



Utilizing Cross-Curricular Research to Benefit Rehabilitation in Multiple Fields

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Introduction

Trauma was once a word that was used in the medical field referring mainly to physical injury. Today, trauma is a complex term that is equated to not only severe physical injury, but more often a deeply distressing or disturbing experience (Lexico, 2020). The field of education has gradually become aware of childhood trauma and its effects on both the child, his environment, and his learning capabilities. Once considered phenomenological, educators now see traumatized youth en masse in the classrooms and struggle with how to deal with the emotional and physical ramifications. Behavior is impeding learning and school districts are scrambling to find social/emotional curriculum to add to the already overloaded schedules to effectively band-aid the problems. Recent cross-curricular efforts, however, offer a solution to these crippling situations.

[1] evaluated the developmental effects of a school-based violence prevention program. He discovered that with “consistent social/emotional and literacy training integrated into the school curriculum, that universal intervention has both universal impacts on social-cognitive processes and behaviors in the social-emotional domain, and subgroup impacts in the academic domain” [1]. A 2018 study by Cassidy, Brooks, Nelson, and Lee found that introducing yoga into the curriculum stimulated metacognition, increased self-regulation skills, and promoted attributional retraining bias, as defined by [1]. Findings of this study revealed an 87.5% decrease in undesired behavior and a 500% increase in classroom engagement [2]. They also found that the key to significant gains, much like [1], was the consistency in which yoga instruction was implemented and the training level of the person instructing the session [2].

Of great interest is the multifactorial benefits related to rehabilitation with the use of yoga both in the medical and education fields. [3] note that yoga in the medical community is an emerging field. Their study looked at the benefits of yoga in an inpatient

brain injury rehabilitation setting with sessions held weekly for 60 minutes and using a modified Hatha yoga style [3]. Benefits reported in this mixed-methods study included improved relaxation, physical well-being, emotional well-being, being present, and self-awareness. [4] reported in a randomized controlled trial of a 12-week yoga intervention on negative affective states, cardiovascular and cognitive function in post-cardiac rehabilitation patients that a regular practice of yoga reduces negative affective states such as anxiety, depression, and stress and improves cardiovascular and cognitive function. [4] also recommends that “yoga may prove to be a practical adjunct to cardiac rehabilitation in further reducing cardiac risk factors as well as improving self-efficacy and post-cardiac rehabilitation adherence to health lifestyles.”

In fact, an exhaustive literature search of potential risk factors for the practice of yoga, both in the education and medical fields, produced only a handful of risks which included the wrist, lower back, shoulders or elbows, knees, hamstrings, and neck [5]. Most of these injuries, according to Rebecca Waible, founder of Yoo Yoga! are due to repetitive strain or stress injuries and most will be avoided with a well-trained yogi [5]. This emphasizes the importance of the [2] study noting significant results with properly trained yoga instructors in the classroom.

In this age of communication and information, professionals have a plethora of research available at their fingertips. Implementing cross-curricular research in an effort to improve practices and promote rehabilitation, whether it be attributional retraining of social trauma or physical enhancement to lower risk factors in serious health conditions, is an emerging trend that promises efficient and timely resources. We must seek only to remove perceived barriers if we want to combine our efforts for a non-invasive, research-based, positive intervention modality such as yoga for a multitude of practices.

Acknowledgment

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Conflict of Interest

No conflict of interest.

References

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