

Trauma-Informed Yoga Therapy

Yoga is a discipline that includes breath exercises, physical movement, mindfulness, and relaxation techniques. Yoga has been dissected for breath exercises, relaxation, and some mindfulness techniques to treat a number of disorders including depression, anxiety, trauma, and more. Trauma-informed Yoga takes traditional Yoga methods and adapts them for clinical use.

Trauma-Informed Yoga, sometimes called Trauma-Sensitive Yoga, takes Yoga techniques and



adds them to psychotherapy in the treatment of Post-traumatic stress disorder (PTSD), traumatic brain injury (TBI) and other disorders related to trauma. Traditional treatments separate a person into physical and psychological pieces. The physical component focuses on symptom management through medication and the psychological component focuses on counseling/therapy. Trauma-Informed Yoga therapy

bridges the two components back together.

Trauma-Informed Yoga therapy states that trauma resides in a person's thoughts, emotions, body, and spirit. Medication may be absolutely necessary to manage symptoms, yet does not release the indelible mark that trauma leaves on the body. Counseling and therapy helps a person reprocess emotions surrounding the trauma and aids in addressing a person's thoughts. Trauma-Informed Yoga therapy bridges the gap between the two disciplines. Trauma-Informed Yoga takes a person who no longer trusts his or her body and teaches that the body can be trusted. Once a person can reside in his or her body, the trauma that resides in the body can be released. Research supports the idea that Trauma-Informed Yoga facilitates healing of the whole person.

At Open Arms Behavioral Health, the phrase, "putting the pieces back together" has become more than a catch phrase. Putting the pieces back together has become our treatment model. We are helping clients to put the pieces of their lives together through putting the pieces of themselves together to make themselves whole...again.

