

# Trauma Sensitive Yoga + Mindfulness to Build Student Self-Regulation + Resilience



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# Center for Trauma Care in Schools



The Alliance for Inclusion + Prevention (AIP) was awarded a Category III Substance Abuse + Mental Health Services Administration (SAMHSA) grant

# What is Mindfulness?



**Paying  
Attention**

.....  
- listening, watching  
or considering what  
naturally exists

**On  
Purpose**

.....  
- intentionally  
increasing awareness  
of experience

**Mindfulness**

...as if your life depended on it.

**in the Present  
Moment**

.....  
- focusing on the  
here and now

**Non-  
Judgmentally**

.....  
- being curious and  
objective about  
experience



# Body-based Awareness

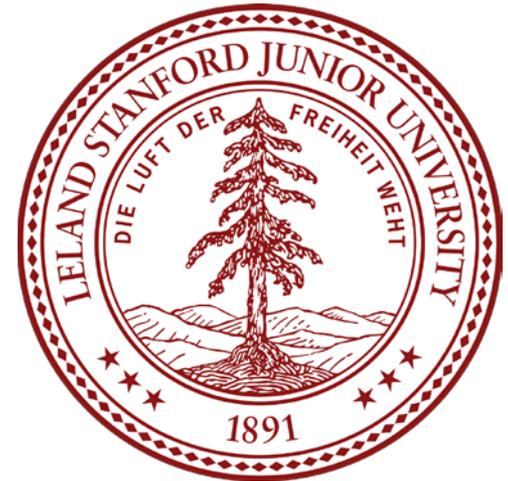
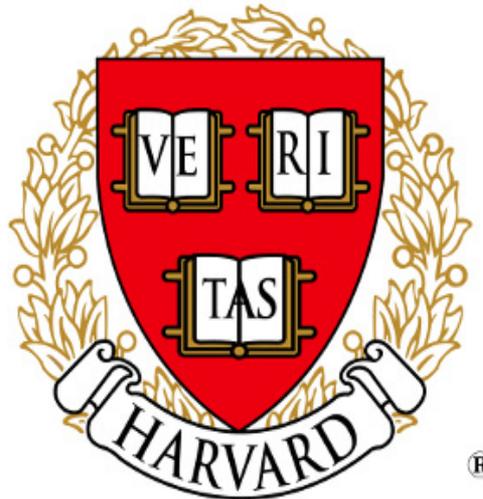


- Mindfulness Based Stress Reduction
- Dialectical Behavioral Therapy
- Acceptance + Commitment Therapy
- Mindfulness Based Cognitive Therapy





Leading researchers at institutions around the world – including Oxford, Cambridge, UCLA, Stanford + Harvard – are investigating the effects of mindfulness training.

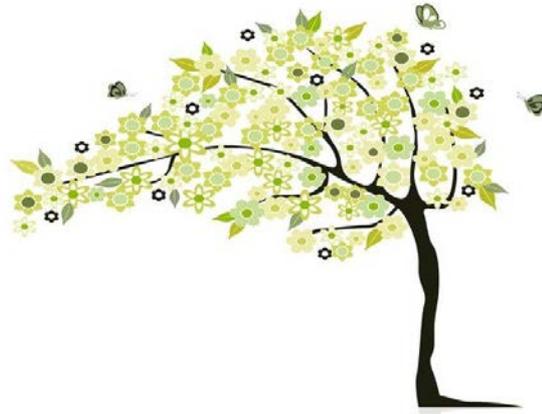


- 99 4<sup>th</sup> and 5<sup>th</sup> graders were divided into 2 groups: 1 received MindUp's weekly SEL curriculum and the other a social responsibility program already used in Canadian public schools.
- After analyzing measures, which included behavioral assessments, cortisol levels, feedback from their peers regarding sociability, and academic scores of math grades, the results revealed dramatic differences.

The group trained in mindfulness excelled above the other group in the areas of :

- attention
- memory
- emotional regulation
- optimism
- stress levels
- empathy





“Mindfulness is a powerful tool that supports children in calming themselves, focusing their attention + interacting effectively with others, all critical skills for functioning well in school + in life.”

Amy Saltzman, M.D., Director of the Association for Mindfulness in Education

# Research on Mindfulness in Schools from Little Flower's School Yoga Project



- Develops Mind-Body Awareness
  - Improves Self-Regulation
- Enhances Student Behavior, Mental Health + Performance





A daily mindfulness practice of just 10 minutes can have a profound impact on our emotional well being, our physical health, our ability to cope with stress and challenges, the quality of our relationships, and even our school or workplace performance.

# Free Mindfulness Apps

Calm

Escape

Inscape

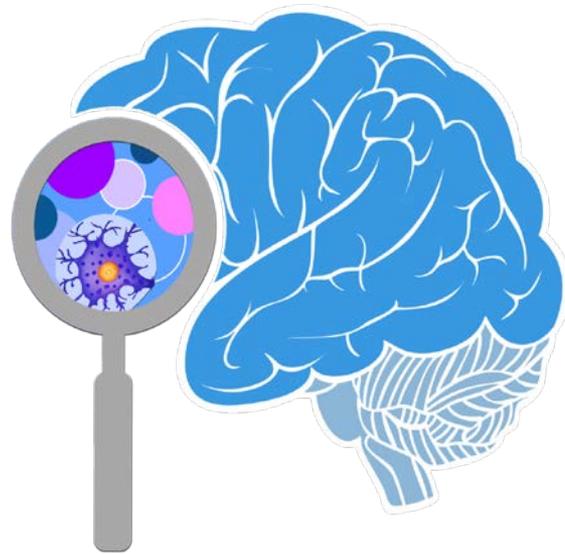
Insight Timer

Simple Habit

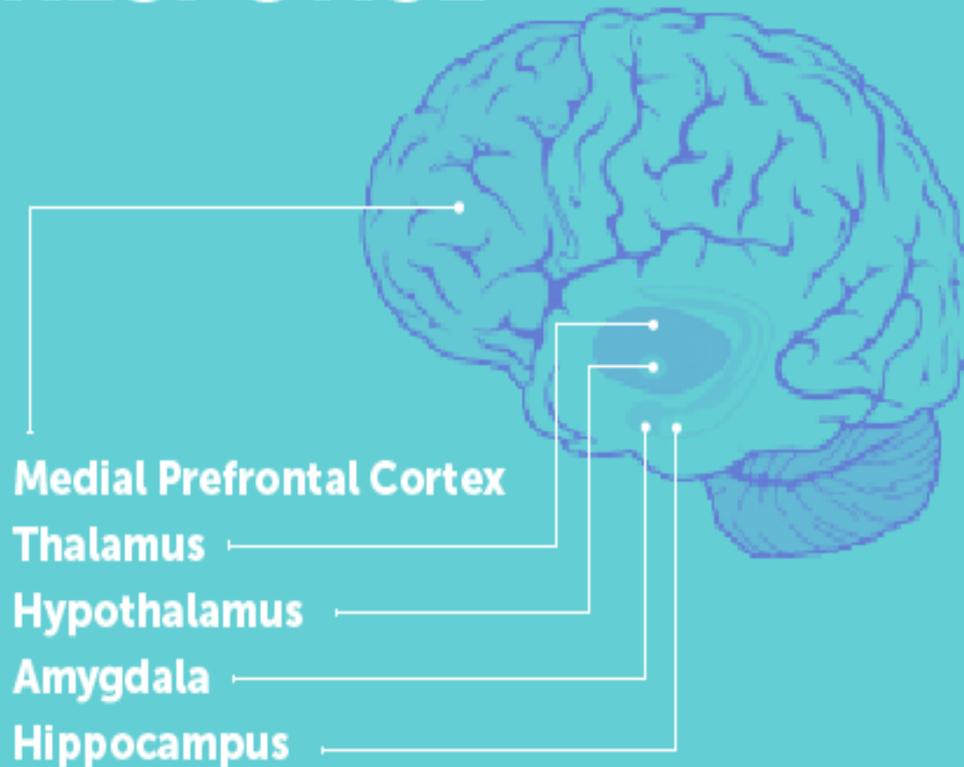
Stop, Breathe, Think



New brain scanning technologies have revealed that not only does the activity of the brain change from moment to moment but that the actual architecture of the brain itself can change.



