



From Research to Practice

Yoga-Based Psychotherapy for Children Who Have Experienced Trauma and Neglect

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4th BIENNIAL TRAUMA CONFERENCE

Addressing Trauma across the Lifespan: Integration of
Family, Community, and Organizational Approaches

October 3rd & 4th, 2013



VISUAL SCHEDULE

NAME

POINTS

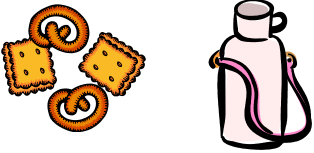


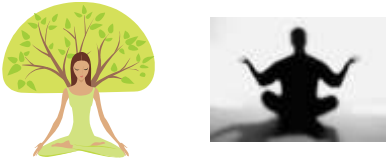
POINTS TRACKER

9-10 points = 3 prizes

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5-6 points = 1 prize

1-4 points = Try again next week!

<p>2 points <u>Opening Ritual</u></p> 	<p>3 points <u>Psycho-education</u></p> 	<p>3 points <u>Movement</u></p> 	<p>2 points <u>Closing Ritual</u></p> 
<ul style="list-style-type: none"> • Check-In • Objectives • Snacks • Introductions 	<ul style="list-style-type: none"> • The Lasting Effects of Abuse and Neglect • YBPG as a clinical intervention 	<ul style="list-style-type: none"> • Yoga Games 	<ul style="list-style-type: none"> • Relaxation • Incentives

