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# Trauma Informed Immersion 2024 Week 3





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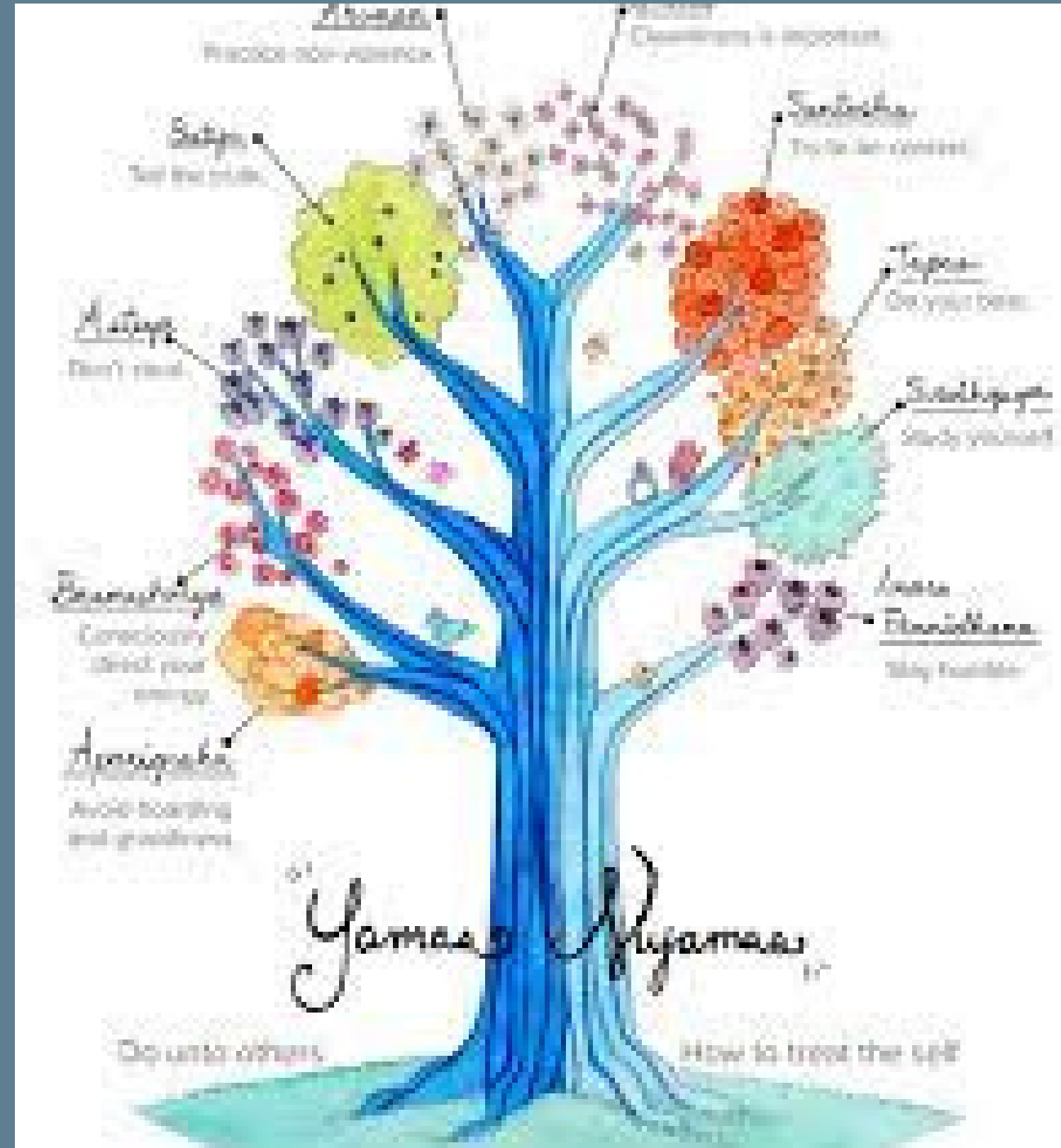