# PARTS of the BRAIN INVOLVED in FEAR RESPONSE



- **Re-experiencing** : constantly thinking about the event, replaying it over in their minds, nightmares.
- **Avoidance**: consciously trying to avoid engagement, trying not to think about the event.
- **Negative Cognitions and Mood** : blaming others or self, diminished interest in pleasurable activities, inability to remember key aspects of the event.
- **Arousal** : being on edge, being on the lookout, constantly being worried.

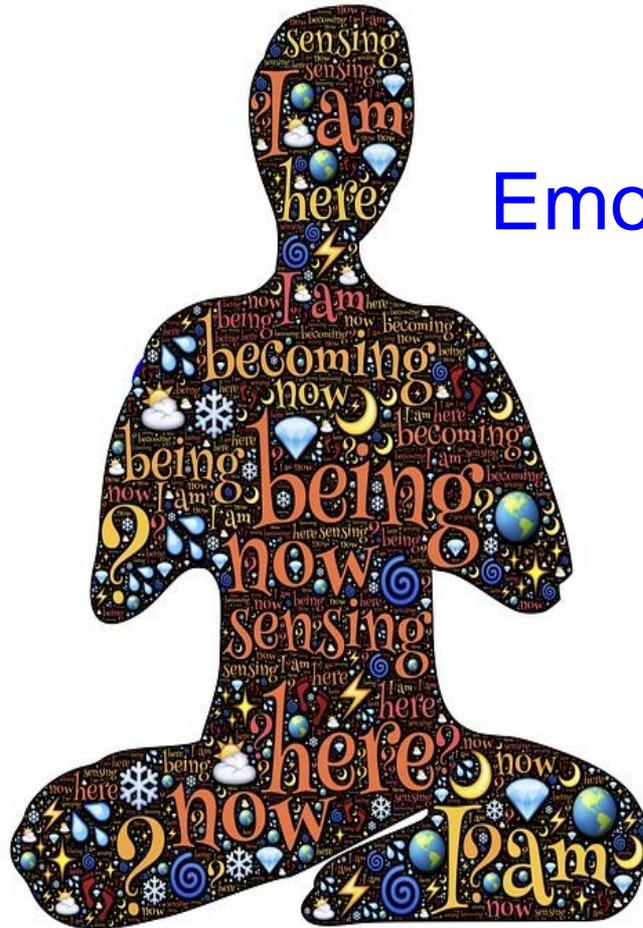


Attention

Emotional Regulation

Compassion

Calmness







Many children and teens come to school with a deep sense of mistrust of adults because they've never formed healthy attachments.

These young people have brains that are in a constant state of alarm.