Opening Ritual

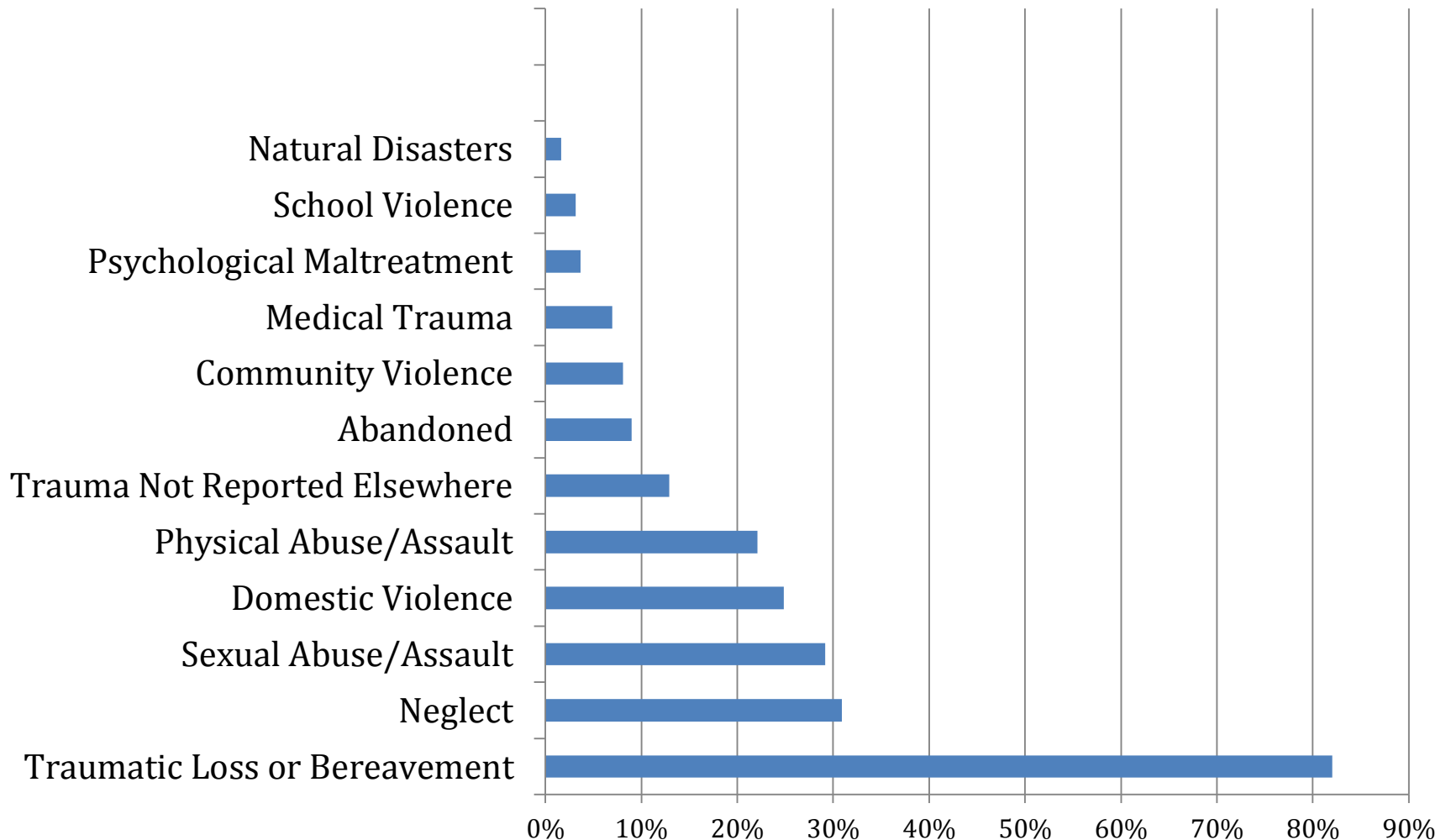
Objectives

- To provide psychoeducation regarding the lasting effects of abuse and neglect and the associated negative implications for developing self-regulatory capacities.
- To discuss the value of building self-regulation skills through movement based interventions in order to promote increased emotional regulation capabilities and pro-social behaviors.
- To provide an overview of the Yoga Based Psychotherapy Group (YBPG) protocol as a complementary clinical group intervention to address the effects of neglect and trauma
- To provide participants with the opportunity to practice movement activities designed to promote self-awareness and self-regulation.

The Family Center Outpatient Program at Kennedy Krieger Institute (KKI)

- One of 35 Outpatient Clinic Programs within KKI
- Established in 1984 with a special focus on mental health services for children in foster care
- Provider of mental health and psychiatric services to children and families who experience trauma or may be at risk for exposure to trauma
- Treatment focuses on prevention, early intervention, assessment and treatment
- The Family Center is a member of the National Child Traumatic Stress Network (NCTSN)

Child Demographics and Risk Issues (2012)

