

Embracing Your Body: Yoga & Dance Movement Therapy Group Information for Clients

Why will Yoga & Dance Movement Therapy (DMT) help in my journey of healing from trauma?

Dance Movement Therapy is a form of psychotherapy which works on the principle that trauma leaves its imprint on both mind and body, and research demonstrates that effective treatment requires involvement of both. Yoga and DMT use body awareness exercises and/or movement practices in a safe space to help you become more aware of what you feel in your body. This helps you to regain a sense of connection to your body, ownership of your body and autonomy through making choices about how to move based on what you feel. This can translate to choices about how to be in your life more generally.

You DO NOT need to have any dance or movement experience to participate and benefit from this group.

Example of group goals

- Teach about the mind-body relationship and learn skills to manage anxiety and other challenging feelings
- Reconnecting with your body and resourcing yourself
- Regaining a sense of safety and control, bodily and emotionally
- Provide a socially supportive experience to assist moving towards healthier function, in life and relationships.

Group attendance information

The group will be made of *up to* 10 participants, plus two therapists.

Generally, everyone attending will have an accepted ACC sensitive claim and is currently working with a primary 1-1 therapist. The group however is open to clients who have other funding sources, with PTSD related diagnosis, and are well supported to attend.

The group is open to all genders 18 years and older. Some of our groups have been uni-gender and we can let you know the projected group make up.

Date: Thursdays, May 20 – July 8 (8 weeks)

Time: 7 – 8.30pm

Venue: The group is held in Mt Albert Senior Citizen Hall. 3b Wairere Ave, Mt Albert. This is beside Rocket Park and the Mt Albert YMCA. There is plenty of parking at the venue and public transport options.



The therapists: Verity Larraman and Jacquelyn Wan are experienced Professional Dance Movement Therapists (Dance Therapy Association of Australasia, DTAA) and supervises and students of Dr Amber Gray (International trauma and movement psychotherapy specialist), completing Dr Grays' advanced clinical training in Restorative Movement Psychotherapy for Survivors of Trauma. Additionally, Verity is an experienced Yoga Teacher, who practises with a trauma informed lens.



Commitment

It is important that you are committed to attending **all sessions** - you will get the most out of the group this way and feel more comfortable. If for some reason you are unable to attend a session, please text either Jacquelyn or Verity to let them know. At the end of this handout is a form for you to copy and return via email to confirm your attendance and group commitment.



What do I need to bring?

We recommend bringing a water bottle, a pillow to sit on, warm and comfortable clothing, and/or a rug (however, all these are optional).

What do I do now?

If your therapist has recommended the group and you are committed to attending, they will do the necessary paperwork with ACC for this to happen. Your therapist will complete with you our group screening questionnaire (this is to provide Verity and Jacquelyn information on any matters we need to be aware and mindful of). Our administrator (Tamara) will send an email prior to the group with 'housekeeping' matters and in order for you to confirm your attendance. Verity or Jacquelyn will be in touch to organise a 30-minute meeting/korero to ensure the group is appropriate for you and to answer any questions you may have before the group. *We want you to feel comfortable!*

COVID-19

We also wanted to take this opportunity to share with you our **COVID-19 plans**. The group **will** go ahead under alert levels 1 or 2. It will be postponed under alert levels 3 or 4.

To ensure everyone's safety, prior to each session we will be asking the following:

- Have you had a confirmed or probable case of COVID19? **Y/N**
- Have you been in close contact with someone with a confirmed or probably case of COVID-19? **Y/N**
- Do you have any of the following symptoms: cough, sore throat, shortness of breath, runny nose, loss of smell **WITH** or **WITHOUT** fever?

We will also have a QR code which links to the governments tracer APP and/or a sign in sheet for the purposes of ensuring contact tracing. All surfaces within the therapy space (including door handles, seats etc) will be cleaned prior to the group, hand sanitiser is available for use before, during and after the session and any props used in the session (and we are limiting these) have been cleaned before the session and will not be passed between clients during the session.

Please let us know if you have any other concerns and we will try to mitigate these

What past participants have said

I find this particular group very beneficial in the way that it is worked. I find it challenging which pushes me and I appreciate this"

I have found this course useful for my growth. I would do it again. Facilitators have presented it in a positive, warm way. Allowing people to move at own rate has allowed more interaction with others.

Group Attendance Commitment Form

Name: _____

Group: *Embracing your Body Yoga/DMT Group*

- I am committing to attending the full programme
- I will arrive on time or if I am going to be late/unable to attend will let one of the therapists know prior to the group
- I will keep group confidentiality: what I hear stays in the group, what I see stays in the group, what you say stays in the group.
- I will participate in my own comfort level, try to stay in the room, and seek for support with my best ability
- I will communicate to the therapists if I need support or finding things challenging
- I will be respectful of other group members

Signature:

Date: