



## ACC Trauma Informed Yoga Group Therapy Courses

### *A class for everyone*

#### What's in it for your client?

- Our TIY courses further support mind-body healing and emotional regulation to aid with trauma recovery
- **Educational handouts** provided for all skills and yoga sequences, for the individuals to practice outside of class
- Classes offer individuals to learn and experience emotional regulation skills through breathwork, somatic techniques such as **EFT tapping, Havening, Brainspotting and EMDR**
- Classes offer the space for individuals to learn and experience **mudras** and **sound healing**
- Individuals can **make up missed classes** within the term by attending another class
- Suitable for clients from all fitness level, age, gender identities, health issues, no experience needed
- **Adolescents 14+** are welcome to attend all classes in person and online
- For 'accepted' **sensitive claims** & 'accepted' **mental injury** physical claims clients
- All equipment provided for in person classes & at-home modifications available for online clients
- ACC staff and therapists can attend **online anonymously** under their own injury claim

#### Some known benefits of practicing Trauma Informed Yoga are:

- Being more present in the moment
- Make choices that are right for the client
- Greater awareness of their breath
- Effectively manage stress
- Increased emotional resilience
- Feeling of safety and strength in themselves
- Improved quality of sleep
- Decreased intrusive thoughts and hypervigilance
- Greater self-esteem and confidence
- Learning to notice more readily what they feel within their body
- Development of positive coping methods
- Decreased feelings of depression and anxiety
- Gain increased trust in themselves and others
- Sense of empowerment within
- Develop a positive relationship with their body

#### Yoga Nidra is particularly suitable for the following clients:

Have physical injuries, mobility issues, anxiety/stress/emotional regulation difficulties, dislike exercise, difficulty with relaxation, problematic sleep or chronic pain issues. It involves no physical movement except some gentle stretches lying down in preparation for undertaking breathwork skills learning.

#### Levels 1 & 2 Yoga is particularly suitable for the following clients:

Those who wish to participate in predominantly active movement based yoga exercise with an experience of introductory relaxation based practice. Level 2 includes slightly more advanced yoga forms and more advanced emotional regulation skills being taught (various DBT, Brainspotting, HeartMath, Havening, EFT Tapping skills).

#### Chair Yoga is particularly suitable for the following clients:

Have physical injuries/recovering from surgeries, mobility issues, difficulty standing/bending exercise or are plus sized, don't want to do a more focused relaxation class but ease into relaxation more gently, chronic pain issues, wanting more confidence in yoga practice. It involves the whole class being completed seated in a chair with very gentle yoga stretches and is very relaxing to the mind and body.



**New Venue: Now located at Risingholme Hall in Opawa. parking are at 99 Hawford Road carpark  
It's a beautiful space that's warm, quiet, surrounded by nature and has plenty of nearby**



**2 attendance options**

- In person in Christchurch
- Online available New Zealand wide

**5 different classes available**

- Level 1 and 2 Yoga
- Level 1 and 2 Chair Yoga
- Yoga Nidra

**Term Dates: The next term is from October 15-17 to December 10-12 2024**

	Tuesday	Wednesday	Thursday
10.00am	Level 1 Yoga	Level 2 Yoga	Level 1 Yoga
11.30am	Level 1 Chair Yoga	Yoga Nidra	Level 2 Chair Yoga
1.30pm - online	Level 2 Yoga Online	Level 1 Chair Yoga Online	Level 1 Yoga Online
2.45pm - online	Level 2 Chair Yoga Online		
5.30pm - online	Yoga Nidra Online	Level 1 Yoga Online	Level 2 Yoga Online

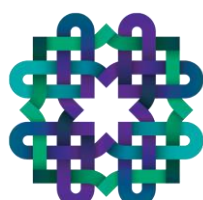
**Term 1 2025**

Clients can continue to engage in groups during the transition period. Great opportunity for clients to use up group hours and continue their healing journey. Uncertainty when groups will be starting in 2025 under the new the Sensitive claims service.