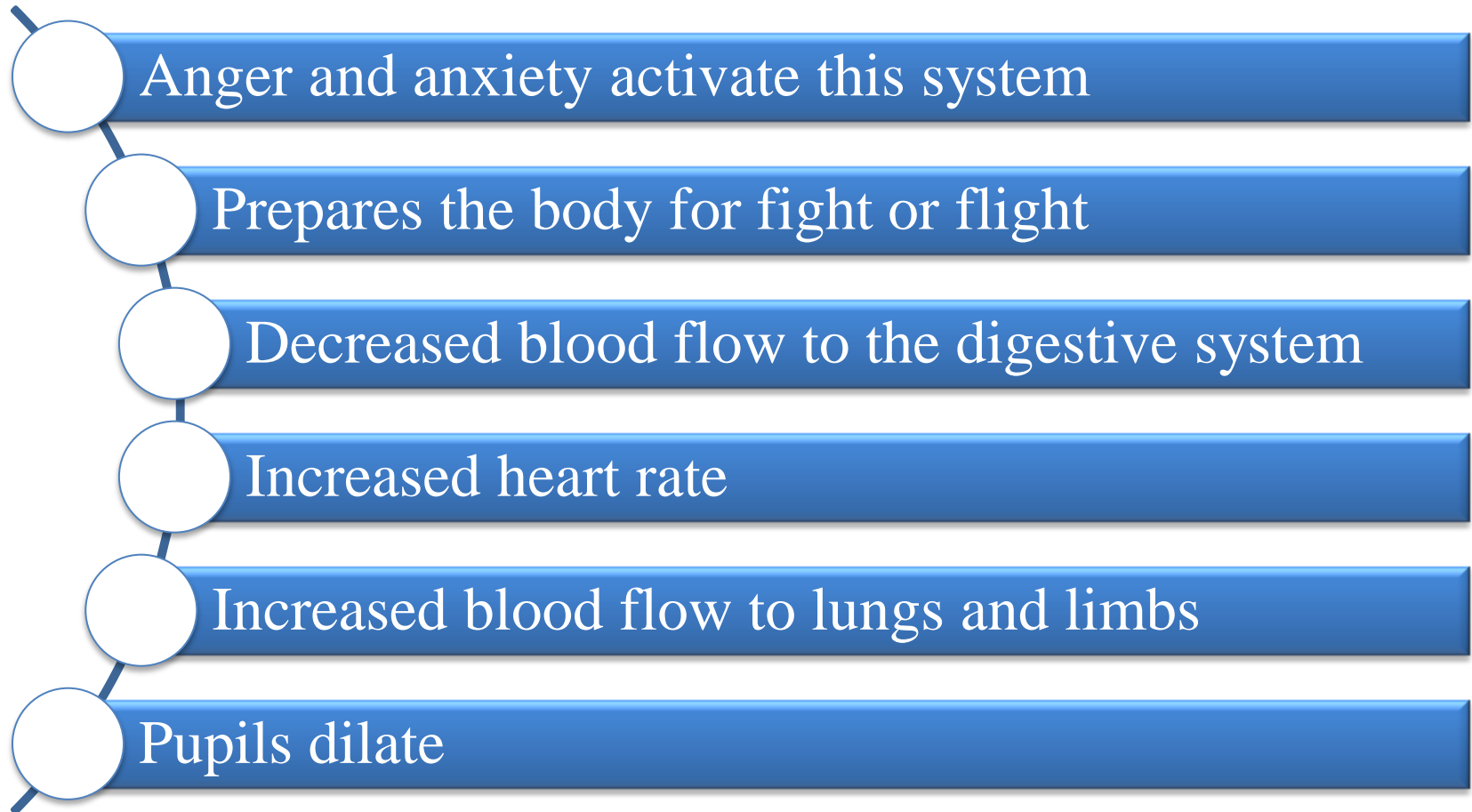


Psychoeducation

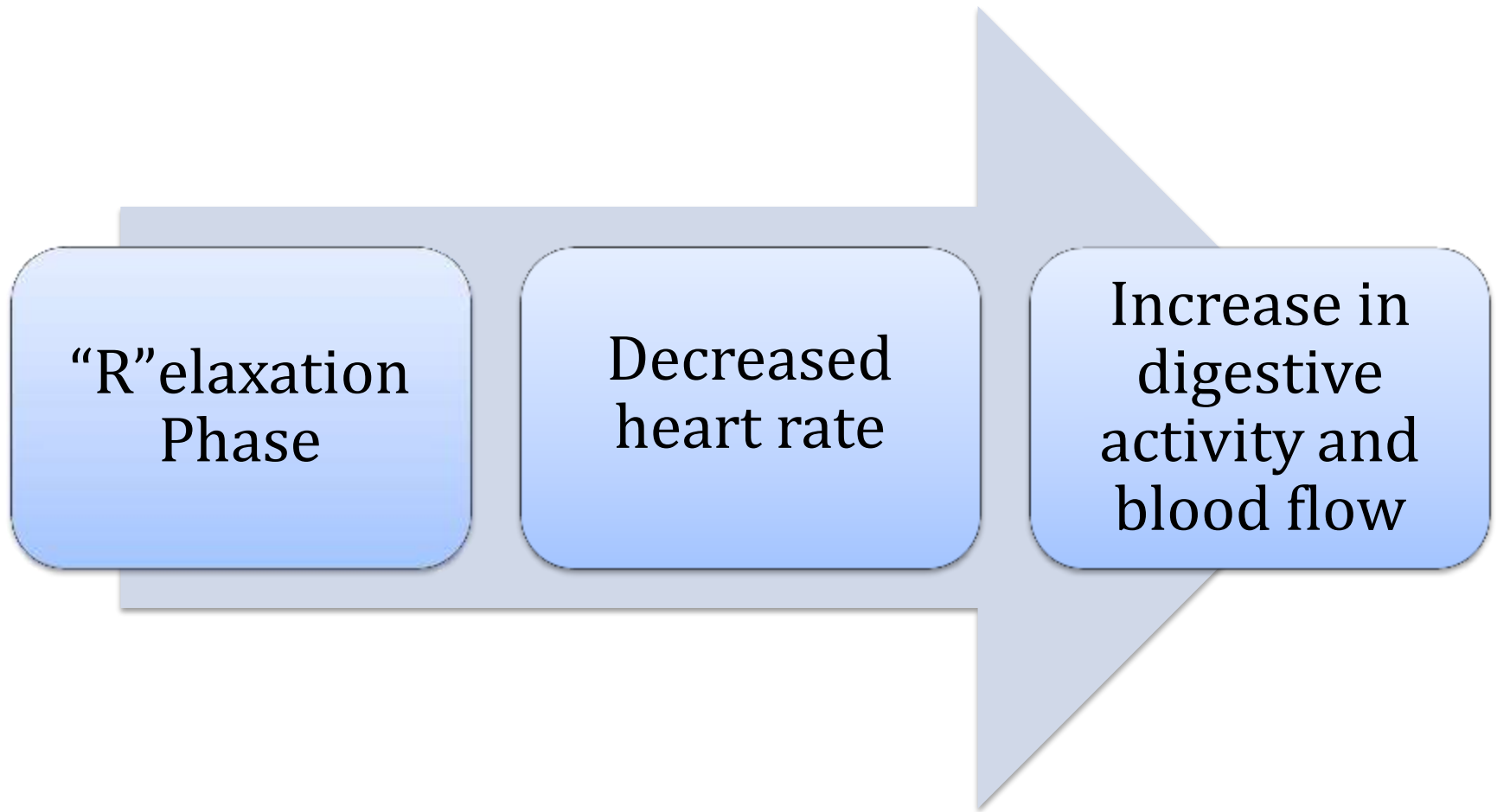
The Lasting Effects of Abuse and Neglect

- Children who have experienced abuse and neglect are at risk for developing emotional and behavioral problems including posttraumatic stress, depression, low-self-esteem, and aggression.¹
- Abuse and neglect are linked to poor attachment and emotional regulation, aggression, and learning difficulties.³
- Childhood adversity triggers neurobiological events that can alter brain development and impair the stress response system.⁴
- Stress activates the stress responses of children, which in turn affects brain development.⁵
- Stress exposure affects neurotransmitter, neuroendocrine and immune systems.⁶

