate training to other yoga therapists in the area of yoga therapy.</p> <p>Research – Undertaking formalised research approved by an ethics committee.</p>	<p>Writing – Writing yoga therapy articles for yoga therapy association, recognised journal articles or equivalent.</p> <p>Webinars – Attendance at webinars, whether in-person or pre-recorded including any attendant research required prior/following such webinar.</p>	<p>Undertaking formalised training from another discipline/modality which is not considered yoga, but the skill learnt can be applied to the yoga therapy consultation.</p> <p>Other APD training as negotiated and accepted by AAYT committee.</p>
1 hour = 1 point	1 hour = 0.5 points	1 hour = 0.25 points

REQUIREMENTS FOR APPLICATION:

To apply for AAYT Accredited CPD designation, the applicant must:

1. Be a current member of AAYT and this membership must be maintained throughout the applicable approval period.
2. Be conversant with 2020 AAYT Education and Practice Standards for Accreditation and Membership. Click [here](#) for this document.
3. Email accreditation@yogatherapy.com.au details of your course/s for application.

In this application email, provide:

 - course outline
 - training hours
 - detailing the yoga therapy related content

- participant feedback and evaluation
- methods of delivery and points of contact
- faculty credentials and experience
- insurance certification

Please nominate your representative to liaise with the AAYT Accreditation team and provide their email and phone contact details.

4. Submit the CPD Application fee. Upon course approval you will become a Registered Provider and be invoiced for your provider fee. Provider registration is effective if AAYT membership is maintained, and the provider fees are paid.
5. AAYT course designation expires two (2) years after date of submission, after which date the Provider may choose to renew the original course or submit an updated version of the course.

APPLICATION & PROVIDER FEES:

The following fees are applicable upon CPD Course application and approval:

1. An Application Fee of A\$150.00 (incl. GST) due on application.
2. An annual Provider Fee of A\$200.00 for the duration of the course (incl. GST) invoiced after course approval.
3. An annual Provider Fee of A\$125.00 for each additional course (incl. GST) invoiced after course approval.

TERMINATION:

Should either party acknowledge that their association is no longer viable, either party may terminate said association in writing within thirty (30) days of termination date.

FURTHER CONTACT:

Please refer to the AAYT website or contact accreditation@yogatherapy.com.au for further information or clarification regarding any of the above points.