
DR. KELLI M. BETHEL, PT, DPT, C-IAYT, E-RYT 500

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Maryland Physical Therapy License #17289

Profile

Dr. Kelli M. Bethel PT, DPT, C-IAYT, E-RYT 500, is a practicing physical therapist with over 27 years of experience, a certified yoga therapist, and a registered, experienced 500-hour yoga instructor. Dr. Bethel works at The University of Maryland School of Medicine Center for Integrative Medicine and owns Tafiya Yoga and Wellness, a private yoga and physical therapy practice. She has extensive experience as a physical therapist, treating both adult and pediatric clients, focusing on neurologic injuries and disease, as well as patients with cancer. Dr. Bethel has been working in the field of yoga therapy since 2007, with an emphasis on stroke, brain injury, and cancer.

Dr. Bethel designed and operates the Yoga for Stroke/Brain Injury Program. The program is currently offered at The University of Maryland - Baltimore Washington Medical Center in Glen Burnie, Maryland, and Greater Baltimore Medical Center in Towson, Maryland. This program is a post-rehabilitation program for survivors of stroke and traumatic brain injury. She currently works with cancer patients at the University of Maryland Greenbaum Cancer Center and sees clients with a variety of chronic medical conditions as well.

As the Director of Yoga Therapy and Yoga at the University of Maryland School of Medicine Center for Integrative Medicine, Dr. Bethel oversees, develops, and implements multiple yoga teacher training programs. These include a 200 and 300 hour Yoga Alliance approved teacher training programs, Healing Pathways program, and various continuing education programs for Yoga Alliance, the International Association of Yoga Therapist, and health care provider organizations.

Clinically, Dr. Bethel provides physical therapy and yoga therapy to patients through the Center for Integrative Medicine's various contracts. She works directly with patients, their families, and staff to develop and implement patient-centered treatment plans, working within the scope of practice and ethics of the State of Maryland Physical Therapy Board and the International Association of Yoga Therapist.

Dr. Bethel completed her Bachelor of Science in Physical Therapy at Ithaca College in 1992. She studied Community Health Care Administration at Towson University, received a graduate certificate in Integrative Health and Wellness from the University of Maryland, Baltimore in 2018, and her Doctor of Physical Therapy from Arcadia University in 2020. She completed her 200-hour Registered Yoga Training (RYT), and 500-hour RYT at the University of Maryland School of Medicine Center for Integrated Medicine. Dr. Bethel received her Yoga Therapy Certification through the International Association of Yoga Therapist and is a registered, experienced yoga teacher with Yoga Alliance. Additionally, she has completed level 1 and 2A training of the Warrior at Ease Program for military personnel and is a Reiki Master.

Dr. Bethel has lectured on her Yoga for Stroke Program at the International Therapeutic Yoga Annual Conference CIC programming, held roundtable discussions at the Yoga as Medicine Conference, and given numerous lectures, continuing education workshops, and in-services in the health community. She is a registered yoga instructor with Yoga Alliance, and a member of the American Physical Therapy Association and the International Association of Yoga Therapist.

Experience

Physical Therapist, Certified Yoga Therapist and Director of Yoga Therapy and Yoga University of Maryland School of Medicine Center for Integrative Medicine, 2017 to Present.

Current Roles and Responsibilities

- Develops, implements and oversees multiple yoga teacher training programs, continuing education programs for Yoga Alliance, International Association of Yoga Therapist, and various licensed health care boards
- Conduct workshops for attendant staff and special events
- Responsible for programs curriculum and content, staff, participants, and budgets
- Review yoga teacher/yoga therapist applicants conduct interviews
- Manages and oversees yoga teachers and yoga therapist staff
- Interviews, selects, and trains other yoga educators.
- Ensures programs comply with all applicable guidelines and requirements by appropriate governing bodies.
- Provides physical therapy evaluation and yoga therapy evaluation within CIMs integrative medicine programs
- Works directly with patients, families, and staff to provide patient-centered treatment plans and treatments in integrative physical therapy and or yoga therapy.
- Delivers care in either group or individual settings.
- Works within scope of practice and ethics of the State of Maryland Physical Therapy and the International Association of Yoga Therapist

Tafiya Yoga and Wellness

**Owner, Yoga Therapist, Lead Instructor
2008 to present**

Owner, physical therapist, yoga therapist, and lead instructor at Tafiya Yoga and Wellness. Dr. Bethel has a private integrative yoga and physical therapy practice and offers small group classes, which include Yoga for Stroke, Yoga for Brain Injury, and General Therapeutic Classes in Baltimore and Anne Arundel Counties. The practice offers business coaching and mentoring to individuals interested in working in integrative medicine and the therapeutic yoga field.

Active Survivors Network 2006-2008

Programming and administrative support for nonprofit network. Developed and implement adapted programing for survivors of chronic medical conditions to return to active movement.

