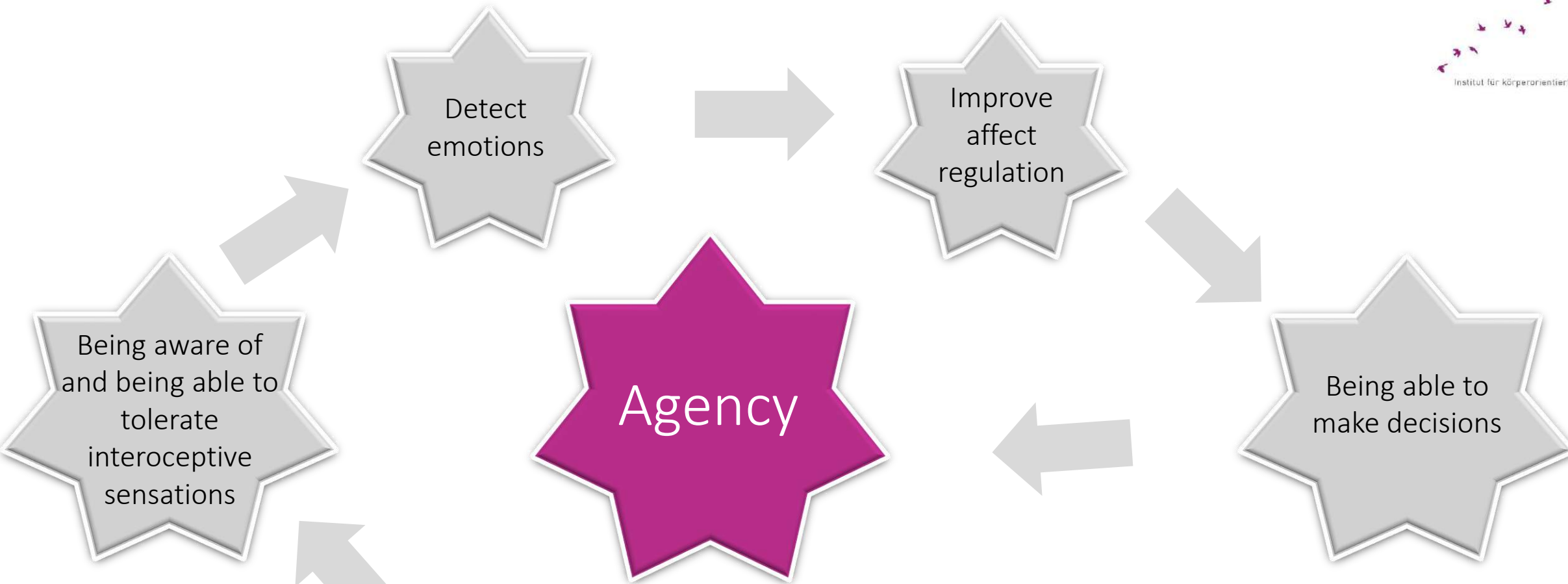


Institut für körperorientierte Traumatherapie

Trauma sensitive Yoga as an adjunctive treatment for complex trauma

Feeling safe in the body



Sense of Self

Yoga?



Yoga is

stillness

a peaceful mind

not being identified with our monkey mind



Yoga as «work-in»

«Yoga» means «Saddle» or «Yoke»

With Yoga we «yoke» our senses



The Tools of a Yogi



Asana – Postures



Pranayama – Breath control



Mindfulness – Concentration, Meditation

The Yogi say ...

...



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practicing Asana (postures), Pranayama (breath control) and mindfulness on a regular basis will lead us to a peaceful and calm mind and our mind undergoes a transformation

Study 2014 – van der Kolk, Emerson et. al.

