



ACTIVATE PSYCHOLOGY
TRAUMA SENSITIVE YOGA
METHVEN 6 WEEK IN PERSON GROUP CLASS
PROPOSAL

OBJECTIVES AND RATIONALE FOR THE GROUP:

Trauma Sensitive Yoga (TCTSY) is an evidence based, clinical intervention for Complex Trauma or chronic, treatment resistant Post-Traumatic Stress Disorder (PTSD).

TSY is used to Develop and practice new skills in a safe and supportive environment to support reintegration into usual activities. (ISSC Service Schedule July 2023).

Research studies by Bessel A. van der Kolk and colleagues have shown that TSY significantly reduced PTSD symptoms, Levine, Porges, Dana *et al.* Identify the link between TSY embodied practices and the regulation of the Polyvagal system. Trauma Sensitive Yoga draws on trauma theory, attachment theory, neuroscience, and yoga philosophy and practice. It is an ideal Therapeutic Mind & Body Practice to support Complex Trauma, PTSD, Anxiety Disorders, Dissociation, Panic & Overwhelm, Calming the Polyvagal System, Depression and more.

Our TSY practice invites free form posture and movement with an emphasis on noticing and re-connecting with inner sensations. The gentle invitational practice encourages comfort and curiosity for the client to remain in parasympathetic throughout. Additionally, guided mindful suggestion and meditation in our practice brings awareness to the body and a shift in orientation, from the external to the internal. This shift is a key attribute of TCTSY as a complementary treatment for complex trauma.

Trauma Sensitive Yoga helps the client familiarise and develop acceptance of their internal states by focussing attention on breath and body sensation. By tuning in rather than tuning out sensation clients will gain understanding of how the body holds emotion and through breath and movement learn how to release tension and holding. Combined with a guided meditation, positive affirmations are used to help relax and reset the nervous system and provide an inner sense of calm and stillness and a restorative rest. This repeated intentional practice creates a conscious and unconscious experience embodied by the client. Throughout the course these repetitions rehearse moving in and out of the comfort zone in a non-threatening way offering opportunities for learning how to

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manage internal and external state and self regulate between relaxation and activity. Body Based practice like Paced Breathing, Somatic awareness, Mindfulness and Movement increases competence, confidence and expands the window of tolerance to manage triggering emotion, causing hyper-arousal and distress. These prolonged states common after trauma cause stress, overwhelm and exhaustion, and are further linked to chronic depression, pain and disease.

Trauma Sensitive Yoga is an evidence based practice reporting benefits of:

- Feeling Calmer
- Feeling Relaxed
- Improves regulation
- Better Sleep
- Reduces Stress
- Activates the Parasympathetic
- Calms the Gut / Digestion
- Reduces Chronic Pain
- Increases Energy
- Rejuvenates the body
- Improves Memory & Concentration
- Reduces Dissociation
- Reduction of Anxiety & Depression
- Reduces feelings of Overwhelm
- Improves overall mood
- Reduction of Hyper Arousal
- Reduction of Intrusive Thoughts

Mindful Meditation will also foster a greater sense of:

- Feeling Safe in yourself
- Trusting in yourself
- Greater awareness of your breath
- Being more present and in the moment
- Greater sense of Self-Compassion
- A sense of Curiosity
- Acceptance
- Appreciation
- Self Esteem / Self Image
- Loving Kindness
- Moving into a larger window of Tolerance



This course is best suited to participants who:

- Have Trauma related anxiety, PTSD or a Mood disorder
- Clients in an established Lead Provider relationship with a Support to Wellbeing Plan in place
- Trauma processing and recovery well established and in process
- Has regular sessions with Lead Provider, either weekly or fortnightly, in between TSY sessions to discuss developing awareness and skills, and to process any new sensation or responses that have emerged during the sessions.
- Wellbeing Plan Goals that align with the course objectives
- Can engage in self care outside sessions
- Can regulate distressing emotions and have tools to stay safe to manage any distressing feelings that may arise in sessions or in between sessions.
- Can travel to sessions in Methven, and commit to the 6 sessions and arrive 10 minutes prior to the start time. This course builds on from each session so it is important to attend all 6 classes to gain the maximum benefit.