1999-2002 InMotion Pediatric Physical Therapy

Owner, Primary therapist

1998-2000 KKI Child and Family Support Program

Staff Physical Therapist

1997-1998 Church Home and Health

Director of Physical Therapy Services

1994-1997 Anne Arundel County Public Schools

Staff Physical Therapist

1995-1997 Good Samaritan Rehabilitation Hospital

Physical Therapist

1993-1994 Comprehensive Rehabilitation Care

Staff Physical Therapist

1992-1993 University of Maryland, Department of Physical Therapy

Staff Physical Therapist

Education

- Ithaca College, BS Physical Therapy 1992
- Maryland Physical Therapy License #17289
- Towson University, 30 Credits towards master's in health science, concentration Community Health Administration
- Graduate Certificate Integrative Health and Wellness, University of MD Baltimore 2018.
- Doctor of Physical Therapy, Arcadia University, 2020.

Certifications

- 200 Hour Yoga Teacher Certification
- 500 Hour Yoga Teacher Certification
- E-RYT 500
- Certified IAYT Yoga Therapist
- Experienced Registered 500 Hour Yoga Teacher Yoga Alliance Continuing Education Provider
- Reiki Master
- Level 1 Certification Warrior at Ease Program
- Level 2 A Certification Warrior at Ease Program
- COPE Health Coach, Villanova University School of Nursing, Center for Obesity Prevention and Education
- Basic Life Support for the Health Care Provider (BLS)

Additional Lectures/Rounds/Awards

- 2013 SYTAR CIC "Yoga for stroke survivors: a hospital-based outpatient hatha yoga program" International Association of Yoga Therapist
- 2015 Lectured of Yoga for Stroke/Brain Injury at the Maryland Brain Injury Maryland Conference
- Multiple Yoga for Stroke Lecture at Grand Rounds, and Neuro conferences at Greater Baltimore Medical Center.
- Rounds on the benefits of therapeutic yoga for the cancer patient at UM BWMC Tate cancer center.
- 2016 Yoga for All Course Stella Maris rehab (PT CEU Course)
- Presentations at various rehabilitation centers in the area to Licensed Health Care providers interested in learning more about the benefits of therapeutic yoga.
- 2016 Loyola Primary Progressive Aphasia lecture on the benefits of yoga
- 2016 Emory University Physical Therapy Elective- Lecture Yoga For Stroke
- 2016, 2017 Yoga for A Health Back, the Institute of Integrative Medicine (PT CEU Course)
- 2016, 2017 Yoga for Stroke Course Work levels one and two, Tafiya Yoga and Wellness
- 2016, 2017, 2018, 2019 Yoga and Therapeutic Yoga 4th University of Maryland Medical Students, Integrative Medicine Rotation
- 2017-present Maryland University of Integrative Health Guest Lecture and Clinical Supervisor of Yoga Therapy Students
- 2017, 2018, 2019 Emory University Physical Therapy Elective- Lecture Yoga For Stroke
- 2017 SYTAR CIC Presentation, "Eat Lunch in the Hospital Cafeteria and Other Lessons Learned in Providing Yoga Therapy in the Hospital Based Setting", International Association of Yoga Therapist
- 2017 Lecture/Panel Yoga for the Neurologic Population, American Congress of Rehabilitation Medicine
- 2017 Yoga and Therapeutic Yoga Lecture in Center for Integrative Medicine's Applied Integrative Medicine course
- 2017 Developing a Self-Care Toolbox for Back Pain, University of Maryland Baltimore Washington Medical Center's Lunch and Learn
- 2018 Poster Yoga for Neurologic Population, Academic Consortium of Integrative Medicine 2018 Roundtable Symposium Yoga Therapy and Research Common Interest Community Rehab section "Inter-professional Sutras: Healthy Conversations as the Fabric that Unites"
- 2019 Montreal International Symposium of Therapeutic Yoga (MISTY) Faculty.

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- Presentations on Yoga for Stroke, and Therapeutic Yoga in Cancer Care.
 - 2019 Lecture Nazareth College Physical Therapy Program, yoga elective. Topic Yoga for Stroke/TBI
 - 2019 University of Maryland MS Patient Education Forum, “Integrative Health Strategies for the MS Patient”
 - 2019 Maryland Institute College of Art, Freshman Seminar, Lecture and Panel, “Breath”
 - 2019 Wellness Workshop Children’s Guild

Publications

- Measurement in Clinical Practice Part 1- Introduction to the PROMIS Tool, Fall 2018
- Measurement in Clinical Practice-Part 2- The PROMIS Tool. Yoga Therapy Today, Spring 2019
- Cochrane Commentary- Yoga for Urinary Incontinence.

Volunteer Experience

- Member, Board of Trustees Montessori School of Central Maryland, Lutherville, Maryland 2004-2012
- Chairman, Board of Trustees, Montessori School of Central Maryland 2008-2011
- Co-Chair Licensed Health Care Task Force International Association of Yoga Therapist 2017-present
- Credentialing Committee International Association of Yoga Therapist 2017-present

References available upon request.