- Randomized, controlled study
- 64 women
- Diagnose: chronic, therapy resistant PTSD

Design:

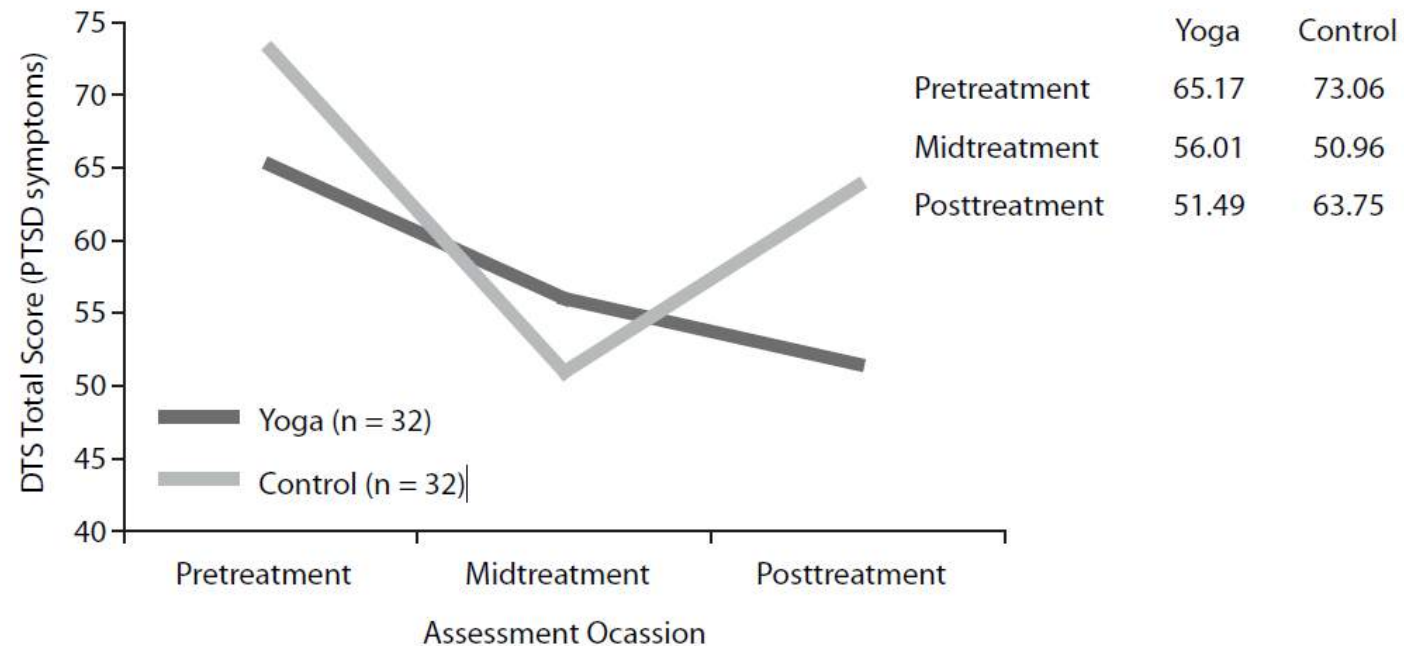
10 Sessions

32 women: weekly TSY lessons

Control Group: weekly group - health informations

Chart 1

Figure 1. Change in Davidson Trauma Scale (DTS) as a Function of Group



Abbreviation: PTSD = posttraumatic stress disorder.

Follow Up 1,5 years later (49 participants)

Results:

The follow up could`not show a long term effect of 10 TSY sessions because a lot of the participants from both groups started with yoga

