

Trauma Informed Yoga Therapy (TIY) Women's Only Group – Timaru

About Trauma Informed Yoga

Many ISSC clients have difficulty processing somatic aspects of trauma (please see Van der Kolk et al, 2014). It has been suggested that neurobiological changes, increased physiological arousal, and poorer health behaviour in the aftermath of trauma paves the way for somatization (Van Omeron et al, 2002). Furthermore, somatization may be related to other psychological consequences of trauma such as depression, anxiety, dissociation, and PTSD (Escalona et al, 2004). Yoga has been found to reduce numerous somatic symptoms in clients with PTSD, depression, and other trauma related conditions (Yoshihara, 2014). The following programme is designed to be delivered to clients in the wellbeing stage of their ACC ISSC treatment.

The Broad Format and Content of the Sessions

Yoga is a beneficial adjunct therapy for talk therapy in supporting people in their recovery from trauma (Van der Kolk, et al., 2014), (Neukirch et al., 2018). Trauma informed yoga can support a reconnection and/or strengthen a connection with the body and mind. This in turn can support the reduction of PTSD symptomology and improve perceived stress, anxiety and low mood whilst increasing resiliency (Price, et al., 2017).

This form of yoga doesn't involve any touching and/or physical assisting by the facilitator instead the participants will have full control of what they do and don't do within the session. This in turn supports self-agency and empowerment.

What to bring

You may like to bring a towel and a water bottle though the movement is not vigorous, it is slow and gentle.

Wearing comfy clothes that allow movement can make the yoga easier to do.

Yoga mats are available to borrow, if needed.

Most importantly we are here to support you in any way we can, this is your yoga practice.

Hours to Request

- 1 hour – SCGT2 - In-person triage for Group-based Therapy
- 12 hours – SCGW - Group-based Therapy in-person sessions

Please advise referrals@southcoastpsychology.co.nz if you are requesting hours so we can hold your client on a waitlist.

Facilitators

Amanda Webber – Counsellor/Social Worker. Amanda is an ACC approved provider for counselling and has 15+ years of experience working in areas of trauma, mental health, general health and education. She has a Bachelor of Social Work with First Class Honours, a Diploma of Psychology and Counselling, and Certification in Complex PTSD and Trauma.

Leigh Marsden – Yoga Instructor. Leigh is a 200 hr Registered Yoga Teacher and certified Breathwork Instructor. She has completed training in trauma informed yoga. Leigh has extensive experience in facilitating therapeutic yoga and breathwork groups.

Course Information

Location: 1st Floor, 5A George Street, Timaru

Dates – 8 sessions:

- 21 Feb 24 – 10 Apr 24
- 8 May 24 – 26 Jun 24
- 7 Aug 24 – 25 Sep 24
- 23 Oct 24 – 11 Dec 24

Times:

- 5:30 pm – 7:00 pm

For further information please contact:

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Social Worker / Therapist
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