**POWER DYNAMICS**

# PRACTICE



# YOGA PHILOSOPHY IN OUR WORK

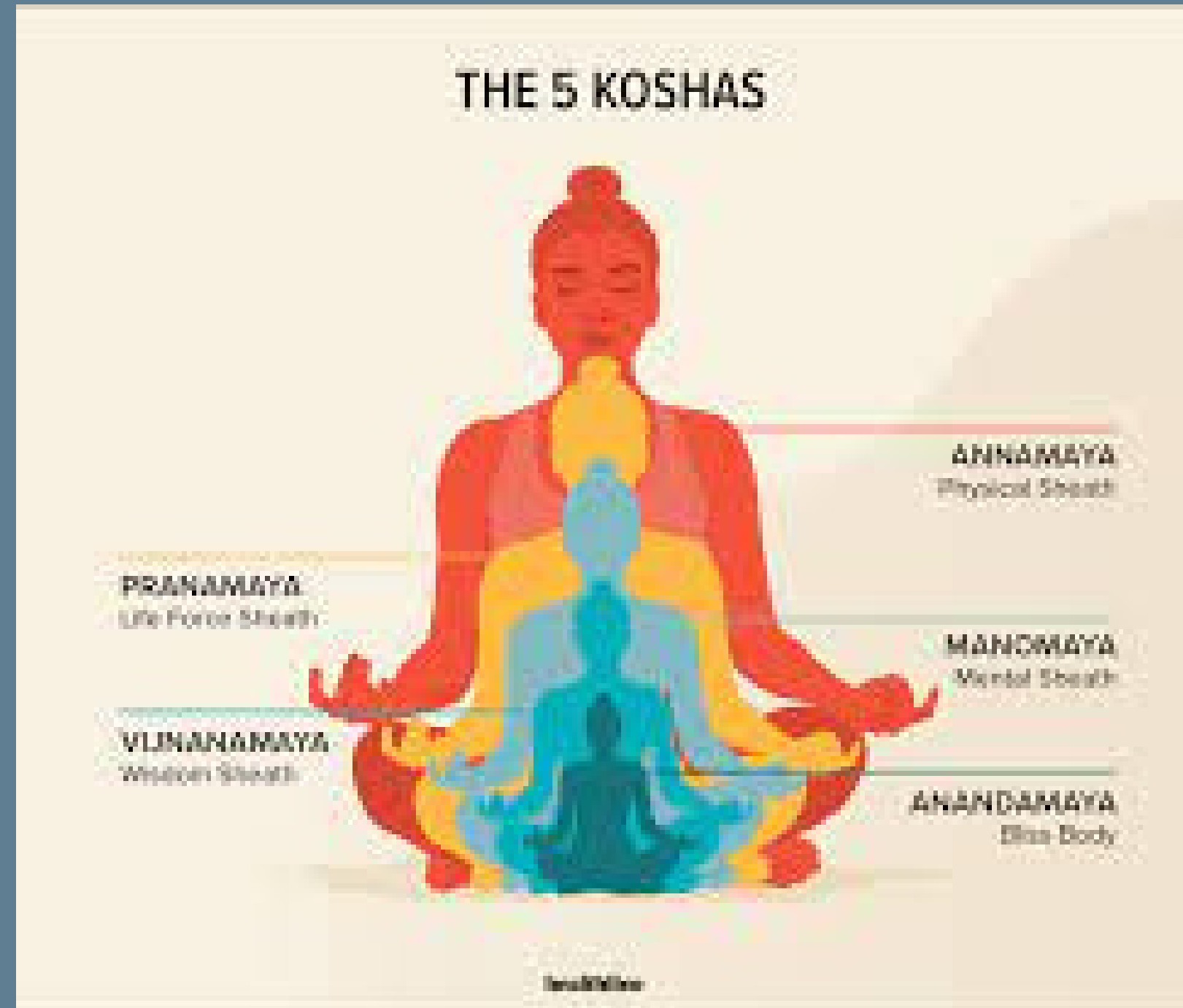


# YOGA PHILOSOPHY IN OUR WORK - A DIFFERENT LENS



WATCH OUT FOR SPIRITUAL BYPASSING OR  
BEING OUTWITH SCOPE OF PRACTICE.