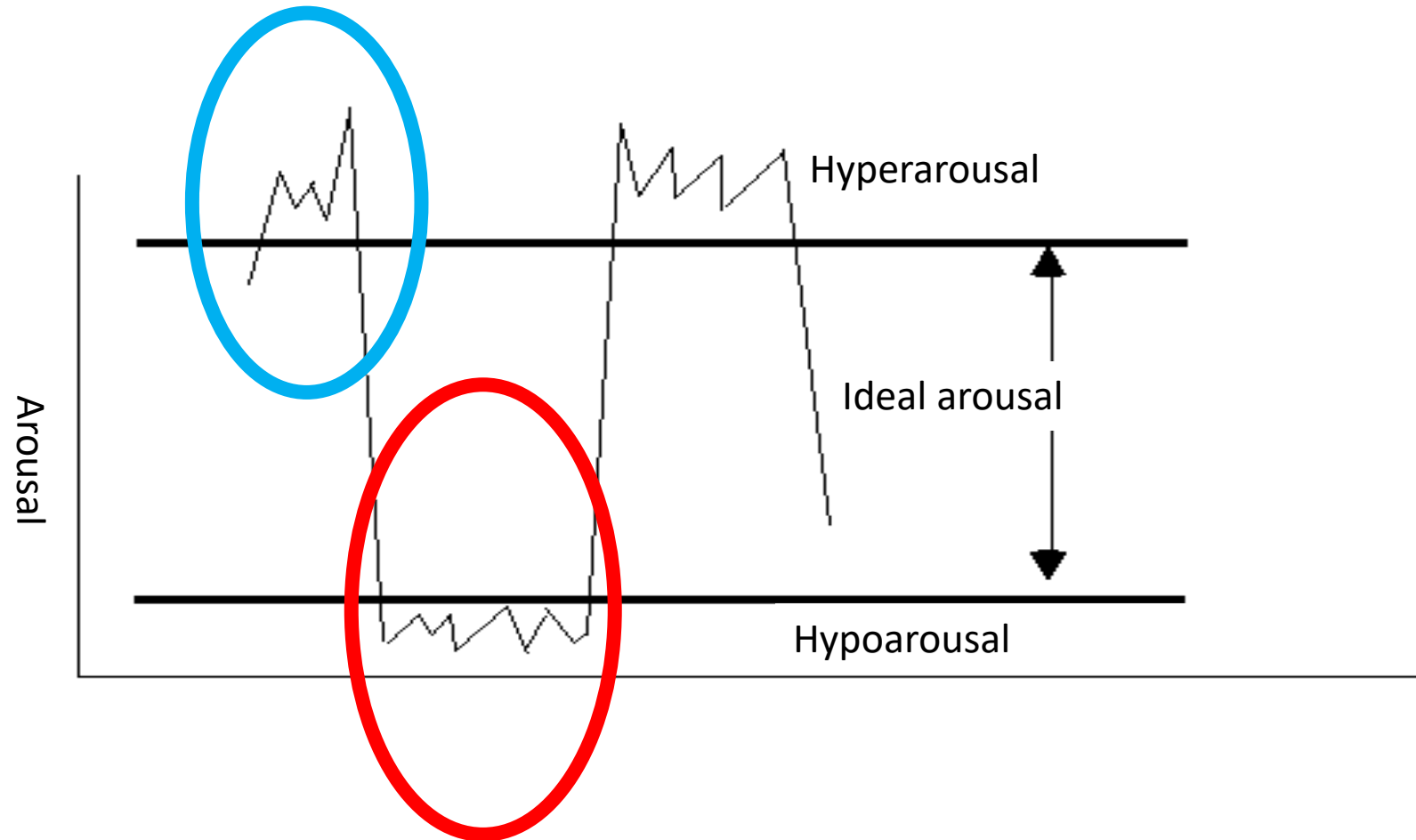
There wasn`t a significant effect of the reduction of PTSD symptoms due to the former group allocation

BUT:

Participants of both groups, who practiced yoga on a regular basis had a significant reduction of PTSD symptoms and symptoms of depression compared with the ones, who didn't practice yoga.

Rhodes, A., Spinazzola, PhD., Van der Kolk, B. The Journal of Alternative and Complementary Medicine, Volume 00, Number 0, 2016

Window of tolerance



Trapped between too little and too much

Trauma triggers lead to body reactions

Body reactions themselves become triggers

The consequence:

Avoiding the body and body sensations

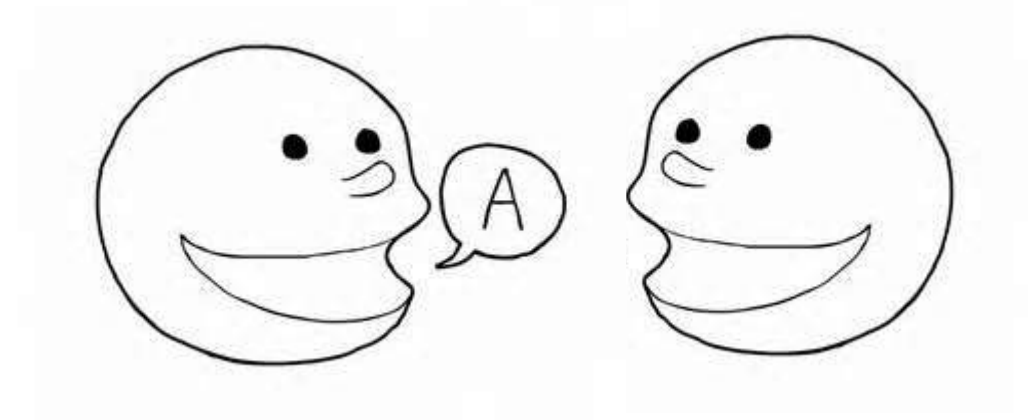
„The enemy is inside!“

Top-down

«Top-down»

«Western way»

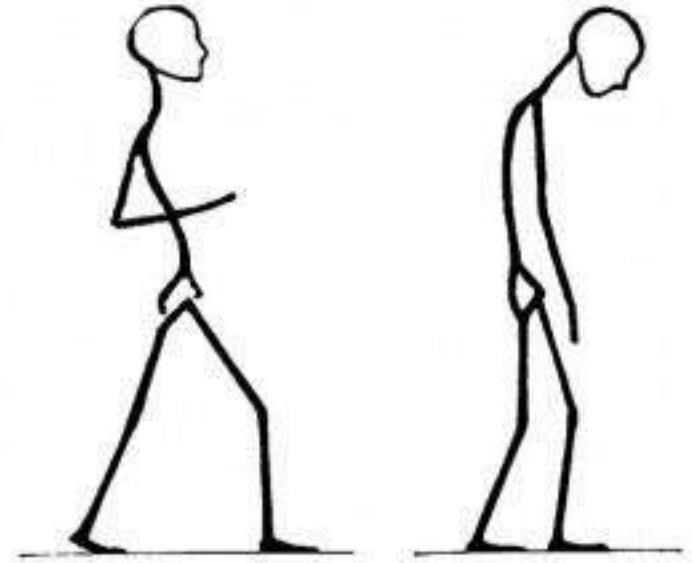
Change and transformation by means of talking