Sympathetic Nervous System: “S”tress Stage



Parasympathetic Nervous System



Trauma Affects the Brain and Body

Emotional

- Emotional regulation
- Physiological regulation and body awareness

Behavioral

- Increase in risk-taking behaviors
- Decrease in self-care and preventative behaviors

Social

- Ability to create attachments
- Ability to maintain attachments

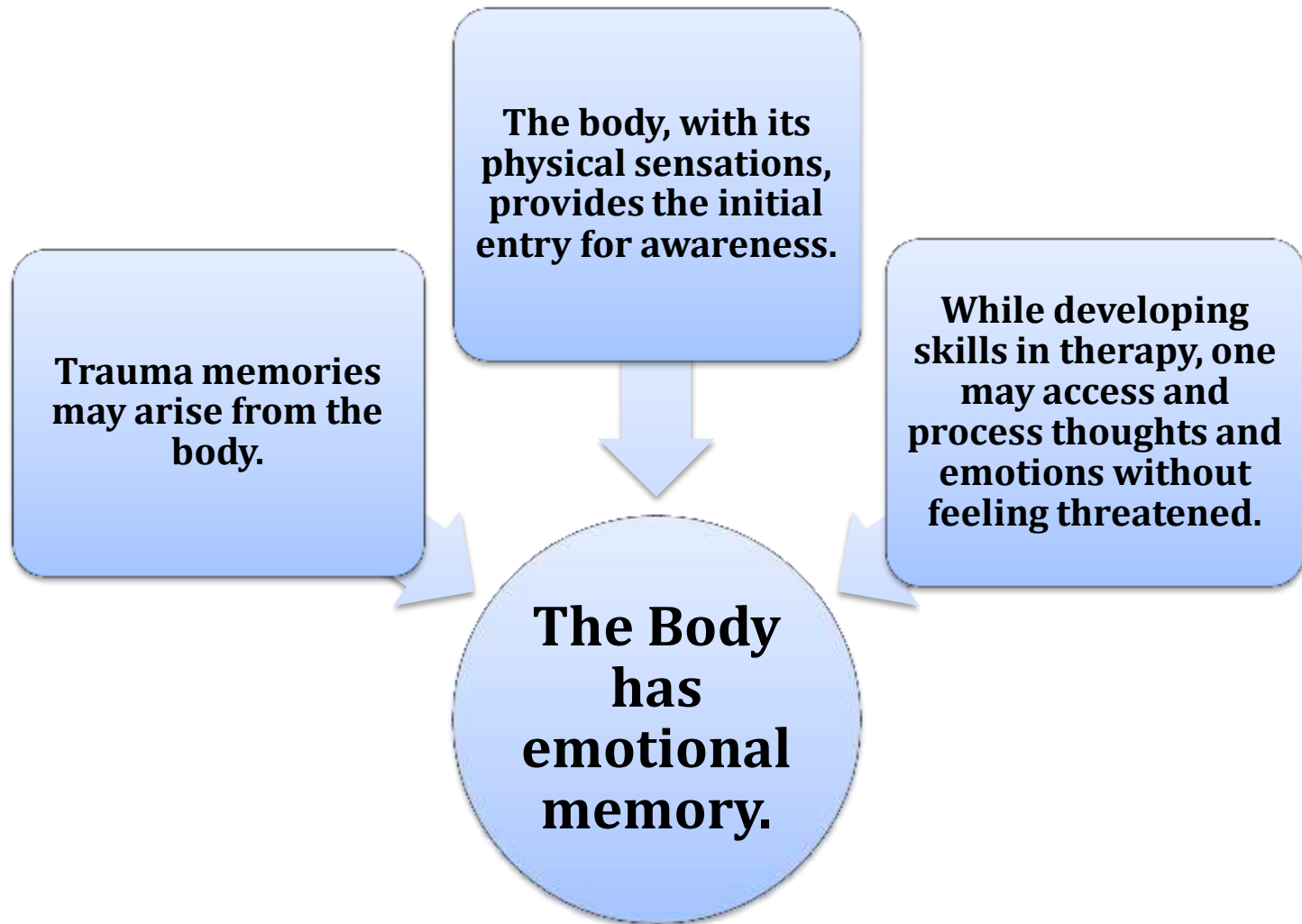
Cognitive

- Attention and concentration
- Alterations in neurological structures

The Reparative Power of Yoga

- Yoga may regulate the functioning of the Hypothalamic-Pituitary-Adrenal (HPA) Axis and Sympathetic Nervous System (SNS), the systems shown to be responsible for the body-brain connections, and the connection between traumatic experiences and future mental and physical illness.⁷
- Previous studies have demonstrated how yoga improves resilience to stress and emotional regulation.^{4,8,9}
- If yoga can have positive effects on stress reduction, and improving HPA and SNS functioning, we expect yoga to improve the physical and emotional functioning of children affected by stress and exposed to trauma.

