Bringing Trauma Sensitive Principles Online

in a rapidly changing world
Why Trauma - Why Now?

• Relational, intergeneration and systemic trauma impacts our students
• These impacts are compounded by COVID, systemic racism, brutality and the loss of agency that many of us are experiencing
• Yoga, as delivered in the mainstream prioritizes the experiences of white, able bodied, cis gendered and privileged folx. We can do better.
Who is Jenn?

- Trained in Kripalu Yoga
- Studied counseling/psychology at Lesley University
- Teaches ongoing TCTSY sessions
- NIH Research study
- Leads trainings throughout the U.S on integrating body into trauma treatment
- Currently in private practice integrating body-trauma
- Co-founder and co-director at the Center for Trauma and Embodiment @JRI
Core Principles of Trauma Sensitive Yoga Practice

- Invitation
- Choices
- Present Moment Experience
- Non-coercion
- Shared Authentic Experience
Invitation

• We use invitational language to create an environment of consent and collaboration

• Through the tool of invitational language we immediately communicate our intention and practice of power sharing.

• In the context of yoga, invitational language offers us opportunities as practitioners and participants, to opt out, adjust pace or listen to our internal needs.
At the core of trauma is a fundamental loss of choice, as Judith Herman illuminates.

Part of recovery is reclaiming choice and agency.

Many relationships and practices that aim to be healing, actually perpetuate loss of agency and opportunities for choice making.
Invitation and choices online

• Continue the language of invitation and choices
  • Choices about: when to leave when to stay
  • how to participate and when to opt out or make other choices
  • choices about saying hello via chat/video or not
  • Be clear about when you *aren’t* offering choices…..and why
Trauma pulls us into conditions of the past, not just in our minds but in our bodies.

Our capacity to feel safe, present and grounded in the present is significantly impacted trauma. It’s not just the idea of not being present, it’s the **felt** experience.

Providing opportunities to bring awareness and sensation the the present moment creates experiences that are **not** trauma.
Non-coercion

- Another hallmark of trauma is when someone enacts their will over another, through physical or emotional force, or through deprivation.

- In the healing of trauma creating relationships and environments where survivors are supported in re-discovering their own empowerment and voice are paramount.

- Survivors must be supported in becoming the arbiters of their own healing, which means as providers we must examine our own expectations.
Interoception and non-coercion online

• Create opportunities for interoception by muting and turning off video of all participants (and being transparent about why)

• Explore how much interoception is appropriate if we don’t have as much scaffolding

• Continue to not have an expectation of increased peace or relaxation when we are asking folks to turn toward their felt experience, particularly during this time
Shared Authentic Experience

• Experiences of trauma that occur when there is an imbalance of power; in intimate relationships, communities and the systems we are beholden to.

• Often survivors seek care in systems where there is an imbalance of power between provider and those seeking help.

• We look to equalize this imbalance by showing up in the room and having shared experience with participants. We explore together, and share in this exploration.
Shared Authentic experience = creating community

- we STILL practice with participants
- Ask for input about how sessions are going, and provide multiple avenues for feedback (surveys, email, direct feedback)
- Let folks know how you are showing up and how much time you have to give after a session to chat or say hello- hold the frame
- The beauty of facilitating is that we are holding a space
bonus......predictability

• The familiar sequence of forms or the sound of a teacher's voice can be an ANCHOR when we are mid-trauma. We don’t need to manufacture difficulty - this time is already difficult.

• Online platforms may be new to folks, and leave participants feeling flustered - clear directions in documents/pdfs that can be saved to devices are best to serve as a reference.

• When you can use the same link for a meeting to cut out extra steps

• What is the environment that you are in? Consider lighting/background and noise as possible triggers to eliminate.

• It makes a difference who is facilitating - if there is someone subbing - let participants know so they have the choice of opting in or out prior to when it starts.
Questions?
Ongoing connection

www.jenn-turner.com
www.traumasensitiveyoga.com
Instagram: @tctsy
Facebook: Center for Trauma and Embodiment