

YOGIC PRACTICES

TRAUMA RESEARCH

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Best practice treatment for PTSD either pharmacotherapy, psychotherapy or a combination of both

American Psychiatric Association

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For acutely traumatised individuals, supportive interventions, psychoeducation and case management are recommended

American Psychiatric Association

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For PTSD, CBT, exposure-based therapies, EMDR, stress inoculation, imagery rehearsal, psychodynamic psychotherapy, case management and psycho-education and group therapy is recommended

American Psychiatric Association

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Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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RCT with 64 women with chronic, treatment-resistant PTSD were assigned to either a trauma-informed yoga class or a supportive women's health class

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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Both groups consisted of weekly one-hour classes for ten weeks

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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Hatha yoga classes included prāṇāyāma, āsana and meditation from a protocolised trauma-informed yoga program

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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Simple language with emphasis on curiosity of bodily sensations, keys words such as *notice* and *allow* and invitational phrases such as *when you are ready* and *if you like*

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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Students were encouraged to have control over their own bodies, such as making choices to modify a posture, to stay in a particular posture or to let the posture go

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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52% of the participants in the yoga group, and 21% in the women's health class no longer met criteria for PTSD

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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Both groups showed significant decreases in PTSD symptoms, but these improvements were maintained in the yoga group, while the other group relapsed

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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They concluded that yoga significantly reduces PTSD symptomatology, in a manner comparable to well-researched psychotherapeutic and psychopharmacological approaches

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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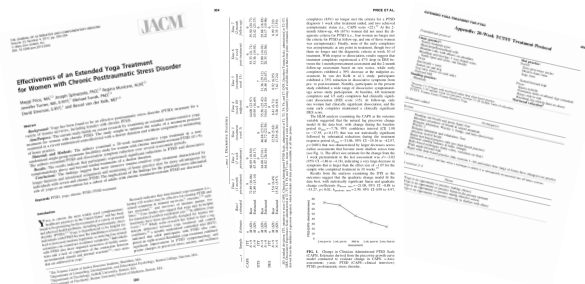
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Yoga may improve the functioning of individuals with PTSD by helping them to tolerate physical and sensory experiences associated with fear and helplessness and to increase emotional awareness and affect tolerance

Van der Kolk, Stone, West, Rhodes, Emerson, Suvak and Spinazzola (2014)

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Price, Spinazzola, Musicaro, Turner, Suvak, Emerson and van der Kolk (2017)

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Six women attended one trauma-sensitive yoga class per week and practiced at home with a yoga DVD for 30 minutes 3x per week

Price, Spinazzola, Musicaro, Turner, Suvak, Emerson and van der Kolk (2017)

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The study was not a RCT
and the sample size was small

Price, Spinazzola, Musicaro, Turner, Suvak, Emerson and van der Kolk (2017)

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Significant reduction in PTSD and
dissociation symptoms, and
83% of participants no longer met criteria
for PTSD 1 week after treatment ended,
compared to 52% in the previous study

Price, Spinazzola, Musicaro, Turner, Suvak, Emerson and van der Kolk (2017)

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The yoga classes were effective in
reducing symptoms of PTSD, especially
when delivered over an extended period
of time, and were able to be delivered by
well-trained and supervised trauma-
sensitive yoga teachers

Price, Spinazzola, Musicaro, Turner, Suvak, Emerson and van der Kolk (2017)

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RATIONALE FOR USING YOGA FOR TRAUMA

Yoga classes may be effective in cultivating
self-regulation through conscious breathing,
meditation, physical activity, relaxation, chanting
and social interaction

Moore and Libby (2018)

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RATIONALE FOR USING YOGA FOR TRAUMA

Yoga classes may be effective in increasing body awareness

Moore and Libby (2018)

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RATIONALE FOR USING YOGA FOR TRAUMA

Yoga classes may be effective in cultivating the ability to tolerate unpleasant stimuli

Moore and Libby (2018)

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RATIONALE FOR USING YOGA FOR TRAUMA

Yoga classes may be effective in fostering social engagement and support

Moore and Libby (2018)

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RATIONALE FOR USING YOGA FOR TRAUMA

Yoga classes may be effective in providing a sense of safety, predictability and control

Moore and Libby (2018)

T H A N K Y O U

