

# Online Trauma Sensitive Yoga (TSY) – Women’s Only Group

## About Trauma Sensitive 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 design to be delivered to clients in the wellbeing stage of their ACC ISSC treatment.

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 sensitive 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).

## Objectives

Gentle Yoga movements based on five key principles that are evidence based:

- Interoception
- Shared authentic experience
- Noncoercion
- Choice making
- Invitational language

Each class will share somatic resources and techniques to address the nervous system, alongside an accessible yoga flow and meditation where Trauma Sensitive Yoga principles are applied to reinforce empowerment, self-agency and self-regulation.

Impact of the course will be measured through surveys to understand positive shifts in focus, resiliency, stress tolerance, relationship with body and others, and overall physical and emotional wellbeing.

## Hours to Request

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

Please advise [referrals@southcoastpsychology.co.nz](mailto:referrals@southcoastpsychology.co.nz) if you are requesting hours so we can hold your client on a waitlist.

## Facilitators

**Anna McVeigh** – NZAC full member, ACC registered counsellor with 4 years’ experience with ACC and 15 years’ experience as a counsellor. 100 hours yoga training at Purapura Whetu in Auckland. 20 years’ experience in group facilitation. Online trauma yoga training.

**Raquel Chavez-Nguyen** - Current ACC Trauma Sensitive Yoga Facilitator, 200hr Trauma-Informed YTT with Raw Yoga, 300hr Trauma-Informed Facilitator Training with SomaPsych, 60hr Trauma-Informed and Community Yoga YTT with Rise, 20hr Trauma Center for Trauma Sensitive Yoga YTT, Bachelors in Psychology - George Washington University.

**Amanda Hanna** - 300hr TCTSY-F, 1000hr E-RYT, YACEP, Certified Mindfulness & Meditation Teacher Trainer, 100hr Somatic Dance Teacher, Shaking Medicine Facilitator, Certified Holistic Nutritionist, BA Psych - MA Psych Student.

## Course Information

**Location:** Online only

Term 4 Dates – 7 Oct 24 to 29 Nov 24

- Stream 1 Mon: 12:00 – 1:00 pm (Raquel and Anna)
- Stream 2 Thurs: 7:00 – 8:00 pm (Amanda and Anna)

**For further information please contact:**

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