



CLINICAL SUPERVISION PROGRAM



SEVANTI
INSTITUTE



CSP Clinical Supervision Program

The Sevanti Institute AWCP **CSP Clinical Supervision Program** aims to provide the clinical education, supervision, and practice competency needed for students to apply their knowledge of Ayurveda to healing others and/or seeking to become certified as Ayurvedic Counselors. CSP training is an essential stepping stone towards the practice of Ayurveda counseling. Students will learn from those with years of experience, as well as from their peers. Clinical supervision will offer valuable insights into the work of an Ayurveda counselor and the personalized feedback needed to improve the student's efficacy with patients, capacity to diagnose Ayurveda doshic patterns, and offer the most effective treatment strategies to support their patients.

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Schedule and Course Dates

AWC 19: CSP Orientation Weekend

- Mandatory: June 27-29, 2025
- Instruction times: 9:00 am - 12:00 pm and 1:30 - 5:00 pm CST

AWC 20: Individual Case Supervision

- August 4, 2025 - June 24, 2026
- Supervision hours: Mondays: 11:00 am - 2:00 pm CST
 Tuesdays: 11:00 am - 2:00 pm CST
 Wednesdays: 11:00 am - 2:00 pm CST

AWC 21: Group Clinical + Presentations

- August 5, 2025 - May 19, 2026
- Group supervision sessions - 1st and 3rd Tuesdays of each month
- Tuesdays, 2:00 - 5:00 pm CST
- 20 sessions



Course Modules

The CSP program is an essential step to refining the art and practice of Ayurveda wellness counseling. Student interns will learn from those with years of experience, as well as from their peers. Clinical supervision offers valuable insights into your work as a counselor, helping you to improve your capacity to better assess Ayurveda doshic patterns and to offer the most effective treatment strategies to support your patients.

CSP Course Modules deepen the clinical growth process and prepare students for clinical practice and professional certification exams.

AWC 19: CSP Orientation Weekend | 30 hrs

We will start the Clinical Supervision Program with an orientation weekend. During orientation, students will take on a new status as Ayurveda Interns and learn the ropes of clinical practice at Sevanti Wellness, the host platform for this program. Interns will learn what is expected of them and begin the journey of clinical practice. We will introduce the methodologies used in providing Ayurveda counseling to our clients, including diagnostic intake methods, educating our clients, client rapport, clinical treatment strategies, nutritional and herbal medicine strategies, when to utilize physical versus subtle therapies, distinguishing physical from mental nidhan and strategies for each, to cleanse or not to cleanse, when less is more, using western nutritional tests, interpreting medical lab testing, and many helpful tips. The goal of this course is to offer the students the ability to see into their clients with clarity and authenticity, to trust that they can guide the client through to balance, and to gain the trust of your clients so you can help them make the most important changes that make the greatest impact. The difference between a successful and unsuccessful Ayurveda practice is not our knowledge of VPK, but our understanding of people and our capacity to connect with them.

AWC 20: Individual Case Supervision | PE Credits

Module AWC 20 is the primary supervision and clinical feedback module needed to acquire Patient Encounter (PE) credits. AWC 20 focuses on one-on-one individual supervision with the supervisor. Clinic Interns are required to present their case intake and report for review. The supervisor will review the report and suggest changes accordingly. All recommendations to the client must be reviewed and approved by the supervisor. All supervision will be offered via Zoom video conferencing through the Sevanti Practice platform.

AWC 21: Group Clinical + Presentations | PE Credits

Module AWC 21 is our group clinical strategy and case presentation module that exposes students to advanced clinical methodologies. Group Clinicals are offered every other week for 3 hours, and we cover advanced clinical topics such as use of tattwas and symptomatic patterns of dosha dushti, developing an accurate samprapti assessment and case report, treatment plans, counseling chikitsa, Ayurveda psychology in clinical practice, asking intelligent intake questions to assess vikruti, clinical assessments of PTO, sleep management in Ayurveda practice, managing dual dosha imbalances, cleaning Ama in counseling practice, pulse and tongue reading, dhatu/upadhatu/mala use in clinical practice, followup strategies, herbal strategies, client compliance, and much more. All supervision will be offered via Zoom video conferencing through the Sevanti Practice platform.



