Mind-Body Integrative Approaches in treatment of torture and refugee trauma survivors

Michael de Manincor
Psychologist & Yoga Teacher-Therapist
PhD (candidate)
yoga?

**BOD**
posture & movement
asana

**BREAT**
calm & smooth, breathing techniques
pranayama

**MIND**
mindfulness
meditation
visualisations
mantra & more

**VALUE**
gratitude
compassion
connection
meaning

The Yoga Foundation
Types of interventions......

① Group classes

1. General classes
   • Mixed participants
   • Various styles

2. Group specific
   • More homogenous
   • Tailored to group needs
Types of interventions......

② Personal practice

- Individually tailored
- Guidance of a yoga teacher
- Regular personal practice
  - Motivation & compliance?
Yoga therapy?
Tailoring yoga to the needs & abilities of the individual person or group!!!
EVIDENCE?
Evidence?

Published Yoga-based Intervention Studies: 1967 to 2013

approx. total of 90 studies for mental health

Jeter et al (2015)
Mental Health?

Yoga for ....

• Depression
• Anxiety
• Stress
• Schizophrenia
• Addictions
• Trauma & PTSD
• Comorbidity???
Mental Health & Wellbeing
Evidence.....

Depression and Anxiety:

- Over 30 Systematic Reviews of Randomised Controlled Trial’s of Yoga for Depression &/or Anxiety

- Fewer studies specifically with people who have experienced trauma
Overall results....

Evidence is positive and encouraging:

Yoga has been found to reduce symptoms of depression and anxiety, including with people who have experienced trauma.
Overall results….

However,……

**Heterogeneity** is an issue….

- Study methods
- Diagnosed conditions
- Types of yoga interventions
- Intervention parameters

➢ More research is needed
Clinical Trial Results....

Depression (DASS)

Yoga + usual treatment

Usual treatment only

Baseline

6 weeks

33%

9%
Clinical Trial Results....

Anxiety (DASS)

Baseline

6 weeks

Yoga + usual treatment

26%

Usual treatment only

14%
Clinical Trial Results....

**Psychological Distress (K10)**

- **Yoga + usual treatment**
  - Baseline: 34%
  - 6 weeks: 4%

- **Usual treatment only**
  - 6 weeks: 4%

**The Yoga Foundation**
Clinical Trial Results....

**Resilience (CD-RISC2)**

- **Baseline**
  - Yoga + usual treatment: 13%
  - Usual treatment only: 1%
Clinical Trial Results....

Overall Mental Health (SF12-MH)

- Baseline
- 6 weeks

20% increase

↑ 2%
Finding the right classes & teachers

The Yoga Foundation

Training & registration

✧ Yoga Australia
✧ Individual / tailored approaches
✧ Mental Health Aware training
• Trauma informed?
For Mental Health Professionals

Yoga Psychology
Education & Training

www.yogapsychology.com.au