Starting With the Body



Understanding Yoga Based Psychotherapy Group (YBPG) as a Clinical Intervention



Roots of Yoga Based Psychotherapy Group (YBPG)

Trauma-Informed Treatment

- Emphasis on safety, coping skills, affect identification and modulation and social skills. <http://www.traumacenter.org>, <http://www.nctsn.org>

Yoga

- “Yoga is all about the connection between the body and the mind. The word yoga means union and performing different yoga postures that require mental and physical energy [with the breath] brings the physical body into balance with the spiritual mind.”

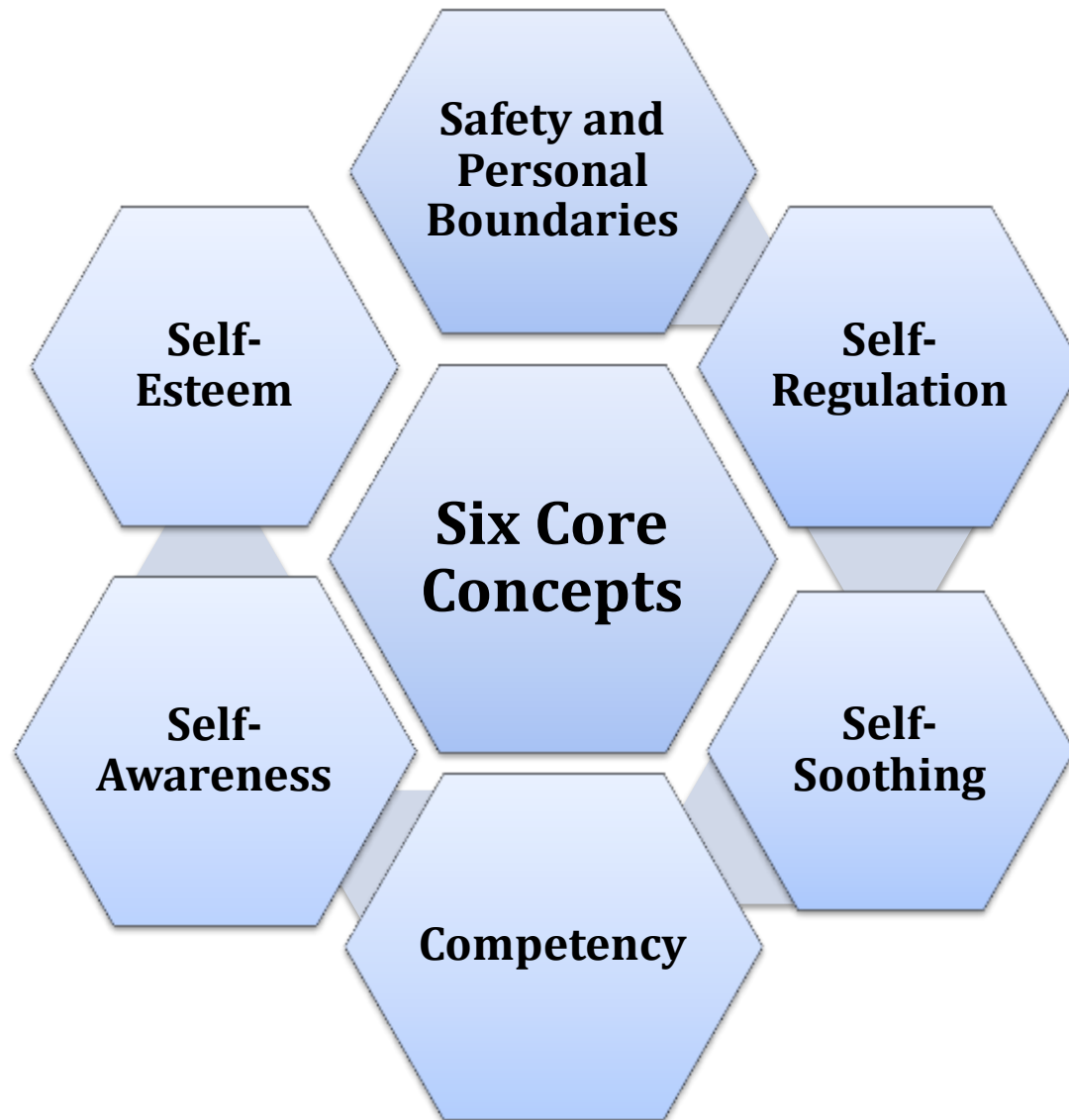
Integrated Movement Therapy™ (IMT)

- Holistic yoga-based therapy developed at The Samarya Center by Molly Kenny, MS-CCC in Speech Language Pathology, and Stephanie Hager, LICSW. <http://www.samaryacenter.org>

Dance/Movement Therapy

- “...is the psychotherapeutic use of movement as a process which furthers the emotional, social, cognitive, and physical integration of the individual.” <http://www.adta.org>