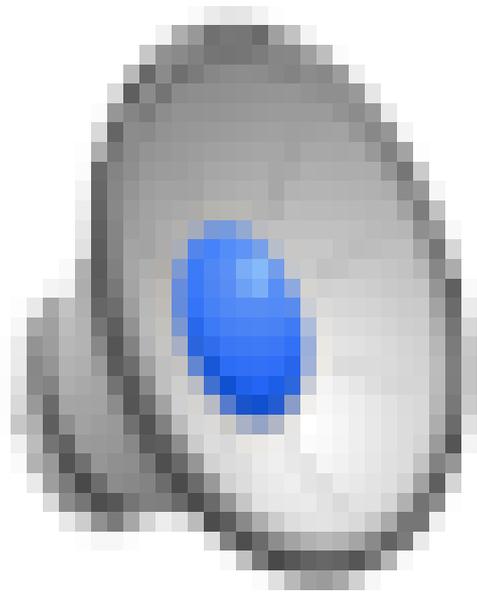
BE  
HERE  
NOW

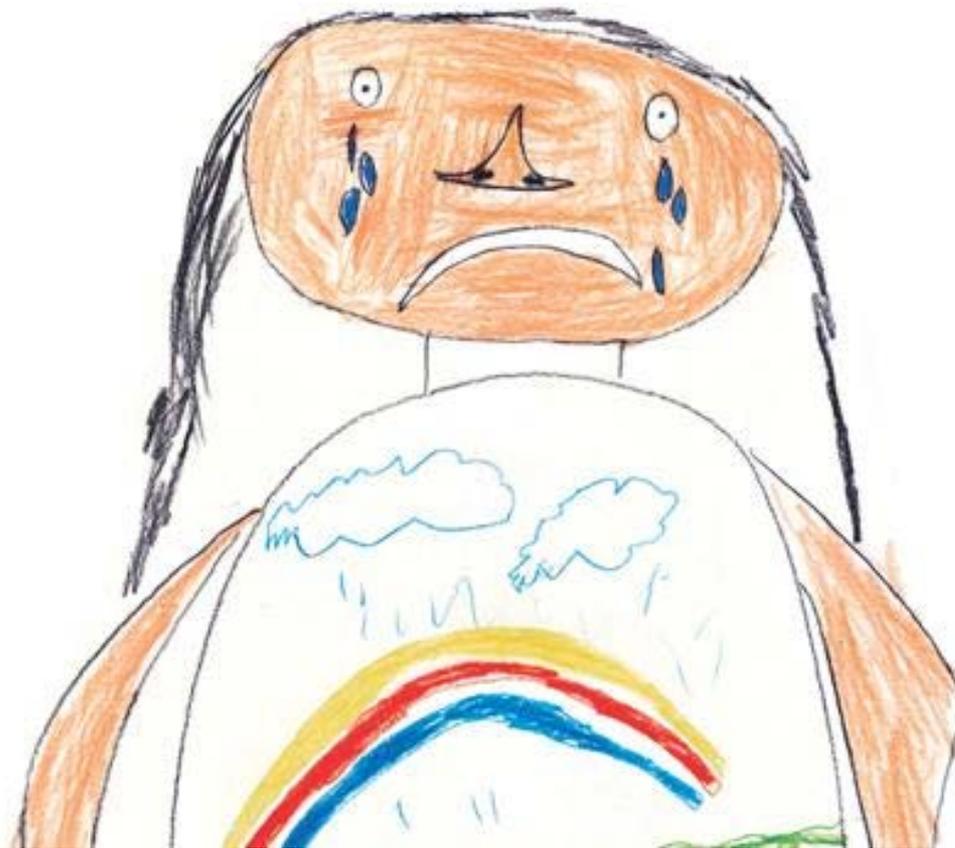


Alliance for  
Inclusion &  
Prevention

A mindful moment may help to create space around a student's racing thoughts so they can gain clarity and decide on a few important things to share during the session.



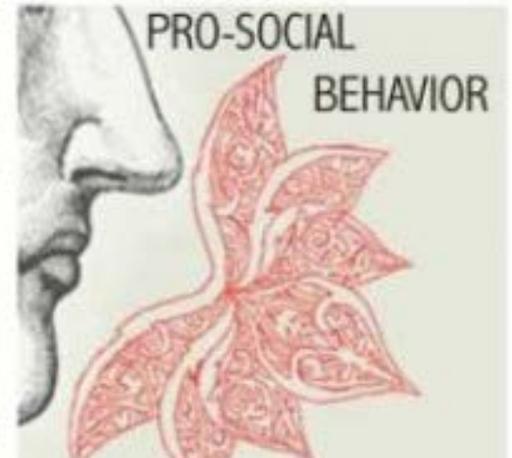
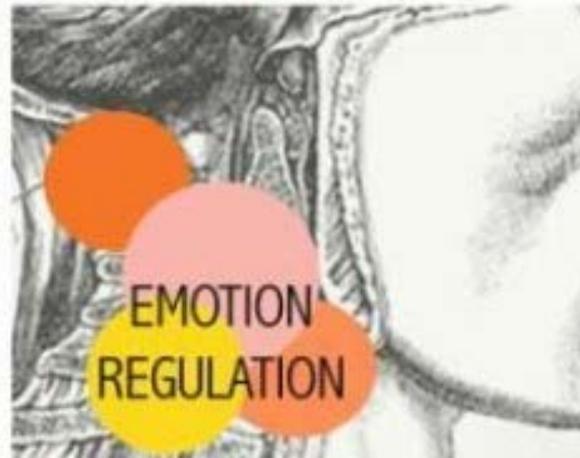
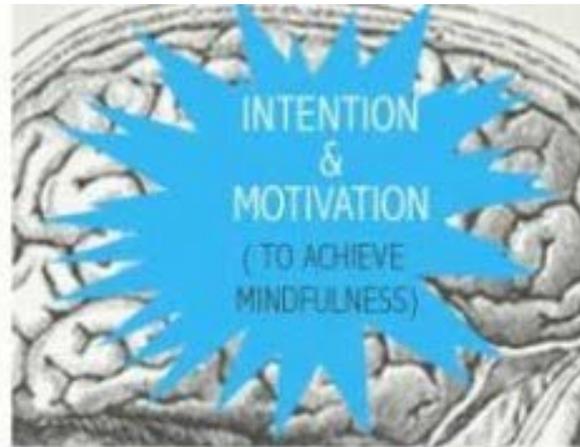
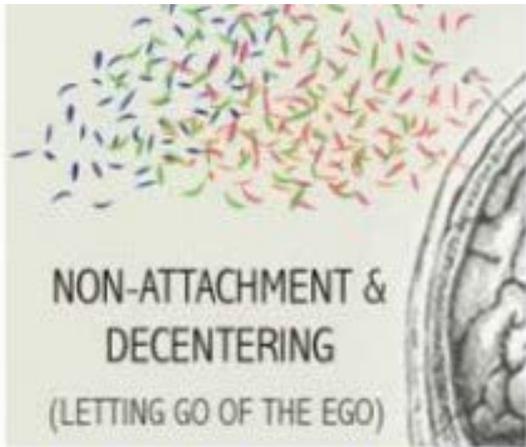