Supervision Guidelines

AWC 20 Individual Case Supervision

Format: Online videoconference
Supervisors: James Bailey, DASc, AD
Dates: August 4, 2025 - June 24, 2026
Times: Please limit to 60 minutes per case report
Mondays: 11:00 am - 2:00 pm CST
Tuesdays: 11:00 am - 2:00 pm CST
Wednesdays: 11:00 am - 2:00 pm CST
Process: See Intern Case Management on pg 7
PEs: Lead Intern receives 1 PE credit; Observing Intern receives 1 PE credit

During individual supervision sessions, the supervisor may request that the Lead Intern present the case at an upcoming Group Supervision session.

AWC 21 Group Clinical and Presentations

Format: Online videoconference
Supervisor: James Bailey, DASc, AD
Frequency: 20 sessions total; 1st and 3rd Tuesdays of each month
Schedule: August 5, 2025 - May 19, 2026
Tuesdays, 2:00 - 5:00 pm CST
First group supervision meeting: August 5, 2025
Dates: Aug 5+19, Sep 2+16, Oct 7+21, Nov 4+18, Dec 2+16, Jan 6+20, Feb 3+17
Mar 3+17, Apr 7+21, May 5+19
Outline: Group Supervision Topics with Lead Supervisor (45 min)
Slot 1: Intern presentation of consultation case of interest (45 min)
Slot 2: Intern presentation of consultation case of interest (45 min)
Slot 3: Intern presentation of consultation case of interest (45 min)
PEs: Presenters (lead interns) and original live case observers receive no additional PE credits; all others receive 1 PE credit.

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Group Clinical and Presentations | Meetings outline

- Open Mic: questions and/or issues related to intern counseling
- Group Supervision Topics on case management with Lead Supervisor
- Three (3) case presentations
- Attendance required for PE credits
- Alphabetical presentation order

Individual Supervision Hours

Due to the number of interns and the amount of supervision needed, the supervisors will offer three 3-hour supervision windows per week via teleconference. Plan 30-60 minutes per session. Interns are responsible for scheduling their supervision time with the supervisor during supervision hours.

Lead Intern vs Observing Interns

In any given consultation, there are two types of interns: the **Lead Intern** and the **Observing Intern**. The role of each intern should be clear. At times, you will be the Lead Intern; at others, you will be an Observing Intern. Below, the roles of each are described in detail. Please respect each other's role in the teamwork process we are attempting to create here at Sevanti Wellness.

Lead Intern - Case Management

The Lead Intern is the primary student intern conducting a given consultation and manages the needed communications and rapport with both the client and Observing Interns. You are in charge of the session and the assembled team for this patient encounter. Here is what you will need to do as Lead Intern to schedule, practice, and receive supervision as the Lead Intern:

1. Client books a session with you from your profile page on the Sevanti Wellness webpage
2. Client (and you) receives an email notification with your static Zoom link
4. Announce the session to other Interns on Zoom Team Chat + add your static Zoom link
5. Duplicate the Intake/Follow-up Form and dedicate to new client (rename as Client's initials)
6. Conduct the Ayurveda counseling session + take careful notes for case report
7. Create a case report for supervision
8. Schedule your 30-60 min supervision session with the Supervisor during supervision hours
9. Share supervision time with the Observing Interns (optional for Observers to attend)
10. Attend supervision session.
11. Update and send the finalized assessment report to the client *
12. Schedule a follow-up with the client

* Please note that all case reports, whether initial or followup, must be supervised and authorized by an active supervisor before the case report is shared with the client. Under no circumstance may the results of the case report, including diagnosis and recommendations, be changed without supervisor approval. Case reports and the final diagnostics and recommendations to your clients are not negotiable. If followup circumstances change the diagnostics and the intern believes that nutrition and lifestyle recommendations must then change as well, those changes must be authorized by the supervisor prior to sharing with client.