Core Concepts of YBPG



Structure of YBPG

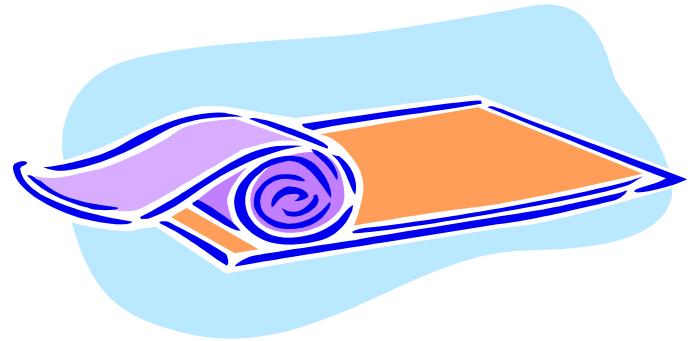
- Two (2) licensed mental health masters' level clinicians
- Group size can total up to 10 members
- Clients ages range from 8-12 years old
- Single-gender groups
- Fourteen weekly 90-minute sessions
- Sessions one and 14 focus on the clients' caregivers
- Adequate space for safe movement
- Water and snacks are provided

YBPG Materials



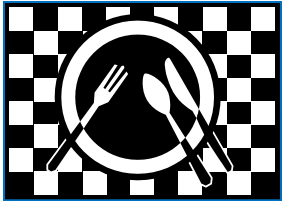



YBPG Group Tools

- Visual schedule
- Behavior chart
- Therapeutic Interventions
- Guided meditations
- Homework/Practice



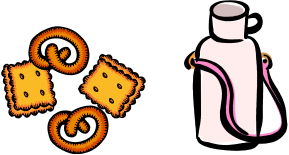
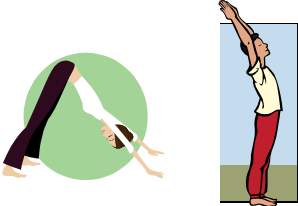


Session 1 – Beginning Caregiver Session

Theme: Orientation for caregivers to YBPG

2 points	3 points	3 points	2 points
<p><u>Opening Ritual</u></p>  <ul style="list-style-type: none"> • Welcome and acknowledgements • Introductions of facilitators • Introductions of families and sharing and review agenda • Dinner is served • Transition to different spaces 	<p><u>Psychoeducation</u></p>  <ul style="list-style-type: none"> • Establish group agreements • What is YBPG? • Explain Behavior Intervention Plan 	<p><u>Movement Activity and Discussion</u></p>  <ul style="list-style-type: none"> • Mindfulness/Relaxation activity with focus on breath practice • Handout folders and review information • Caregivers' intentions for their children 	<p><u>Closing Ritual</u></p>  <ul style="list-style-type: none"> • Reflections • Gratitude and self-care

Session 2 – Beginning Client Session

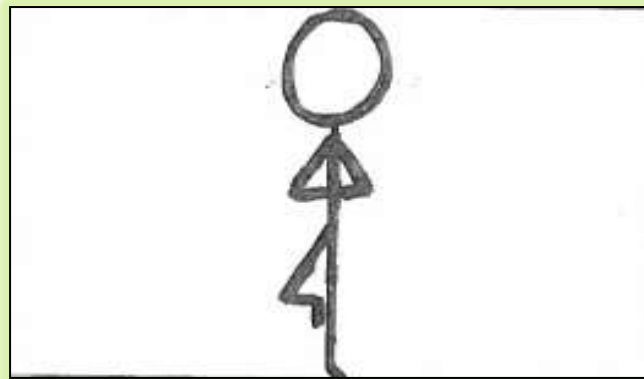
Theme: Introduce Body Awareness

2 points	3 points	3 points	2 points
<u>Opening Ritual</u>  <ul style="list-style-type: none"> • Welcome/Snack • Check-in • Review names of group participants. • Review visual schedule including reward system for behavior • Review group agreements/rules • Review calendar of group sessions • Review last week's daily practice 	<u>Movement Activity</u>  <ul style="list-style-type: none"> • Breath practice (using songs, imagery, sound or movement) • Sun Salutation • Try yoga poses on one side of the body then discuss how their body feels. 	<u>Psychoeducation</u>  <ul style="list-style-type: none"> • Discuss safety and individual differences. • Body awareness. • Brainstorm group name • Daily practice 	<u>Closing Ritual</u>  <ul style="list-style-type: none"> • Deep Relaxation • Lotus • Reflection • Clean up • Rewards

YBPG Practice Sheet

Name: _____

Session #: _____



TREE POSE

Record the number of minutes practiced or place a check in the day you did yoga!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Visual Schedule