This course is NOT suited to:

- Clients currently experiencing Psychosis
- Are currently reporting to be feeling suicidal, or have a strong suicidal ideation
- Have been admitted to ED or Crisis care for any risk issues within the last 6 months
- Have a Co-Morbidity of substance misuse, incl Alcohol / Cannabis
- Are struggling with Dissociative symptoms or dissociative disorder.
- Have problems managing anger.
- Have a potential to be a risk to others



FOR INFORMATION AND A REGISTRATION FORM CONTACT:

Sue Sidey - Activate Psychology

sue@activatepsych.nz

[03 3717575](tel:033717575)

FOR LEAD PROVIDERS:

- **Please email the following information:**
 - Clients full name / Claim Number
 - Clients DOB
 - Clients email address and contact phone number
 - Lead therapist name and contact details

- **When applying for approval:**
 - In the Wellbeing Plan/Progress report please request Trauma Sensitive Yoga (TSY) group with your rationale.
 - *We can provide a basic rationale for you to incorporate with your clients individual needs and goals.*
 - Vendor: Activate Psychology
 - Vendor Number: G09892
 - Group based therapy triage x 1 hour: SCGT2.
 - Group-based therapy x 15 hours: SCGW
 - **Deadline for Client enrolment and PO to be supplied is the 31st August 2024**

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MEASURE FOR ENSURING CLIENT SAFETY AND SUITABILITY FOR THE COURSE:

- Before the group begins, all participants will have an opportunity to meet with a clinician, either online or in person to determine suitability for the course. We will discuss the course outline and safety for yourself and others during the course, and in between sessions.
- During triage the facilitating therapist will discuss with the client and the lead provider any safety concerns and a plan will be made if necessary to support the client to be able to attend
- If it is deemed the client is not quite ready for this course, a discussion will be held and a recommendation for what might need to be in place in preparation for them to be able to attend future courses.
- The therapist will ask participants to provide a phone number of a designated support person who can be contacted in an emergency
- The therapist will check in with each client after each session to make sure they are well supported and a follow up in between sessions may be recommended with their lead provider
- The therapist will contact the Lead Provider if any concerns have arisen in session.
- The therapist will liaise with the Yoga teacher

AN OUTLINE OF HOW OUTCOMES WILL BE EVALUATED

PTSD Checklist (PCL-5)

The PCL-5 is a 20-item self-report measure that assesses the presence and severity of PTSD symptoms. The PCL-5 is intended to assess patient symptoms **in the past month**. The PCL-5 has a variety of purposes, including quantifying and monitoring symptoms over time.

The 20-item standard form does not require the client to identify the trauma. The form can be read by respondents or to them either in person or over the telephone. It can be completed in approximately 5-10 minutes.



PRACTITIONERS & CLIENTS INFORMATION **COURSE OUTLINE FOR EACH SESSION:**

This 6 week Trauma Sensitive Yoga course is a conscious embodied healing. Accessing the body senses, by noticing, viewing through beginners mind, and staying present with feelings in the body. This course aims to introduce yoga in a way that supports participants to notice what they feel in their body and enable a sense of reconnection to the self in movement, breath and relaxation.

Developing Trust, Self Compassion and Curious Mind, With the aim to develop confidence and ability to understand and manage your internal and external state. in moving in a way that feels safe and empowered.

In week 1 – Creating a comfort zone. We will invite participants to move intentionally towards comfort. To check in with their body in stillness and experiment with gentle movement. We practice mindful meditation to quieten the mind and connecting in the moment.
Mindfulness Practice: Taking Notice, Beginners Mind & Self Compassion.

Week 2 – Monitoring Comfort to Explore. We incorporate more gentle movement and connecting in the moment through movement & stillness. Aiming to stay in parasympathetic throughout, and learning to scale our experience to know when we are becoming more activated or more relaxed. A guided meditation to deepen the sessions experience and give a relaxation to quieten the nervous system
Mindfulness Practice: Non – Judging, Patience & Trust

Week 3 – Listening We take an internal healing journey down the Vagus Nerve Checking in on our internal organs nerves and neural pathways. Paying attention and listening to our body. Learning how to focus inward with healing attention, release tension, checking in with our muscles, tendons and experience a full body relaxation in meditation
Mindfulness Practice: Attuning to the internal - Non Striving & Letting Go

Week 4 – Stretching We develop stronger internal awareness and how external stress impacts us physically. Through a selection of forms and postures we navigate to the edge of tension, and focus our paced breath to release tension, then experiment in repeating to see if tolerance has increased. In our meditation we move from external state to internal and back to external through a 20 minute relaxation cycle to feel refreshed and energised.
Mindfulness Practice: Curious Mind - Acceptance & Letting Go



Week 5 – Developing Confidence Stepping out of the comfort zone, where healing is intentional, to the learning and confident zones of intentional movement and regulation. Finishing with a rewarding relaxation for the body and a mindful reflection for regulation and restoration. Our intention through this practice is to embed the empowering sense of knowing thyself.

Mindfulness Practice: Self Awareness, Self Compassion, Self-Regulation

Week 6 Integration – Putting these states of Body & Mind into practice as a rhythm that we incorporate throughout our day. Knowing when we need stillness and when we are able to stretch ourselves through paced breathwork and movement into our confident zone. Our final guided meditation is a reassuring opportunity to enjoy incorporating these states within our awareness and control.

Mindfulness Practice: Gratitude and Generosity

Practice returning to this place often.