Over 60% of children surveyed experienced some form of trauma, crime, or abuse in the prior year, with some experiencing multiple traumas.









# 4 Ways to Share Mindfulness with Students

## MINDFULNESS OF BREATH

Focus your attention on the sensations of breathing.

## MINDFULNESS OF THOUGHT

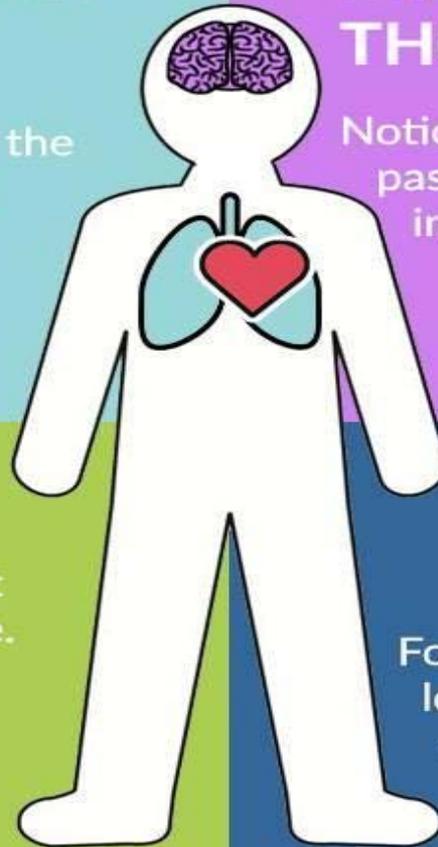
Notice thoughts arising and passing without getting involved in the story.

## BODY SCAN

Focus on each body part in turn, from head to toe.

## KIND WISHES PRACTICE

Foster caring feelings for a loved one, for yourself, for others, and gradually the whole world.



[www.MindfulSchools.org](http://www.MindfulSchools.org)

# Benefits of Mindfulness for Clinicians + Teachers



Reduced stress + burnout

Greater efficacy

More emotional support

Improved school climate

- 3 deep inhales + exhailes
- Leading a rhythm while students follow
- A drop of lotion to notice sensations
- Place fingers on throats to feel vibrations
- Freeze dance
- Bo