Observing Intern - Case Management

The Observing Intern is a passively observing participant, a fly on the clinical wall, of a patient encounter who's sole purpose is to learn from the encounter, take notes, and serve to support the Lead Intern and client. Here is what is expected of you during all patient encounters as the Observing Intern:

1. Respond to the Lead Intern's announcement on Zoom Team Chat (as simple as "I'm in!")
2. Duplicate the Intake/Follow-up Form and dedicate to new client (rename as Client's initials)
3. Observe the counseling session lead by the Lead Intern + take careful notes for case report
4. Do not interrupt the Lead Intern.
5. Respond only to questions prompted from the Lead Intern.
6. Use the Chat feature on Zoom to ask questions.
7. Be a source of emotional support to the Lead Intern.
8. After the session, tidy up the case report
9. Attend supervision session with Clinic Supervisor and Lead Intern (advised but not required)

Individual Supervision

Following each client consultation, the Lead Intern is expected to immediately schedule the supervision session with the supervisor during supervision hours. Notify the Observing Interns of the supervision session via Zoom Team Chat. Individual supervision is required prior to sharing the final case report with the client. The diagnostics and recommendations must be approved. Observing Interns are advised to attend that supervision session, but are not required. In the supervision session, both Lead and Observing Interns are encouraged to ask questions about the case. Once the case report is complete, the final report will be emailed to the client. At that time, the PE credits will be allocated to all involved in that client case. The Supervisor may ask you to present your finalized case report at one of the bi-weekly group supervision sessions.

Case Report Forms

Following each client consultation, both the Lead and Observing Interns will complete their case reports and leave a copy in their Lead/Observe report folders for the supervisor to review. From the Lead Intern, the case report is expected to be made more educational and understandable to the client. More is expected from the Lead Intern case report than from the Observers. After supervision, the Lead Intern

will CC the updated report to the Observers, so that the Observers can learn from the Lead Intern's polished report. Remember, you are learning from each other as well as from the supervisor.

- Two intake forms: Initial Intake and Follow-up
- Use intake form to create final report for client + supervisor
- Found in your private Sevanti Wellness Intern Google folder
- Do not move or edit the original master copy forms! You may duplicate if you lose your copy.
- Make a duplicate of the form before using with client, rename file with client name, then use
- If you use or lose the original, let me know and I'll create a new original for you
- Files can be downloaded and shared as PDFs or shared with digital link to group

Client Recruitment

- Sevanti Wellness | Ayurveda Student Clinic - we will build a profile page for you
- Other Sevanti Institute grads
- Friends and family
- Clients must pay for consultations via the Sevanti Wellness website (\$50/\$30)

Sevanti Wellness Consultation Fees

All fees paid to Sevanti Wellness by clients are used to support the growth and operation of Sevanti Wellness. No money goes to student interns. Sevanti Wellness believes that \$50 for an initial intake and \$30 for a follow-up are very reasonable fees for intern-level services. We understand that some clients may not have the resources to pay for Ayurveda consultations. In such cases, inform your supervisor to request an exceptional allowance of free consultations.

Recommendation of Herbs and Wellness Services

Interns will not financially profit from the recommendation of herbs, wellness products, or services in any way. When you are practicing on your own, you are free to do as you like, but I would not recommend it because it's a potential conflict of interest. I personally prefer to prescribe herbs that I think are needed for a client, and give them dosages and sources to buy them. There are good reasons why we pay doctors for prescriptions and pharmacies for the meds. It's the same for herbs and wellness services. The client is already paying me to prescribe the herbs and services. I learned that it was best to separate the prescription from the prescribed. People will perceive that as gouging. Or that we're only prescribing what we have in stock or that we're interested only in our affiliate benefits. Sell your time, sell your knowledge, and wise expertise, but do not profit from both ends of the medicine. That's my way. You can do otherwise, once you've completed the program.

