

Trauma Informed Yoga (TIY) Group Therapy Therapist Information

About the TIY classes

- Weekly 1-hour classes
- 9-week block timeframes (in alignment with each NZ school term)
- Styles of classes available are – Level 1 & 2 (including specific Chair based classes) & Yoga Nidra
- All classes are available via on-line formats New Zealand wide and in person in Christchurch
- Individual classes via a private setting can be provided dependent on availability & ACC approval
- For 'accepted' sensitive claims & 'accepted' mental injury physical claims clients
- Suitable for clients from age 18+, from all gender identities, culture/ethnicity, religion/spiritual beliefs, fitness levels, health issues, etc – No experience needed
- All equipment supplied for in person classes & no client expense options available for online clients
- Transport assistance may be funded from ACC if required
- Flexibility so they can make up missed classes within the term by attending any other class we run
- No pressure if they are late – they are fully welcome to still attend
- Handouts provided for all skills and yoga sequences learned to support increased client day to day use
- Online class clients can attend anonymously if they choose
- ACC staff and therapists can attend online anonymously under their own injury claim
- Easy enrolment process with no forms required as safety & suitability assessment is included within triage

What's in it for your client

Some known benefits of practicing Trauma Informed Yoga are:

- Being more present in the moment
- Make choices that are right for the client
- Learning to effectively act on their choices
- Greater awareness of their breath
- Effectively manage stress
- Increased emotional resilience
- Heightened ability for self-compassion
- Feeling of safety and strength in themselves
- Improved quality of sleep
- Decreased intrusive thoughts and hypervigilance
- Greater self-esteem and confidence
- Increased positive self-talk
- Learning to notice more readily what they feel within their body
- Ability to be more expressive in talking therapy sessions
- Development of positive coping methods
- Increased use of self-care strategies
- Establish boundaries and be assertive
- Decreased feelings of depression and anxiety
- Gain increased trust in themselves and others
- Sense of empowerment within
- Develop a positive relationship with their body

Some specific benefits of Yoga Nidra are:

- Rejuvenates the body
- Improves concentration
- Reduces Stress
- Improves the nervous system of the body which is responsible for healing



Southern Alps
PSYCHOLOGY

Southern Alps Psychology in conjunction with
South Coast Psychology

149 Papanui Road, Merivale, Christchurch

Manager: Emily McDonald

emily@sapsych.co.nz



South Coast
PSYCHOLOGY

Trauma Informed Yoga (TIY) Group Therapy Therapist Information

- Improves memory
- Better sleep quality and reduces insomnia
- Reduces symptoms of anxiety and depression
- Improved sense of calm and clarity
- Increase in mood, sense of quality of life and wellbeing
- Reduces chronic pain
- Increased energy levels

Yoga Nidra is particularly suitable for the following clients:

Have physical injuries, mobility issues, anxiety/stress/emotional regulation difficulties, dislike exercise, difficulty with relaxation, problematic sleep or chronic pain issues. It involves no physical movement except some gentle stretches lying down in preparation for undertaking breathwork skills learning.

Levels 1 & 2 Yoga is particularly suitable for the following clients:

Those who wish to participate in predominantly active movement based yoga exercise with an experience of introductory relaxation based practice. Level 2 includes slightly more advanced yoga forms and more advanced emotional regulation skills being taught (various DBT, Brainspotting, HeartMath, Havening, EFT Tapping skills).

Chair Yoga is particularly suitable for the following clients:

Have physical injuries/recovering from surgeries, mobility issues, difficulty standing/bending exercise or are plus sized, don't want to do a more focused relaxation class but ease into relaxation more gently, chronic pain issues, wanting more confidence in yoga practice. It involves the whole class being completed seated in a chair with very gentle yoga stretches and is very relaxing to the mind and body.

Class days, times and venue

Please be advised that there may be changes throughout the year due to facilitator or venue availability.

To register your clients interest for an upcoming course please email referrals@southcoastpsychology.co.nz with confirmation of ACC funding approval, your clients name, phone number and address. Your client will then be placed on our waitlist and contacted for triage 1-2 weeks prior to course commencement to confirm class choice, etc.