# YOGA PHILOSOPHY IN OUR WORK - A DIFFERENT LENS



POWER DYNAMICS



# DISCLOSURE



DISCLOSURE BY  
NONVULNERABLE ADULT

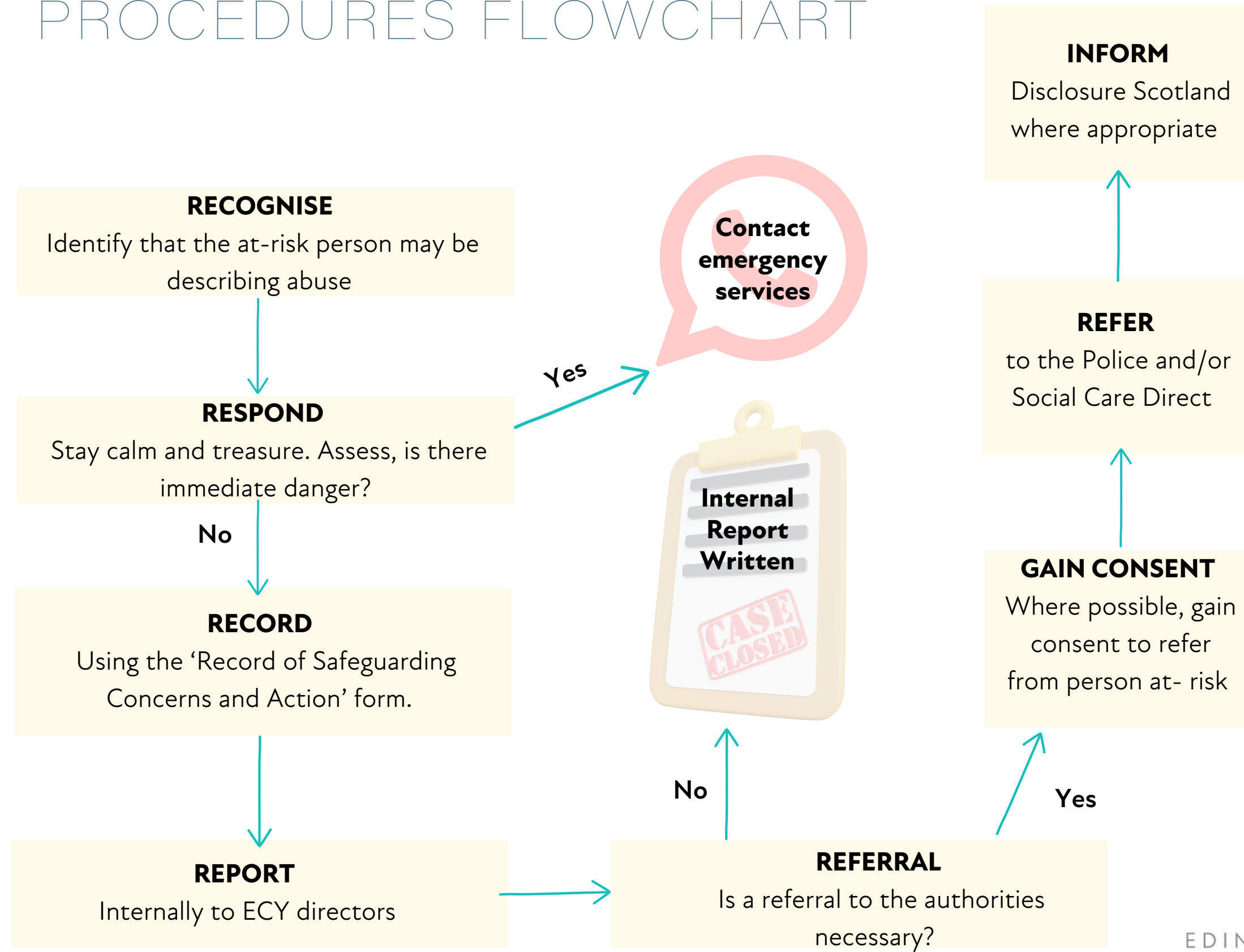
- Is the person disclosing a historical event?
- Is it your story to tell?
- Is a child or vulnerable person at risk- see flowchart
- Is it an immediate danger and police need to be involved



# DISCLOSE BY VULNERABLE/AT RISK ADULT



## SUPPORT AND PROTECTION PROCEDURES FLOWCHART



POWER DYNAMICS

# BOUNDARIES



- Student/Teacher Relationships
- Recognition that the yoga space is by its nature a place where boundaries can be hard
- Social Media
- Contact Details
- Organisations Regulations/Procedures
- Contact Point



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# SELF CARE





# VICARIOUS TRAUMA IS REAL







Vicarious trauma is a process of change resulting from empathetic engagement with trauma survivors.



Anyone who engages empathetically with survivors of traumatic incidents, torture, and material relating to their trauma, is potentially affected

-BMA



- 
- 
- experiencing lingering feelings of anger, rage and sadness about patient's victimisation
  - becoming overly involved emotionally with the patient
  - experiencing bystander guilt, shame, feelings of self-doubt
  - being preoccupied with thoughts of patients outside of the work situation
  - over identification with the patient (having horror and rescue fantasies)
  - loss of hope, pessimism, cynicism



- 
- 
- distancing, numbing, detachment, cutting patients off, staying busy. Avoiding listening to client's story of traumatic experiences
  - difficulty in maintaining professional boundaries with the client, such as overextending self (trying to do more than is in the role)



# JUST BECAUSE YOU COULD DOESN'T MEAN YOU SHOULD

- Know where your boundaries are and don't push them
- Say 'can I get back to you on that?' instead of yes
- Do you really have time to do it??



- Supervision/peer support (appropriate)
- Community/sangha
- Share the load
- Connect
- Practice non attachment where possible (it is hard!)
- Do other things you enjoy
- Don't use your practice as a beating stick



look where you have come from not  
just what you haven't done  
non attachment to outcome



# BREAKOUT

how do you know when you need to  
recharge your own batteries ??



# PRACTICALITIES

# WHAT TYPE OF CLASS?

- Stick to what you are currently doing but in a more trauma informed way
- Outreach work with partner (who? where? how)
- Trauma informed class (with caution!)
- Into a different field e.g psychology
- What info will you need intake etc
- Price/funding etc
- More training ?

# FINAL REFLECTIONS





**THANK YOU!!**



**FACEBOOK  
EDINBURGH COMMUNITY  
YOGA**



**TWITTER  
@ECY\_YOGA**



**INSTAGRAM  
@ecyoutreach**

