

# Holistic Interventions: Trauma -Sensitive Yoga & Horticultural Therapy

By Sarah Lundy

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# Trauma, the Mind and the Body

Trauma comes from the Greek word meaning “wound” and is stored in sensory or somatic memory and can cause long-lasting physiological stress responses which are characteristic of post-traumatic stress disorder (PTSD) (Van der Kolk, 2015).

This impact on the parasympathetic and sympathetic nervous system, alters the body and mind through the fight, flight, freeze and recovery responses (Van der Kolk, 2015).

*“Since trauma affects the body’s physiology, and because traumatic memories are often stored somatically, leaders in the field are increasingly insisting that trauma treatment must incorporate the body” (Emerson & Hopper, 2011).*



# Evidence-Based Practice: Trauma-Sensitive Yoga



Developed by David Emerson, using modified yoga practices, to assist veterans and survivors of gender-based violence (Emerson, 2009).

Clients participating experience increased resiliency and overall decreased symptoms of anxiety and posttraumatic stress (Price et al., 2017).

Participants gain feelings of security in their own body, through mindfulness, gentle yoga sequences, and relaxation techniques like meditation (West, 2011).

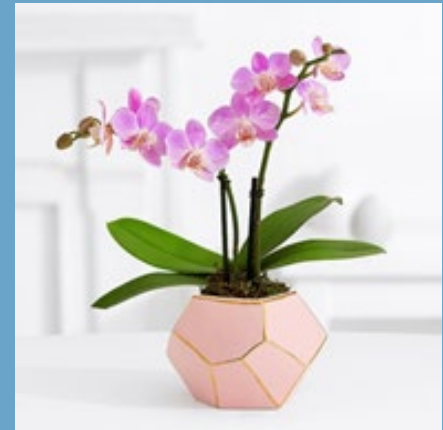
# Evidence-Based Practice: Horticultural Therapy

Horticultural therapy is defined by the American Horticultural Therapy Association) as the use of horticulture or plants and plant-based materials for rehabilitative, vocational, and therapeutic purposes (AHTA, 2017).

Clients participating report a reduction in symptoms of depression, anxiety and trauma-related symptoms (Page, 2008).

Clients also report development of positive coping skills and positive self image (Neuberger, 2008).

Horticultural therapy has indirect and direct physiological effects, and promotes sensory stimulation (AHTA, 2017).





# Incorporating These Modalities in Direct Practice



Horticultural Therapy activities and Trauma-Sensitive Yoga can be conducted in groups or in individual sessions

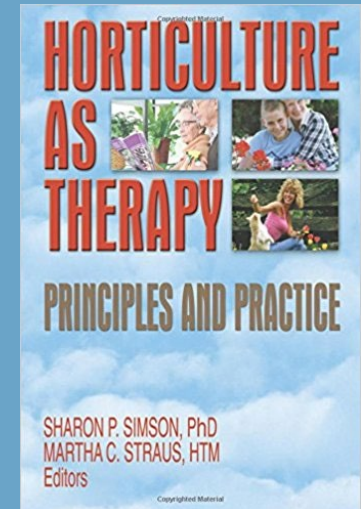
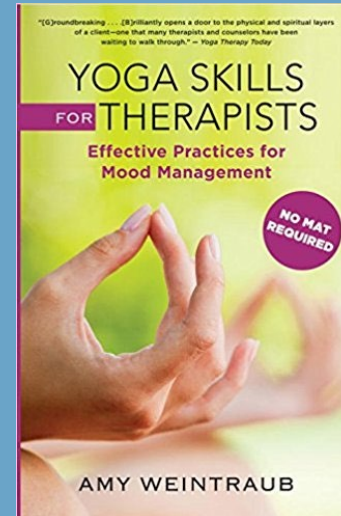
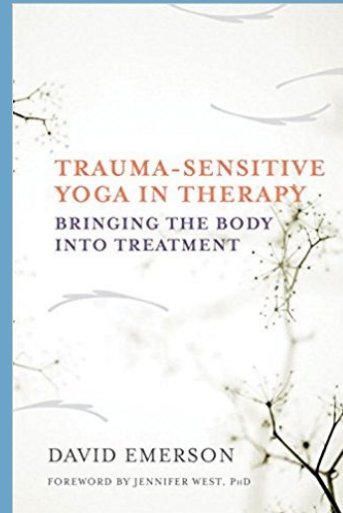
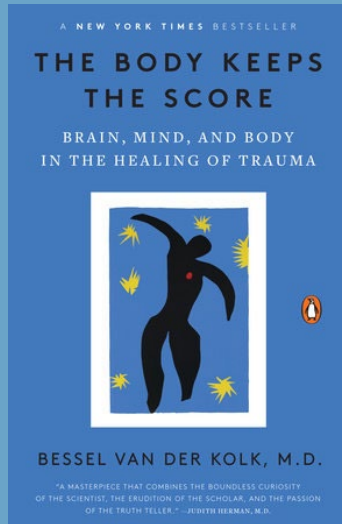
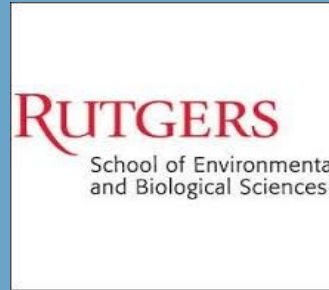
Both interventions and activities can be incorporated with Trauma-Focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy

Introduce these techniques with an emphasis on Grounding, Mindfulness and Sensory- Stimulation

Develop your own personal practice



# Resources





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