

Trauma Informed Yoga (TIY) Women's Only Group

About Trauma Informed Yoga

Research has shown that yoga can be a useful tool that works alongside talk therapy to support people to recover from trauma (Bessel A. van der Kolk, et al., 2014), (Neukirch, N., et al., 2018).

The Yoga we do together has been designed in a way that supports you to reconnect or strengthen connection with your body.

This yoga won't involve us touching and/or physically assisting you into any shape or form, it is incredibly important that you have full ownership of how you move into and out of shapes.

Our role is to offer options and you decide if you take up an option or perhaps try something else. We start by using a chair and if it works for you, you can then move to standing shapes and then sitting on the mat shapes. You have complete control of what you do and what you don't do so at any time you can stop.

This yoga **isn't** about how it looks, and you **don't** have to be flexible, instead it supports body awareness and its connection with the mind. This can support us to calm ourselves; to gain new insight/understanding in terms of being in our body and this can support a greater sense of connection to ourselves and support us to live the life we want to.

What to bring

We are encouraging people to bring their own yoga mat and a blanket; we do have a limited number available for use. However, if we were moved to level 2 Covid alert, then we would no longer be able to supply yoga mats so it would be useful to have your own.

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.

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
- (Feb-May Group) 14 hours – SCGW - Group-based Therapy in-person sessions
- (Oct-Nov Group) 10 hours – SCGW - Group-based Therapy in-person sessions

Research

Bessel A. van der Kolk, MD; Laura Stone, MA; Jennifer West, PhD; Alison Rhodes, MSW Med; David Emerson, MA; Michael Suvak, PhD; and Joseph Spinazzola, PhD: http://www.traumacenter.org/products/pdf_files/Yoga_Adjunctive_Treatment_PTSD_V0001.pdf

Neukirch, N., et al. Yoga for PTSD and the role of interoceptive awareness: A preliminary mixed methods case series study. *European Journal of Trauma & Dissociation* (2018), <https://doi.org/10.1016/j.ejtd.2018.10.003>

Course Information

Location: Scottish Hall – 112 Esk Street, Invercargill

Dates:

- TBC

Times:

- First and last sessions – 5:30 pm – 7:00 pm
- All other sessions – 5:30 pm – 6:30 pm

For further information please contact:

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