**INTRODUCTION TO**

**FOCUS 5**



**Alliance for  
Inclusion &  
Prevention**



**Mindfulness in Schools Project**  
[www.mindfulnessinschools.org](http://www.mindfulnessinschools.org)

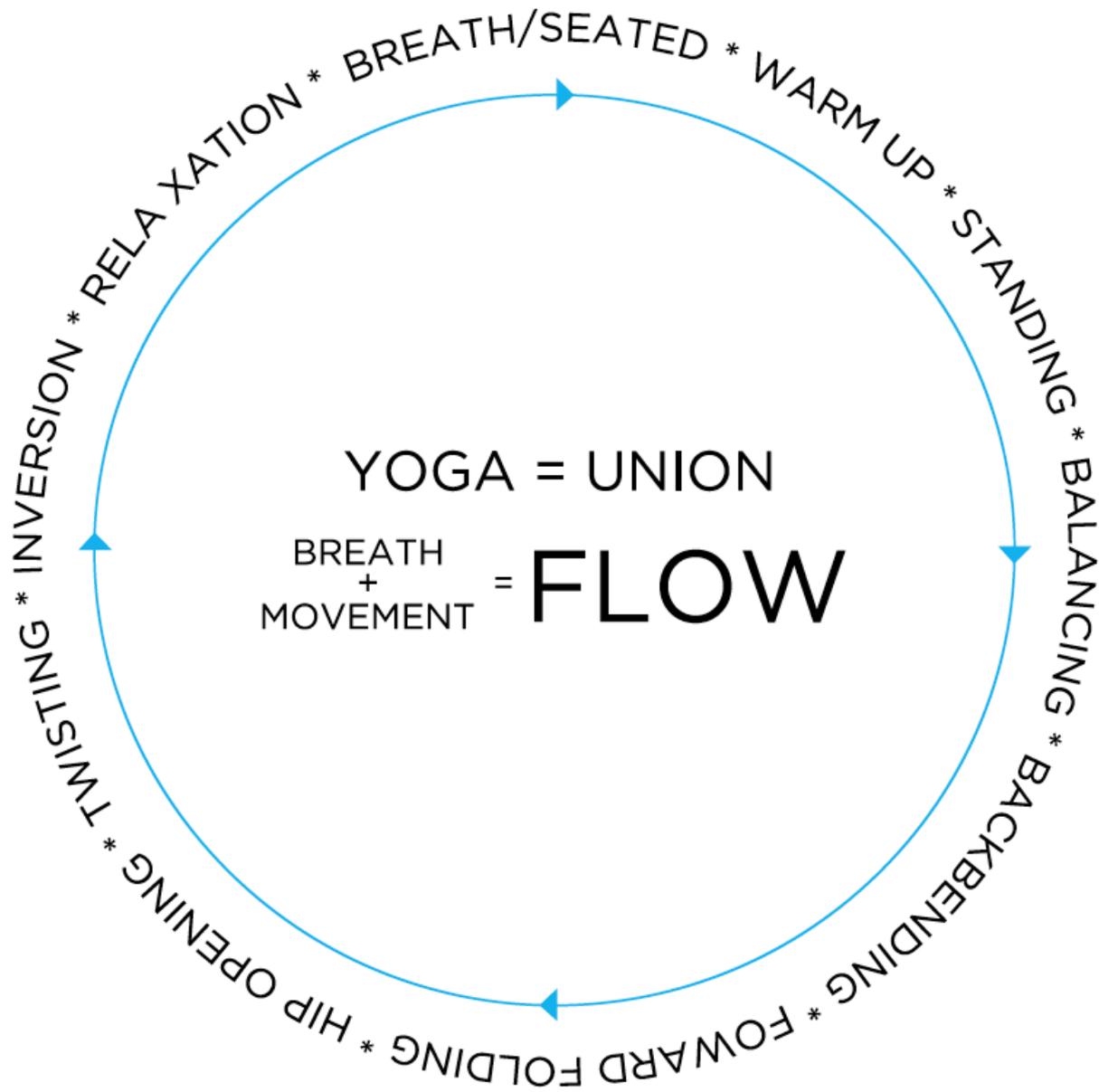


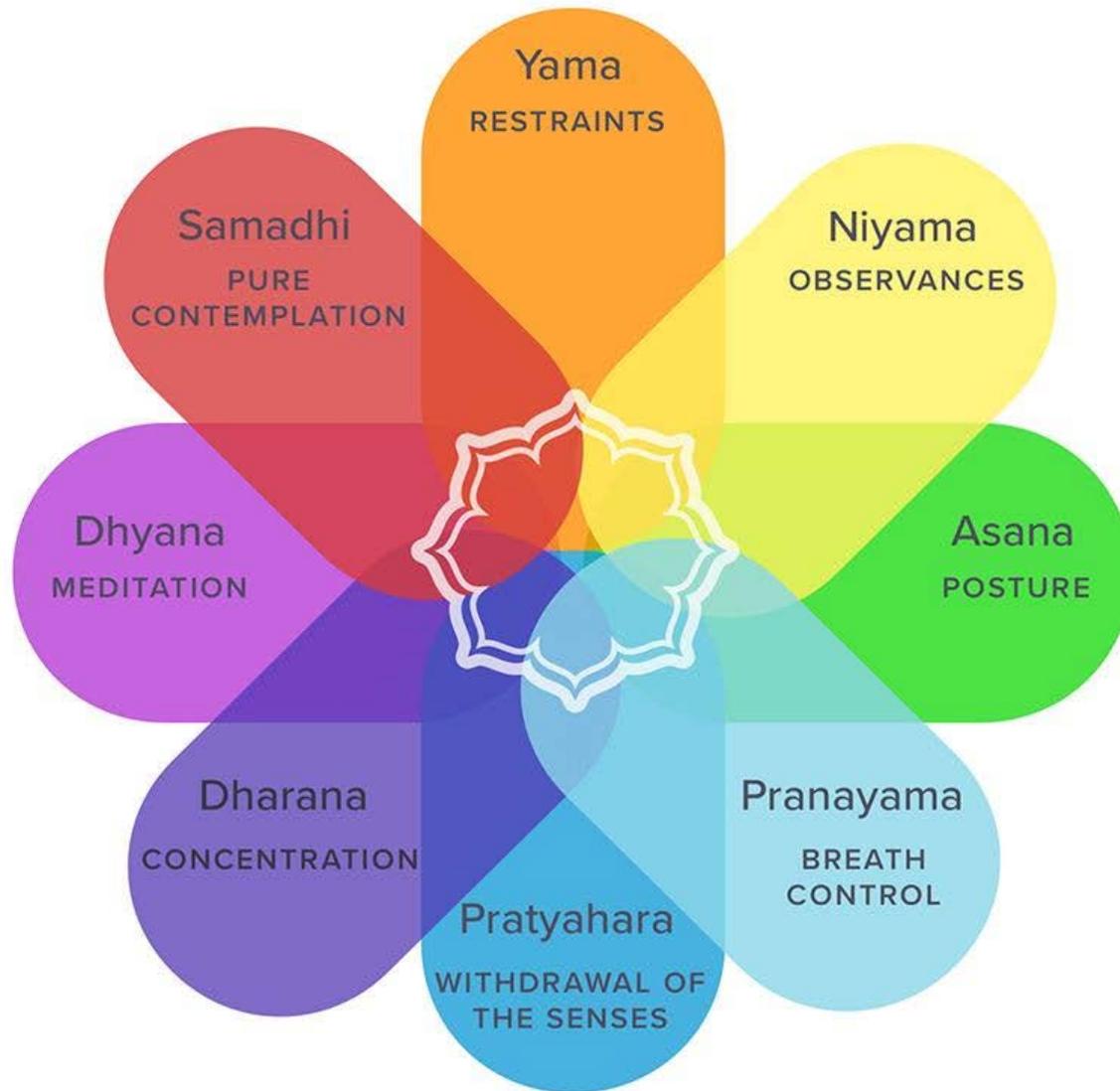
**Mindfulness is  
about being  
fully awake in  
our lives.**

Jon Kabat-Zinn

# What is Yoga?









Research suggests that school-based yoga cultivates competencies in mind-body awareness, self-regulation, and physical fitness + classroom teachers benefit as well.



The TCTSY program is included in the National Registry of Evidence-based Programs and Practices (NREPP) database published by the Substance Abuse and Mental Health Services Administration (SAMHSA).

## Origins of TCTSY

In, 2002 – After having success teaching yoga to veterans with PTSD, Boston-based yoga teacher David Emerson reached out to world-renowned trauma expert, Dr. Bessel van der Kolk, about the idea of using yoga for trauma.



# Origins of TCTSY

In 2017, TCTSY became the first and only dedicated yoga program listed as an evidence-based program/practice for the treatment of psychological trauma in the world.