and Bottom-up

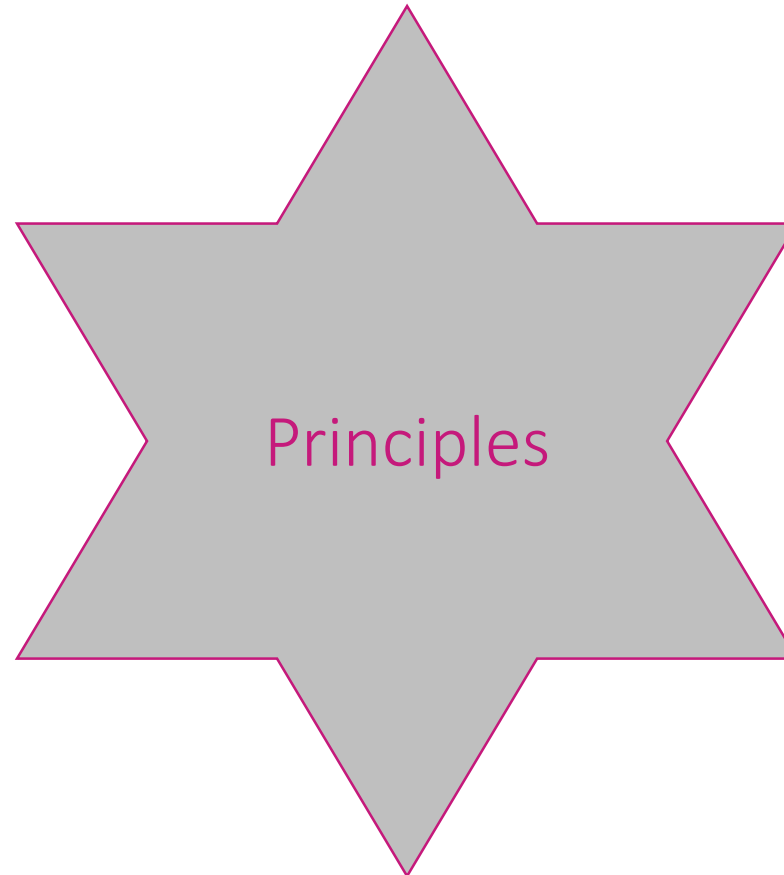
«Eastern way» Tai Chi, Yoga, Qi Gong

«African way» rhythm, singing, dancing



By modifying body postures, we change thoughts and emotions.

We use a functional language and
interoceptive terms



The language ...

- No pictures/images or interpretations
- No «stories», that distract from sensing the body

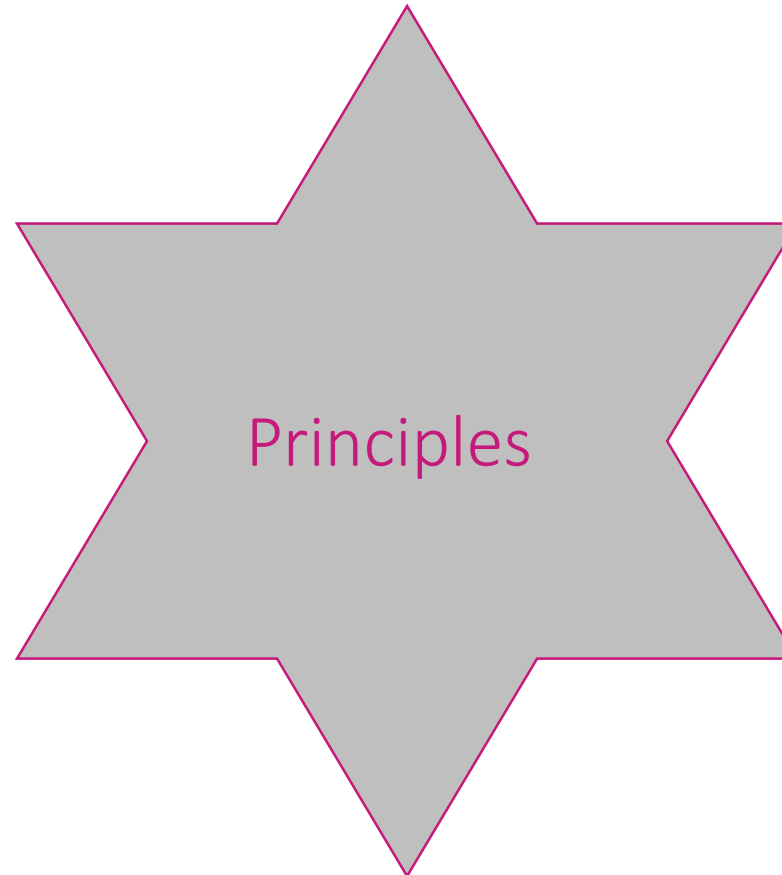
But:

Correct functional terms

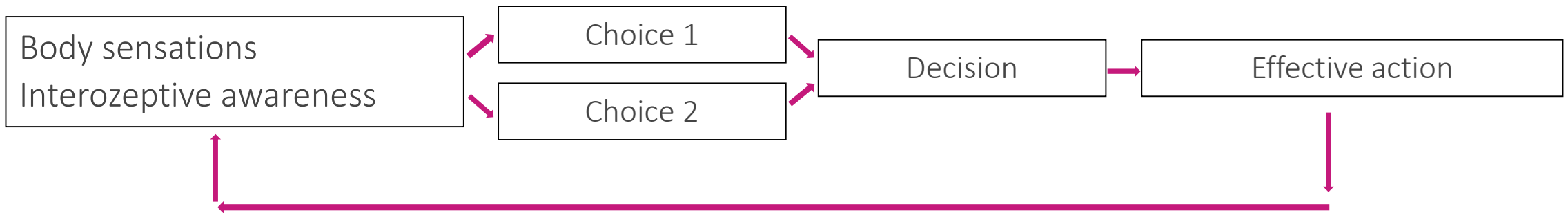
Interozeptive terms

We use a functional, inviting language
and use interoceptive terms

Inviting language
Offering choices and
encourage decisions

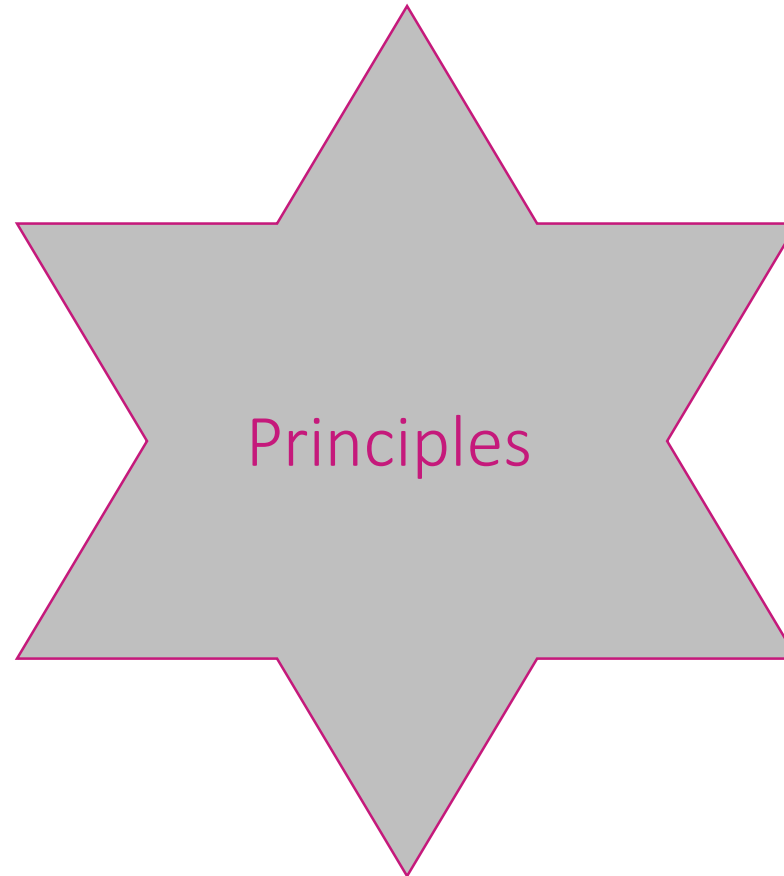


Self bestimmung and Self efficacy



We use a functional, inviting language
and use interoceptive terms

Offering choices and
encourage decisions



Encourage to take effective action
and self efficacy

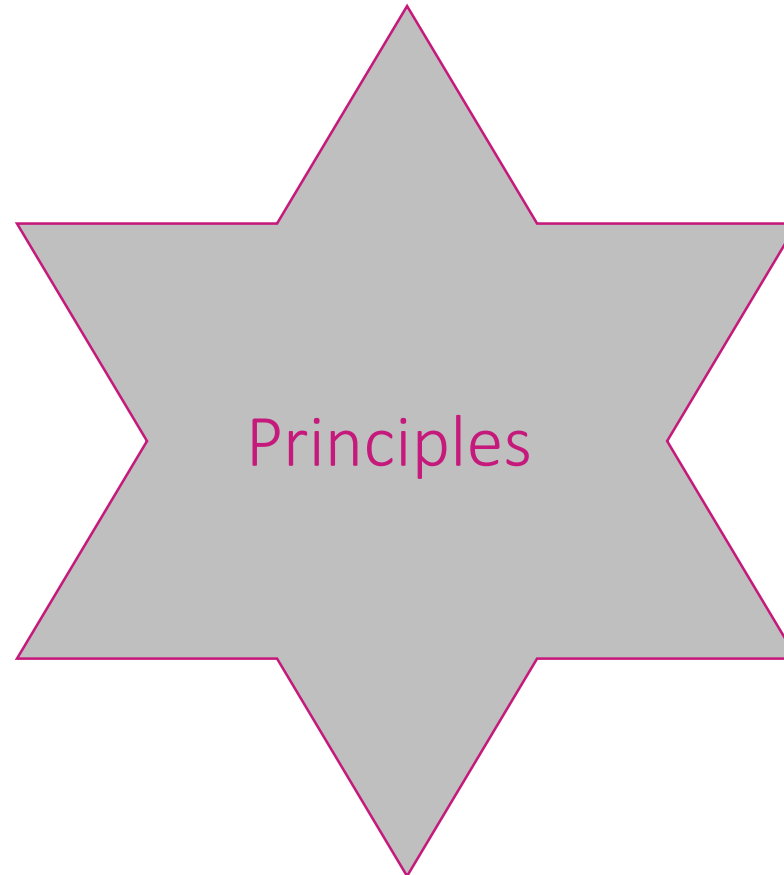
Being aware of the present moment
experience via mindfulness