- Participants are invited to engage in movement and to choose how to respond, the emphasis is to support the healing journey.
- With a focus on quietening the nervous system, by using restorative and gentle movement, relaxation and breathwork.
- By encouraging participants to become curious and develop awareness of choices in relation to their bodies, in this evidence based practice.
- Improved emotional regulation and a reduction in hyperarousal along with increased confidence and an overall feeling of ease, wellbeing, and security.

OUTLINE OF PROCESS

- 1 hour triage consult with the therapist facilitator:
 - to identify and reinforce coping strategies
 - introduce the trauma yoga and mindful meditation processes including the role of the therapist, primarily for assistance with managing distress and facilitating the Guided mindfulness and meditations vs the Yoga Teacher who will direct the yoga, and instruct the paced breathwork.
 - reinforcement of choice throughout to engage in yoga movement.
- 15 minutes either side of session to facilitate client readiness, safety and closure
- Client can participate as much as they like, with no expectation to talk within the group during session. No previous yoga experience necessary
- There are options to use either a mat or a chair. Most exercises are floor based, but a chair is provided as a comfortable option.

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FACILITATORS:

Sara Scott Is an ACC ISSC Counsellor & Registered Social Worker, Hypnotherapist & Psychotherapist from the UK. Sara has worked in the field of Trauma recovery for the last 8 years, and has worked in clinical practice for the NHS in the UK, and OT, PHOs and Private Practice in NZ as a family and relationship counsellor since 2006. She has completed the 20Hr TCTSY Training and has over 18years experience facilitating Relaxation classes combined with Yoga and Mindfulness. Sara also has Trauma Recovery, Reiki II, Hypnobirthing (NZ) and Imago Relationship training to add to her, Relaxation and Mindfulness training. Throughout the sessions Sara offers gentle suggestions to keep awareness, and insight developing with the pieces of work you may be doing, followed by a deeply relaxing guided meditation. Sara has enjoyed seeing the rise in Embodied Trauma Recovery care over the last decade, and incorporates many modalities within her Trauma recovery model. Sara will be in class to support you if you need some help and will also meet with you prior to the start of the course to be sure the course is right for you.

Lisa Meehan is a Qualified Teacher, Massage Therapist and a Yoga Instructor with 12 years experience teaching Yoga, and has completed the SomaPsych 100Hr Trauma Informed Yoga Training in NZ. Lisa comes from a teaching background that encourages the Whole of self to be activated which she draws upon in her therapeutic yoga classes to create a greater connection with our own bodies. Lisa has a bright light energy, and is creative in adapting her sessions for comfort and moving into restorative movement and breathing technique to focus the mind, and release tension from the body. Lisa will keep you updated on the course details, and what you need to bring to be comfortable.



GROUP DURATION (SPECIFIC DATES AND CONFIRMATION OF CLIENT FACING AND NON-CLIENT FACING TIME):

Dates: Weekly on these dates: 11th, 18th, 25th September
Then a gap for school holidays resuming on the
16th, 23rd, 30th October.
Day and Time: Wednesday 12-1.30pm
Venue: Flow Studio, 131 Barkers Road, Methven

Client Facing time:

Triage by Facilitating Therapist:	1 hour
Trauma Yoga:	1.5 hours for 6 weeks
Non-Client Facing time:	1 hours per week per client

Enrolment Deadline: Lead Provider to supply a PO by the 31st August 2024 To enrol a new client

EQUIPMENT PROVIDED

- Mats are available at this venue, if you have your own please bring it along
- Blocks and Blankets are provided
- Chairs are provided.
- Changing room if required.

Please Bring

- Bring pillows and your own blanket for comfort if you prefer
- Wear comfortable warm clothing you can stretch comfortably in,
- Socks for the relaxation section of the session

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References and Modalities incorporated within our practice:

Rosenberg(2017). *Accessing the Healing Power of the Vagus Nerve*. North Atlantic Books, California

Treleaven(2018)*Trauma Sensitive Mindfulness*. Norton, New York / London

Ogden, Fisher (2015)*Sensorimotor Psychotherapy*. Norton Series on Interpersonal Neurobiology. New York

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Kabat-Zinn, J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness*. (1990) Bantam Dell, New York.

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Mahler (2015) *The Eighth Sensory System*. AAPC Publishing. Kansas

Mahler (2016) *The Comprehensive Assessment for Interoception Awareness: A Companion to the Book Interoception: The Eighth Sensory System*. AAPC Publishing. Kansas

Emerson, D., Sharma, R., Chaudhry, S., & Turner, J. (2009). Yoga as an Adjunctive Treatment for Posttraumatic Stress Disorder: A Randomized Controlled Trial. *Journal of Clinical Psychiatry*, 70(7), 1058–1067.)

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Dr Moshe Feldenkrais (2010) *Embodied Movement, The collected Papers of Dr Moshe Feldenkrais*. North Atlantic. US

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Walker, Matthew. Professor of Neuroscience and Psychology (2017) *Why we sleep; The new science of sleep and dreams*. Allen Lane, London.



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With Sara & Lisa



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