NAME

POINTS

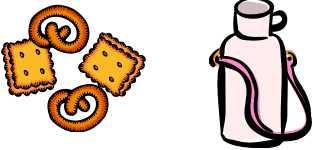


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Movement Activity

Therapeutic Interventions

Game Name

☐

☐ Yogi Says

☐ Stop/Safe Space

☐ Hot Potato

☐ Yoga Stories

☐ Mirror Game

Skills Addressed

☐

☐ Body Awareness, Attention, Following Directions

☐ Boundaries, Attention, Assertiveness

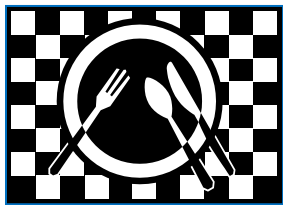



☐ Attention, Self-regulation, Organization in Thinking, Competency

☐ Negotiation, Attention, Organization and Planning, Sequencing

☐ Organizing, Attention, Self-regulation, Competency

Session 14 – Ending Caregiver Session

Theme: Review and Evaluation of YBPG

2 points	3 points	3 points	2 points
<u>Opening Ritual</u>  <ul style="list-style-type: none"> • Welcome and acknowledgements • Reintroduce facilitators • Introductions of families and sharing • Review agenda • Dinner is served • Transition to different spaces 	<u>Psychoeducation</u>  <ul style="list-style-type: none"> • Group facilitators summarize the YBPG's progress and themes throughout the past 12 weeks and review group highlights • Encourage sharing and elicit feedback from caregivers about their child's participation in YBPG 	<u>Movement Activity and Discussion</u>  <ul style="list-style-type: none"> • Progressive muscle relaxation or guided imagery experience for caregivers with breath practice • Caregivers identify specific techniques for self-care • Discuss ways caregivers can support their child to continue using strategies learned in YBPG within the family system 	<u>Closing Ritual</u>  <ul style="list-style-type: none"> • Reflections • Gratitude and self-care

Clinical Considerations

- Group cohesion and peer interactions
- Consider traumatic exposure
- Safety/Space
- Behavior Management
- Promote weekly practice during the week
- Caregiver engagement

YBPG Outcomes

Client Measures

- BERS youth and parent (Behavioral and Emotional Rating Scale)
- UCLA-Post Traumatic Stress Disorder Index Scale