Being aware of the present moment experience

- Muscle activity like tension, stretching etc.
- Interoceptive changes after an Asana
- The body in the space – where is my arm, my knee etc.
- Kinesthetic sensations like the temperature or the structure of the floor
- Changes in temperature
- Weight of a part of my body

We use a functional, inviting language
and use interoceptive terms

Offering choices and
encourage decisions



Encourage to take effective action
and self efficacy

Offering rhythm and
movement - foster to be
able to sense change

Being aware of the present moment
experience through mindfulness

Rhythm and change

- Rhythm of breath
- The changing breath while and after an asana
- Rhythmic movements
- Tension in the muscle eases and leads to more relaxation in the muscle
- A sympathetic activation through controlled action
... is followed by a parasympathetic phase of stillness and observation

Breath is the silver bullet to our nervous system

Our breath is the shortest and easiest access to our nervous system

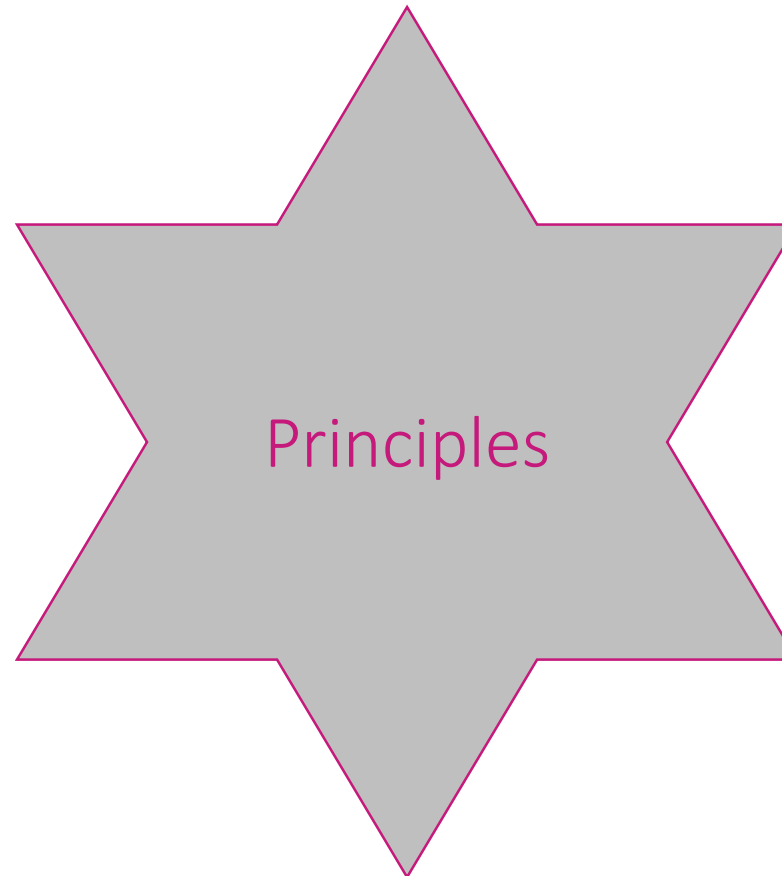
Practicing yoga influences the frequency and depth of our breath

