



TRAUMA CENTER
TRAUMA SENSITIVE YOGA

EMBODIED HEALING

Befriending Your Body through Trauma-Sensitive Yoga and Art Therapy

Embodied Healing is an evidence-based body-oriented group program supporting participants to reconnect with their bodies and develop a deeper relationship with their internal experience.

Through Trauma Center Trauma-Sensitive Yoga (TCTSY) and art therapy, participants are invited to explore choice, agency, and embodied awareness within a safe and supportive group environment. The program complements individual therapy and offers opportunities to cultivate practical resources for wellbeing and recovery.

NEW FOR 2026:

Extended 2-hour format

This extended format has been developed in response to client feedback requesting more spaciousness, slower pacing and time for integration. This change supports:

- deeper integration between practices
- reduced fragmentation within sessions
- a more gradual, trauma-sensitive pace.

It is particularly supportive for clients experiencing complex trauma and dissociation, where additional time supports settling, orienting to safety and smoother transitions.

PROGRAM DATES & DETAILS:

Term 3:

29 July – 16 September

Term 4:

14 October – 2 December

Wednesdays

9:30 am – 11:30am

Location

Koru Centre, Nelson

We are committed to creating inclusive, supportive spaces. If you're unsure whether this group is the right fit, you're very welcome to get in touch.

Participants are supported in a compassionate environment where choice, pacing, and internal experience are always respected

Each 2-hour session includes:

Trauma Center Trauma Sensitive Yoga (TCTSY) (60 minutes)

A gentle, choice-based movement practice supporting participants to reconnect with bodily sensations, develop interoceptive awareness, and build trust in internal cues.

No pressure, performance, or correction.

Integration and Reflection (60 minutes)

- guided art therapy
- quiet reflective processes
- optional sharing
- cuppa of choice

Participants have time to ground, integrate and make meaning of their experience.

Program Themes (8 weeks)

1. Safety

Orienting to choice, awareness, and internal experience

2. Support

Connecting with internal and external supports

3. Connection

Linking breath and movement to support mind-body connection

4. Befriending the Body

Cultivating curiosity and compassion

5. Rhythm

Exploring pace, energy, and regulation

6. Release

Gently working with patterns of holding and yielding

7. Agency

Noticing needs and practising choice

8. Integration

Resting and reflecting.

Clinical Approach:

Trauma-Centre Trauma-Sensitive Yoga (TCTSY) is an evidence-based adjunctive treatment for complex trauma and PTSD.

The focus is on noticing internal experience rather than achieving physical form, supporting reconnection between mind and body, and restoring a sense of agency.

Find out more: traumasensitivelyoga.com

Trauma-Sensitive Framework

- Choice and agency
- Invitational language
- Nervous system awareness
- Support for triggers
- Cultural awareness
- Respect for privacy and pacing

Clinical Benefits

- Increased body awareness
- Reduced dissociation
- Enhanced daily functioning

Suitable For:

- Complex trauma
- Dissociation
- Hyperarousal / shutdown

“Learning to inhabit my body with safety, curiosity, and compassion has been life-changing. I’ve gone from feeling disconnected to feeling present, empowered, and at home in myself. I built trust with my body piece by piece, breath by breath - something I didn’t know was possible.”

~ program participant

FACILITATORS

Aurélie Chambers **Art Therapist and supervisor**

Aurélie provides trauma-informed, client-centred therapy integrating creative arts and EMDR to support the safe expression and integration of complex emotional experiences towards healing and to honour each person’s story. She has a particular interest in trauma, grief, and attachment.



Jen Holmes Beamer **Psychotherapist | TCTSY-F**

Jen provides psychotherapy, EMDR, and body-based approaches to support trauma recovery. She specialises in working with dissociation and interoception. Jen established and has facilitated ACC-funded TC-TSY groups in Nelson over the past five years.

REFERRAL SUPPORT (ACC CLINICIANS)

To refer, please email your ACC Recovery Partner and request:

Embodied Healing – The Nelson Clinic (VAH127)

Jen Holmes Beamer (PAQ875)

Aurélie Chambers (PAN892)

ACC Units:

SCSGT – 16 hours

SCSGTT – 1 hour (pre-group intake)

Include clinical rationale related to regulation, and/or dissociation.

A more detailed referral rationale can be provided on request.

Reducing Dissociation

Supports gentle reconnection with the body through:

- interoceptive awareness
- present-moment orientation
- choice-based movement

Emotional Regulation & Resourcing

Builds capacity to:

- recognise early signs of dysregulation
- respond with supportive strategies
- increase tolerance of internal experience

Agency & Empowerment

Supports development of:

- self-efficacy
- sense of safety in the body

Relational Safety (Without Pressure to Disclose)

Offers co-regulation and shared presence in a structured, non-verbal group environment.

Supports Ongoing Therapy

Enhances engagement in individual therapy through embodied awareness, regulation, and integration.

You’re very welcome to get in touch to discuss whether this group may be a good fit for your clients.
Jen @ jen.holmes-beamer@nelsonclinic.nz | Aurelie @ aurelie.chambers@nelsonclinic.nz