

Tools for Everyday Stress - Trauma Sensitive Yoga & Ballroom Dancing

Alex Cat

Trauma Theory is a rapidly expanding and interdisciplinary subject. Drawing on the work of neurologists, endocrinologists and attachment theorists, it is beginning to explain how and why some traditional Asian and African psychologies work.

In this introductory workshop we explore two contributions to the field - David Emerson's Trauma Sensitive Yoga and Stephen Porges's Polyvagal Theory.

Although both are orientated towards Complex Trauma, each has profound implications for those of us living with the trauma of chronic stress - a work place experience sadly characteristic of many of today's NHS staff.

This workshop is intended to provide a conceptual base within which trainees might re-frame and reflect on both their stress reactions and triggers, but also equip trainees with practical, easy to use tools to help regulate their nervous systems.

No yoga or dance equipment/clothing needed. No prior knowledge or experience necessary.