The Trauma Informed Mindfulness & Movement
Donna Freeman

What Is Trauma Informed?
- Realizes the widespread impact of trauma and understands potential path for recovery;
- Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- Responds by fully integrating knowledge about trauma into policies, procedures, and practices; and
- Seeks to actively resist re-traumatization.

Comprehend the Prevalence & Impact of Trauma

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Choice & Agency

“Choice is the one universal truth that seems most provocative, useful and unconditional.”
- Kurt Carlson

- Invitational Language

What is Trauma?

Adverse Childhood Experiences (ACEs)

Impact of Trauma

- Nervous System
  - Central Nervous System
    - Brain
    - Spinal cord
- Peripheral Nervous System
- Autonomic
  - Sympathetic
  - Parasympathetic
- Somatic

Use a Trauma Informed Lens
What trauma may look like

- Emotional, behavioral, developmental, physical & academic difficulties
- Acting out
- Withdrawal
- Low frustration tolerance
- Noncompliance
- Lower competence, creativity & flexibility
- Social isolationism & alienation

Window of Tolerance

- Staying within the Window of Tolerance
  - Focus on stabilization/grounding
  - Engage the senses
  - Foster well being
  - Connect with others

Focus on Stabilization/Grounding

- Mountain Pose
- Tip Toes & Foot Exploration
- Standing Poses
- Ten Breaths
- Just This

Engage the Senses

- 5-4-3-2-1
- Rainbow Vision
- Layered Listening

Foster Well-being

- Spend time in nature
- Move: Add One
- Social Action
Connect with Others

- Yoga Games: Mirror Mirror
- Partner Poses
  - Full Moon,
  - Two Trees
- Double Dancer
- Yoga Club
- Let them talk or not

Recognize & Honour the Individual

Build Relationships

“Our relationships are precious, valuable treasures from heaven, and we should handle them carefully, always looking for ways to build bridges to each other’s hearts.”

- Victoria Osteen

5 Tips to Build Relationships

- Welcome Diversity
- Listen
- Give people your time
- Share your vulnerabilities
- Seek feedback

Compassion

Compassion is simple, profound and can thrive in every one of us.

Collaboration

“You need to be aware of what others are doing, applaud their efforts, acknowledge their successes, and encourage them in their pursuits. When we all help one another, everybody wins.”

- Jim Stovall
Create Safe Spaces

Physical & Emotional Safety

Sensory Considerations
- Sight
- Sound
- Smell
- Taste
- Touch
- Proprioception
- Vestibular
- Interoception

Trauma Informed Language
- Tone of Voice
- Inflection
- Words spoken
- Language of Curiosity
- Verbal Assists
- Name

Physical Contact
- Right Touch

"Yes, I do touch. I believe that everyone needs that."
- Princess Diana

Clear & Consistent Boundaries
Boundaries invite self management and encourage students to behave in a beneficial manner

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Qualities of Boundaries

- Clarity
- Win-win
- Proactivity
- Positivity
- Follow Through

Predictability

“When students can confidently predict classroom structure and teacher behavior, they are free to immerse themselves in their curiosities, freely take risks and safely negotiate their social interactions. Routines and procedures help make classrooms more predictable and, subsequently, help students feel safe.”

-Rutgers, Center for Effective School Practices

Empowerment

“No intervention that takes power away from the survivor an possibly foster her recovery, no matter how much it appears to be in her immediate best interest.”

-Judith Lewis Herman

Power & Authority

- Hard Power
  - Coercion
  - Force
  - Bribery
  - Military
  - Economic
- Soft Power
  - Persuasion
  - Appeal
  - Attraction

Strengths Focus

Emphasize
- Strengths
- Resources
- Positive thinking patterns
- Assets

What's RIGHT
NOT What's WRONG
Trauma Informed Movement & Mindfulness

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