

iRest Meditation Women's Only Group

About

iRest Meditation is an evidenced based form of guided meditation that has been seen to support the reduction of many symptoms associated with Post Traumatic Stress Disorder such as depression, anxiety, sleep difficulties, feeling a disconnection from the body (depersonalization) and inability to feel relax/calm.

As noted on the official iRest meditation website "The simple steps of iRest (which have been tested in clinical trials) calm the nervous system, release stress, increase resiliency and restore a sense of balance and control."

<https://www.irest.org/benefits/resolve-trauma>.

This form of guided meditation always takes a gentle approach, and the person can choose to come out of the practice, which supports them with a sense of control (self-agency) of the practice it is not being done to them and they decide what their focus will be.

iRest is a useful adjunct therapy as it supports the development of resourcing. A significant component of iRest is to establish an inner resource which can be drawn upon to support therapeutic work when experiencing dysregulation/distress. Further, in the EMDR protocol there is the need to explore resourcing – which is identified as finding a 'calm place' and iRest supports the establishment of this resource. Therefore, iRest can galvanize the practice of resourcing in talk therapy and support the preparation for EMDR.

Hours to Request

- 1 hour – SCGT2 - In-person triage for Group-based Therapy. Each client will have an Initial intake and pre-assessment session individually with a Lead Provider.
- 11 hours – SCGW - Group-based Therapy in-person sessions.

Research

"Extensive research has shown that iRest effectively supports the healing process across a broad range of populations. Currently, there are iRest programs in military hospitals across the US, as well as in correctional facilities, hospices, clinics, schools, and organizations supporting personal growth and well-being. iRest has been endorsed by the US Army Surgeon General and Defence Centres of Excellence as a complementary and alternative medicine (CAM)." <https://www.irest.org/publications/The-iRest-Program-for-Healing-PTSD-by-Richard-Miller>.

What to bring

- You will need to wear comfortable clothes
- your own water bottle
- a mat (or something comfortable to lie on)
- blankets
- a pillow as this is classically practiced lying down (though can also be done sitting up)

Course Information

Location:

- 60 Nith Street, Invercargill

Dates:

- 24 February – 21 April (no session on 7 April as it's Good Friday)
- 6 October – 24 November

Time:

- TBC

For further information please contact:

Katrina Collie

Social Worker / Therapist

200 hr Registered Yoga Teacher

Certified iRest Yoga Nidra Teacher

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