- Clients will need to stay on the current ISSC contract until the group has finished
- Once the group finishes, they can then transition onto the new Sensitive claims service
- PO will need to be approved by the **20th November**

**Term 1 January 28-30 to March 25-27 2025**

	Tuesday	Wednesday	Thursday
10.00am	Level 2 Yoga	Level 1 Yoga	Level 1 Yoga
11.30am	Level 2 Chair Yoga	Yoga Nidra	Level 1 Chair Yoga
1.30pm - online	Level 1 Yoga Online	Level 2 Chair Yoga Online	Level 2 Yoga Online
2.45pm - online	Level 1 Chair Yoga Online		
5.30pm - online	Yoga Nidra Online	Level 2 Yoga Online	Level 1 Yoga Online



## How to enrol

To register your clients interest for an upcoming course please complete our online enrolment form via <https://www.sapsych.co.nz/enrolment-chch-online> or email [referrals@southcoastpsychology.co.nz](mailto:referrals@southcoastpsychology.co.nz)

**Therapists, please request a PO for South Coast Psychology (G09884)**

**13.5 hours x SCGW and 1 hour x SCGT**

**With PO Start Date – 01 Jul 2024, to Expiry Date – 31 Dec 2024**

Please email confirmation of ACC funding approval, your clients name, phone number and email address to [referrals@southcoastpsychology.co.nz](mailto:referrals@southcoastpsychology.co.nz)

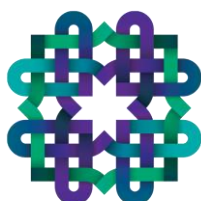
## Our Trauma Informed Yoga Facilitators



**Sonya McCullough** is a registered Occupational therapist, group facilitator and has experience working with ACC clients since 2017. Sonya has worked within the mental health field for over 20 years and facilitated therapeutic groups within hospitals and community settings. Sonya has a Master's degree in Health studies and has trained in various somatic therapy methods including Brainspotting, Havening Technique and EFT Tapping. Sonya has completed Foundational Trauma Centre Trauma Sensitive Yoga (TCTSY), Sensory Enhanced Yoga for Self-Regulation and Trauma Healing with additional certifications in Trauma Informed Yoga, Yoga Nidra and sound healing. Sonya has completed 200hr Yoga Teacher Training, she is currently completing 300 hours Yoga teacher training. Sonya has completed Trauma informed yoga for children and adolescents and yoga anatomy and physiology for children and adolescents.

Sonya started her journey with somatic healing 4 years ago. Finding somatic healing and trauma informed yoga, movement and bodywork practices were like finding a missing piece to a puzzle in supporting people on their healing journey. Sonya specialises within this field to help others regain a sense of safety within and to begin the healing journey in their mind and body. As well as exploring the importance of creativity, she enjoys learning and allowing her practice and teaching to evolve. Sonya continually integrates new knowledge and insights into her teaching around somatic healing, yoga and sound healing. With Sonya's nurturing energy, classes are grounded in an approach that is about the refinement of natural movements which underlie safe and inclusive practice. This means a deep transformation on an identity and wellbeing levels, more inner connection and self-acceptance, deeper sense of self-trust, self-compassions and empowerment. Sonya is dedicated to guiding others towards finding their own healing journey.

027 444 0873 - [sonya@vibrantmindtherapy.com](mailto:sonya@vibrantmindtherapy.com)  
[www.vibrantmindtherapy.com](http://www.vibrantmindtherapy.com)





**Lili James** is a registered counsellor, group facilitator and accredited EMDR therapist. Lili has a Post Graduate Diploma in Counselling Theory, Bachelor of Counselling, Diploma in Trauma Management and Diploma in Psychology. Lili has been working as a therapist for over a decade, specialising in working with trauma and EMDR therapy. Lili has completed a trauma informed yoga certification and has facilitated therapeutic groups for adults in local agencies and universities. Lili believes in the deep connection between mind, body and soul, seeing somatic therapies as integral to one's healing from trauma. During the term Lili teaches emotional regulation strategies, breath exercises and mudras as well as holding a safe, warm and therapeutic space for clients.

Yoga has been an integral part of Lili's life for over a decade, practising weekly and enjoying the physical and mental benefits of regular practice.

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