# TCTSY Research

Results of a 10- week Trauma Center Trauma-Sensitive Yoga (TCTSY) program women with chronic treatment-resistant PTSD indicated that compared with women who completed women's health education classes, participants who completed yoga were more likely no longer to meet the criteria for PTSD and exhibited significant decreases in tension and depression.

Elements of traditional hatha yoga are modified to build trauma survivors' experiences of empowerment and cultivate a more positive relationship to one's body.



h a t h a   y o g a



The centuries-old techniques of hatha yoga's physical postures, breathing techniques and focused concentration are known to reduce tension, relax + focus the mind + energize the body

In yoga, we're moving with full attention  
on the present experience  
while using the breath  
to calm the nervous system.



Although TCTSY employs physical forms and movements, the emphasis is not on the external expression or appearance (i.e. doing it “right”), or receiving the approval of an external authority.

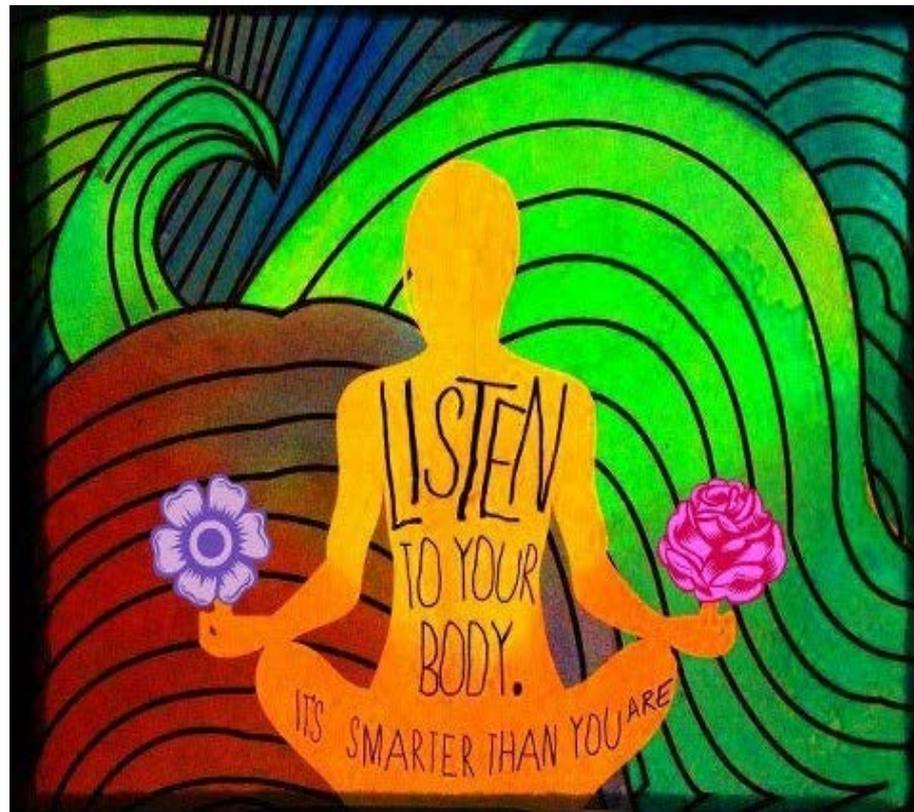


Rather, the focus is on the internal experience of the participant.

Research on posttraumatic stress disorder (PTSD) + chronic childhood abuse has revealed that traditional trauma treatments often fail to fully address the complicated symptom presentation, including:

- somatic complaints
- loss of awareness of one's emotional + physical being in the present moment
- overall lack of integration between the self + the body.

Body awareness is a necessary aspect of effective emotion regulation. Learning to notice, tolerate, and manage somatic experience may substantially promote emotion regulation.





Interoception refers to the signalling and perception of internal bodily sensations.

Yoga practice offers opportunities to have different physical experiences where one can make a variety of choices about what to do with the body.



# TCTSY Main Objectives

- To use yoga forms as opportunities to notice what we feel in our bodies
- To practice making choices about what to do with our bodies.



Trauma-sensitive yoga is a way to safely experiment with having a body + experimenting with:

- breathing
- moving
- strengthening
- stretching
- resting



# Chair yoga practice



**HANDS TO HEART  
- CENTER -**



**YOGA** ed.

**YOGA  
FOSTER**



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