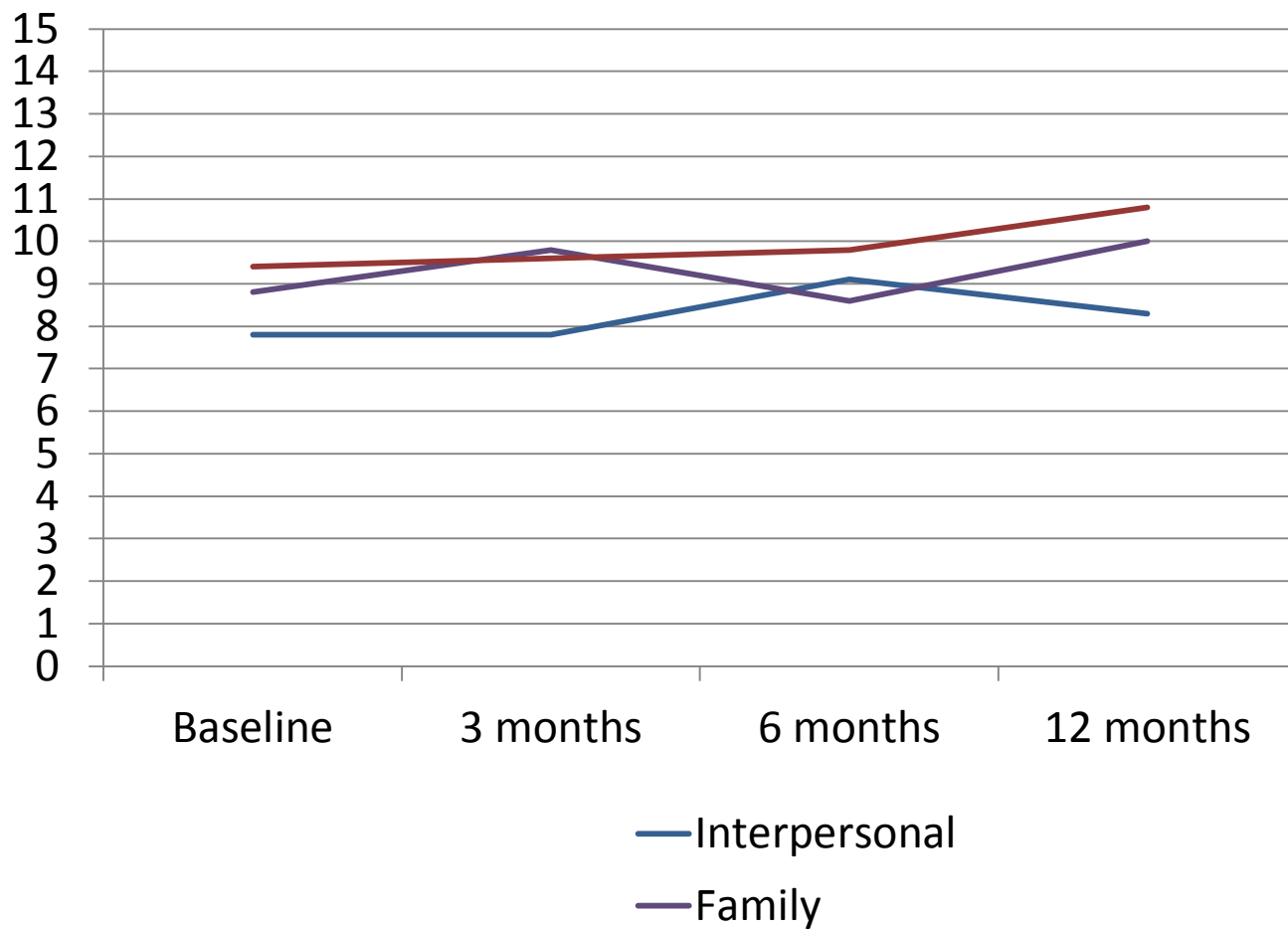
Caregiver Measures

- BERS youth and parent (Behavioral and Emotional Rating Scale)
- UCLA-Post Traumatic Stress Disorder Index Scale (if client refuses)

YBPG BERS Outcomes (N=25)

Behavioral & Emotional Rating Scale – 2 nd Edition						
	InterS	FamS	IntraS	School	Affective	Total
	M (SD)	M(SD)	M(SD)	M(SD)	M(SD)	M(SD)
Baseline	7.8 (2.7)	8.9 (2.6)	8.7 (3.3)	6.9 (2.6)	9.3 (3.2)	88 (14.0)
Post YBPG	8.5 (2.6)	10.5 (2.0)	10.8 (2.5)	9.3 (2.4)	10.4 (2.9)	98.8 (13)
3 months Post YBPG	8.6 (2.1)	8.0 (2.9)	11.6 (3.8)	9.0 (4.0)	9.2 (3.1)	95 (18.3)

Significant BERS Outcomes



YBPG Outcomes

Client Satisfaction Survey

<p>We are interested in knowing what you think about the yoga group. Your opinions are important to us, so please be honest and tell us what you think!</p> <p>Remember your answers will be private. For each statement, please check yes, no or not sure.</p>	YES!!	Yes	Not sure	No	NO!!
1. I liked the yoga group.					
1. The group leaders treated me with respect.					
1. I felt safe during the group.					
1. The group helped me learn to pay attention better.					
1. The group helped me learn to use breathing and movement to calm down.					
1. The group helped me learn to share my feelings in safe ways.					
1. The group helped me learn to pay attention to my thoughts, feelings and body.					
1. The group helped me feel good about myself.					
1. The group helped me learn about safe boundaries (mine and others).					
1. The group helped me learn how to get along with others.					

YBPG Outcomes

Caregiver Satisfaction Survey

We are interested in knowing what you think about the yoga group. Your opinions are important to us, so please be honest and tell us what you think! Remember your answers will be private. For each statement, please check yes, no or not sure.		YES!!	Yes	Not sure	No	NO!!
1.	My child liked the yoga group.					
1.	The group facilitators treated me and my child with respect.					
1.	My child felt safe during the group.					
1.	The group helped my child learn to pay attention better.					
1.	The group helped my child learn to use breathing and movement to calm down.					
1.	The group helped my child learn to share feelings in safe ways.					
1.	The group helped my child learn to pay attention to their thoughts, feelings and behaviors.					
1.	The group helped my child feel good about him/her self.					
1.	The group helped my child learn about safe boundaries (his/hers and others).					
1.	My child learned how to get along better with others.					

Results

Table 1. Consumer satisfaction survey results for clients and caregivers

	Client		Caregiver	
	Mean	Standard Deviation	Mean	Standard Deviation
I/My child liked the yoga group	4.93	0.27	4.54	0.66
The group leaders treated me [and my child] with respect	4.93	0.27	4.69	0.63
I/My child felt safe during the group	4.85	0.36	4.54	0.66
The group helped me/my child learn to pay attention better	4.81	0.40	4.08	0.95
The group helped me/my child learn to use breathing and movement to calm down	4.93	0.27	4.15	0.8
The group helped me/my child share my feelings in safe ways	4.85	0.36	4.15	1.07
The group helped me/my child learn to pay attention to my/their thoughts, feelings and body	4.74	0.53	3.92	1.04
The group helped me/my child feel good about myself/him/herself	4.85	0.36	4.23	0.73
The group helped me/my child learn about safe boundaries (mine/his/hers and others)	4.86	0.38	4.08	1.04
The group helped me/my child learn how to get along with others	4.67	0.83	4.31	0.75

Closing Ritual

Relaxation Activity and Incentives



Questions/Comments



CONTACT INFORMATION

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References

1. Hunt, K.L., Martens, P.M. and Belcher, H.M.E. (2011). Risky business: Trauma exposure and rate of posttraumatic stress disorder in African American children and adolescents. *Journal of Traumatic Stress*, 24, 365–369.
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7. Ross, A. and Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. *Journal of Alternative and Complementary Medicine*, 16, 3-12.
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