Pranayama offers different techniques like prolonging the exhalation

We use a functional, inviting language
and use interoceptive terms

Offering choices and
encourage decisions

Offering a safe relationship
at eye level



Encourage to take effective action
and self efficacy

Offering rhythm and movement -
foster to sense change

Being aware of the present moment
experience through mindfulness

Staying in contact through our voice

- Speaking fluently – long stillness can lead to desorientation and dissoziation
- We practice together – always!
- We observe our interoceptive sensations and offer them to our patients
- Our goal is a relationship on eye level – everyone is expert of his or her own interoception

Out beyond ideas of wrongdoing
and rightdoing there is a field.
I'll meet you there.

Rumi (1995) The essential Rumi. Translated by Coleman Banks. Penguin Books, London

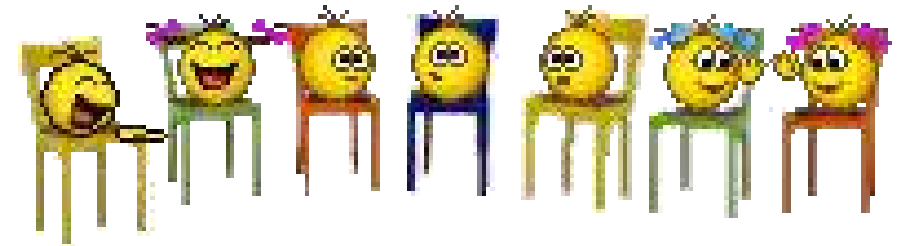
Therapy goal

Fostering a sense of self

Setting

TSY in Groups

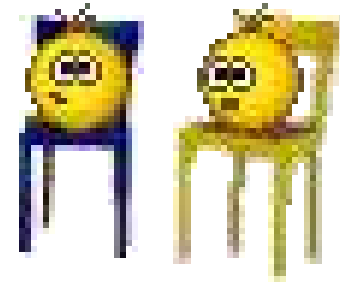
- Small groups
- Gender separated
- 8-10 X 30-50 minutes



One-to-one TSY appointments

- Working on resources or on a personal program

TSY in trauma therapy



- At the beginning or at the end of a therapy session
- A «TSY appointment» - finding resources or working on a personal program
- Using TSY for therapeutic goals

Therapy with TSY

- Finding somatic resources
- Learning to decelerate

«Learning to decelerate»



How to use TSY in therapy

- «Calming, parasympathetic» tools to reduce sympathetic activation
- «Active, sympathetic» tools to reduce dorsal vagal activation and dissociation
- Oscillating between stress and resource
- Movement against immobility
- Using postures for body exposition

Keep in mind:

Each patient as well as each moment is individual – the effect of each tool has to be examined always anew

TSY Training

- TSY-Grundkurs – Introduction
- TSY-Aufbaukurs –Resources and personal programm
- TSY-Practitioner – TSY in trauma therapy
- TSY-Teacher – Leading TSY groups

Literatur



<p>Basiswissen Psychotraumatologie TSY Grundkurs TSY Aufbaukurs TSY Practitioner www.trauma-institut.eu</p> <p>Berlin TSY Grundkurs TSY Aufbaukurs</p>	<p>9.+10.3.18 13. + 14.4.18 22. + 23.6.18 16. + 17.11.18</p> <p>28. + 29.4.18 20. + 21.10.18</p>
<p>www. akademie-traumatherapie.de</p> <p>Nürnberg TSY Aufbaukurs</p>	<p>19. + 20.1.18</p>
<p>www.thzn.org</p> <p>Zürich TSY Grundkurs TSY Aufbaukurs www.polarity.ch</p> <p>Hamburg TSY Grundkurs www.fortschritte-hamburg.de</p> <p>Wien TSY Grundkurs TSY Aufbaukurs</p>	<p>8. + 9.9.18 15.+16.12.18</p> <p>25.+26.1.19</p> <p>16. + 17.3.18 29. + 30.9.18</p>
<p>www.traumaverarbeitung.at</p>	



Substance Abuse and Mental Health Services Administration



<http://nrepp.samhsa.gov/ProgramProfile.aspx?id=144#hide4>