Scope of Practice for Ayurveda Wellness Counselors

Ayurvedic Wellness Counselors are competent in health promotion and disease prevention. They utilize the principles of Ayurvedic medicine to create diet and lifestyle (*ahara* and *vihara*) recommendations according to their assessment of the patient's Ayurvedic constitution and imbalances (*prakriti* and *vikriti*),

state of the *doshas*, *agni*, *dhatu*s, *malas*, and *manas* (mind). They educate, motivate and counsel patients in order to support them to be successful in implementing the principles of Ayurveda into their lives.

Intern Conduct Standards

Sevanti Wellness interns are conducting their counseling sessions under the guidance and oversight of Sevanti Institute and Sevanti Wellness. You represent Sevanti in your work. We expect all interns to conform to the following practice standards.

- Clinic Interns shall conduct themselves professionally with their primary attention given to the presence and needs of their clients.
- Clients should be made to feel welcomed and appreciated for their role in the counselor-client relationship.
- Intern shall establish healthy boundaries with the client: Sevanti Wellnessial, physical, sexual, emotional, psychological, and spiritual.
- Keep the identity of your clients private and limited to the CSP group. Do not share personal information about your clients with others.
- Conversations should be focused on the counseling process with minimal time spent on personal events and other people, unless relevant to the counseling process.
- No gossiping
- No sharing of personal information unless relevant to the counseling session.
- Stay within the scope of your practice (see Scope of Practice for Ayurveda Wellness Counselors). You are not the client's medical doctor, Ayurvedic doctor, psychotherapist, physical therapist, yoga teacher, energy healer, etc.
- Treat your counseling sessions as a professional interaction.

Sevanti Institute reserves the right to remove Clinic Interns from the CSP program in the event that conduct does not meet the above practice standards.

Dress Code

All Clinic Interns, both lead and observing, will present themselves professionally with proper attire and grooming at all counseling sessions, whether initial or follow-up.

Videoconferencing Space Standards

With the explosion of videoconferencing becoming the new normal in telemedicine, clients are exposed to a wide range of background environments. We understand that our homes are meant to be homes, but do your best to create a professional background as much as you can. Keep your Zoom space clean. Create proper lighting. Manage the noises of your home (kids, spouses, pets, etc). An occasional interruption is fine, but please avoid constant distractions to your self and your client.



Sevanti Practice | Ayurveda Student Clinic

Sevanti Practice | Ayurveda Student Clinic is the clinical practice wing of Sevanti Wellness multisite. Sevanti Practice is the telehealth platform for professional Ayurvedic practice and a practice gateway for CSP student interns in the final phase of their studies. Experienced clinical faculty with a wide range of expertise in Ayurvedic Medicine will supervise student interns as they provide and/or observe individualized patient care. The SP is also home to the private practices of several Ayurveda practitioners, yoga therapists, and Jyotishis.

SP patients have the option to choose between our certified Ayurvedic faculty or a supervised student intern for their wellness consultations. This allows our student interns to gain the experience and supervision needed while offering those services at an affordable rate. By choosing a student intern for a consultation, patients are supporting the development of our students on their path to professional practice.

HIPPA-Compliant Videoconferencing

All interns will operate their own Zoom videoconferencing platform that seamlessly connects practitioners and interns to the patient from a distance. Patients can login and experience an Ayurveda consultation from the comfort and privacy of home. Client data — whether transmitted or stored — is encrypted with 256-bit AES encryption to ensure that the visits are always secure.

SP will provide an online clinic schedule platform using Acuity Scheduling with the option for patients to choose a student intern or practitioner of their choice. All interns and faculty practitioners will be visibly present on the SP site.

CSP Supervisors

Sevanti Wellness also serves as the practice site for several Ayurvedic practitioners. Enjoy the experience and expertise in the specialties that each of our private practitioners has to offer.

Clinical Supervisors

James Bailey, DASc, AD