

**Welcome!**

Trauma and Children: Pre-Conference Session  
Reaching Out with Yoga Project

Canadian Conference on Promoting Healthy Relationships for Youth  
February 15, 2017  
Presented by: Joanne Baker, Principal Investigator and Renée Turner, Research Coordinator

  
reaching out  
with yoga

This project has been made possible through funding from the Public Health Agency of Canada

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Today:

Who?



Where?

What?

How?

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Who we are

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### Partner Organizations



BCSTH

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Yoga Outreach

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reaching out  
with yoga

*This is a collaborative project between the BC Society of Transition Houses and Yoga Outreach*

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## BC Society of Transition Houses

#### Programs

- Children Who Witness Abuse
- Transition Houses
- Second Stage Houses
- Safe Homes
- Violence Is Preventable

#### Member Services

- Advocacy
- Training
- Annual Training Forum
- Resource Development
- Research
- List-Servs
- Weekly Newsletters

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### BCSTH: Training

- Foundational Training in violence against women (online)
- Supporting Children and Youth Exposed to Violence against Women (CWWA)
- Reducing Barriers
- Technology Safety Training to enhance women's safety
- Legal Toolkit
- Webinars (available on BCSTH YouTube channel)



BC Society of Transition Houses

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- Started in 1996, became a registered charity in 2007
- Deliver 600+ classes per year
- Settings include:
  - Mental health
  - Community organizations
  - Social service agencies
  - Prisons/jails
  - Drug and alcohol treatment facilities
- Operates on a volunteer model (teachers)

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What are we doing?

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### ROWY Project: Purpose

To provide, and to measure the effects on health and well-being of trauma-informed yoga in Transition and Second Stage Houses for three participants groups



*Trauma-informed yoga tailors traditional yoga techniques to the specific health and safety needs of the individuals in different contexts.*

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## What is trauma-informed yoga?

Mainstream yoga	Trauma-informed yoga

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## What is trauma-informed yoga?

Mainstream yoga	Trauma-informed yoga
Directive-style language	
Drop-in style	
Advanced postures	
Incorporation of religious or spiritual text or references	
Focus on alignment	
Hands-on adjustments	
Music	
Essential oils/incense	

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## What is trauma-informed yoga?

Mainstream yoga	Trauma-informed yoga
Directive-style language	Invitational language
Drop-in style	Progressive
Advanced postures	Accessible postures, options
Incorporation of religious or spiritual text or references	Removal of religious references or Sanskrit language
Focus on alignment	Focus on experience of the person
Hands-on adjustments	No hands-on adjustments
Music	No music
Essential oils/incense	No scent

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### Feminist Research Principles Guiding our Research:

- Intersectional
- Women-centred
- Prioritizing lived experience
- Responsiveness
- Awareness of power dynamics
- Reflective




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### Project reach



The project is based at the BC Society of Transition Houses in **Vancouver, BC**.  
The project sites will be located throughout the province in a total of at least 16 communities.

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### What are we implementing?



Women, Children & Youth



Trauma-Informed Yoga Classes

Front-line Staff



Using Yoga in Your Work™ Workshop

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Why are we doing this?

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What does the literature say?



1. Exposure to violence of children + youth impacts mental health and wellbeing
2. Physical activity is essential for health and healthy development
3. Trauma-informed programming for children + youth is important
4. Yoga and mindfulness practices for children + youth are impactful

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Why trauma-informed yoga?

- Growing recognition for connection between body and mind in traumatic stress disorders
- Few treatments address both (somatic and psychological) symptoms
- Has been shown to be a very effective adjunct treatment in chronic, treatment-resistant PTSD in a number of populations

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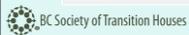
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### Why trauma-informed yoga?

Trauma symptom	What trauma-informed yoga can do
Rumination / intrusive thoughts / worry	Ability to remain present, shift thought patterns
Pain in body	Increased flexibility, strength, decreased pain in body
Sleep disturbance	Improved ability to relax body and mind, therefore improving sleep
Emotional dysregulation	Self-regulation through grounding techniques, self-talk, breathing
Anxiety	Decrease in anxiety symptoms, and better able to manage them when they do arise
Isolation	Community, connectedness




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### Why trauma-informed yoga?

"I have more flexibility and even the social end of it because I'm not from here. It's nice to be with people who are trying. I'm trying. It's nice to see everybody trying to make things a little better. It's a good thing"

"I got happiness in becoming aware of how agile and strong my body still is"

"It helps calm me down. It's a better place to go than worrying all the time. It's nice."




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### Where are we at?

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### Phases of the project



Women	Children and Youth
Pilot	
Phase 2	Pilot
Phase 3	Phase 2

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### What are the main activities of the project?



1. Select project sites;
2. Train volunteer yoga teachers in project site communities;
3. Deliver Using Yoga in Your Work™ program to staff at project sites;
4. Deliver research training to staff at project sites;
5. Implement trauma-informed yoga classes for women (clients) at project sites;
6. Measure impact of the yoga programs;
7. Adapt for next phase; select phase 2 sites, repeat...
8. Share what we learn as we go!

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### Transition and Second Stage Houses as Project Sites



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### Transition and Second Stage Houses as Project Sites



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What we've learned so far...



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Thank you!



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