Classes are held within **Christchurch** or **Online** on the following days and times:

Term 2 – 30 Apr, 1 & 2 nd May to 25, 26 & 27 th Jun 2024		
Level 1 Yoga	Tuesday	10:00 am – 11:00 am
Level 2 Chair Yoga	Tuesday	11:30 am – 12:30 pm
Level 2 Yoga Online	Tuesday	1:30 pm – 2:30 pm
Yoga Nidra Online	Tuesday	5:30 pm – 6:30 pm
Level 2 Yoga	Wednesday	10:00 am – 11:00 am
Yoga Nidra	Wednesday	11:30 am – 12:30 pm
Level 1 Chair Yoga Online	Wednesday	1:30 pm – 2:30 pm
Level 1 Yoga Online	Wednesday	5:30 pm – 6:30 pm
Level 1 Yoga	Thursday	10:00 am – 11:00 am
Level 1 Chair Yoga	Thursday	11:30 am – 12:30 pm
Level 1 Yoga Online	Thursday	1:30 pm – 2:30 pm
Level 2 Yoga Online	Thursday	5:30 pm – 6:30 pm



Southern Alps
PSYCHOLOGY

**Southern Alps Psychology in conjunction with
South Coast Psychology**

149 Papanui Road, Merivale, Christchurch

Manager: Emily McDonald

emily@sapsych.co.nz



South Coast
PSYCHOLOGY

Trauma Informed Yoga (TIY) Group Therapy Therapist Information

One to One classes can be provided subject to availability – Please contact us to enquire for this option.

Term 3 – 23, 24 & 25th Jul to 17, 18 & 19th Sep 2024 Class schedule TBC

Term 4 – 15, 16 & 17th Oct to 10, 11 & 12 Dec 2024 Class schedule TBC

Therapists, please request a PO for South Coast Psychology (G09884)

13.5 hours x SCGW and 1 hour x SCGT

With PO Start Date – 01 Feb 2024, to Expiry Date – 31 Dec 2024

We have two different groups approved for Christchurch:

- Trauma Informed Yoga Level 1 & 2 (including Chair classes)
 - Trauma Informed Yoga Nidra
- Please email confirmation of ACC funding approval, your clients name, phone number and email address to referrals@southcoastpsychology.co.nz

Our Trauma Informed Yoga Facilitators



Sonya McCullough is a registered Occupational therapist, group facilitator and has experience working with ACC clients since 2017. Sonya has worked within the mental health field for over 20 years and facilitated therapeutic groups within hospitals and community settings. Sonya has a Master's degree in Health studies and has trained in various somatic therapy methods including Brainspotting (developed from EMDR), Havening Technique and Emotional Freedom Therapy (EFT Tapping). Sonya has completed Foundational Trauma Centre Trauma Sensitive Yoga (TCTSY), Sensory Enhanced Yoga for Self-Regulation and Trauma Healing with additional certifications in Trauma Informed Yoga and Yoga Nidra. Sonya has completed 200hr Yoga Teacher Training. Sonya currently works privately and contracts to ACC.

027 444 0873 - sonya@vibrantmindtherapy.com www.vibrantmindtherapy.com



Gaye Mallinson has a Diploma of Counselling and Bachelor of Social Service (Counselling with Distinction) and is an experienced practitioner working with people who have various forms of trauma. She is an ACC Sensitive Claims Therapist. She has completed 20hr Foundational Trauma Centre Trauma Sensitive Yoga, 25hr Sensory Enhanced Yoga for Self-Regulation and Trauma Healing and has further certifications in Trauma Informed Yoga, Yoga Nidra and Pranayama (Breathwork). She is trained in various therapy methods including Dialectical Behavioural Therapy (DBT), Cognitive Behaviour Therapy (CBT), as well as various somatic methods such as Brainspotting (BSP), and Emotional Freedom Therapy (EFT Tapping).

022 357 0010 - gavemallinson@gmail.com www.harmonycounsellingservice.co.nz



Southern Alps
PSYCHOLOGY

**Southern Alps Psychology in conjunction with
South Coast Psychology**

149 Papanui Road, Merivale, Christchurch

Manager: Emily McDonald

emily@sapsych.co.nz



South Coast
PSYCHOLOGY