



SETTLE INTO REST

8-week online group programme

Trauma-sensitive support for PTSD-related insomnia

When you've experienced trauma, sleep can become difficult.

PTSD can leave the nervous system feeling on alert, making it harder to settle into rest. You may experience difficulty falling or staying asleep, heightened alertness, nightmares, or a sense that your body can't fully switch off.

Settle Into Rest is an online, trauma-sensitive programme for people experiencing PTSD-related sleep disturbance or insomnia. The programme supports you to notice cues of safety and settling, and to practise accessing the body's natural rest-and-settle response.

This therapeutic program combines Trauma Center Trauma-Sensitive Yoga (TCTSY), yoga therapy, and CBT-I informed sleep education. Through gentle movement, breath, mindfulness and practical sleep education, you will have opportunities to learn more about your nervous system, practise settling and rest, and develop greater confidence and trust in your body's responses.



EACH WEEK EXPLORES:

- Trauma-sensitive yoga and gentle movement
- Breath, grounding and relaxation practices
- Body awareness and nervous system education
- Developing cues and resources for safety and rest
- Sleep education informed by CBT-I principles
- Practical strategies to support healthy sleep
- Simple weekly sleep experiments to explore at home

TERM 4: 12 OCT - 30 NOV '26

TERM 1: 15 FEB - 5 APR '27

Monday evenings

ONLINE

7:00 - 8:15pm

Optional time afterwards for quiet reflection and sharing.

Reach out with any questions by contacting the facilitator:

Jen @ jen.holmes-beamer@nelsonclinic.nz

About TCTSY

Trauma Center Trauma-Sensitive Yoga (TCTSY) is an evidence-based, clinical approach developed for people experiencing complex trauma and PTSD.

Rather than focusing on achieving particular yoga shapes or physical outcomes, TCTSY invites participants to notice their own internal experience and make choices about movement and stillness. The focus is on developing connection with the body, building a sense of agency, and recognising what feels supportive for you.

The approach is grounded in trauma theory, attachment theory, neuroscience, and yoga practice. The power remains with the participant rather than the facilitator.

Find out more: traumasensitivelyoga.com

What we'll explore

Over 8 weeks, we will explore the relationship between trauma, the nervous system and sleep through embodied practice.

1. Understanding Sleep After Trauma

How trauma can disrupt sleep, and why sleep can become associated with alertness, worry or difficulty settling.

2. Getting to Know Your Nervous System

Learning to notice your own patterns of activation, settling and rest.

3. Growing a Sense of Safety

Building mind-body connection to support settling and rest.

4. Helping Your Body Learn to Rest

Exploring how we relate to ourselves when we rest, and practising curiosity, compassion and care.

5. Creating a Gentle Evening Routine

Supporting the transition from activity towards rest.

6. Finding Calm with a Busy Mind

Exploring wakefulness with curiosity, and practising ways of returning to the present moment, and choosing where to place attention.

7. Navigating Wakeful Nights with Compassion

Exploring choice and responding to wakefulness with curiosity, compassion and awareness of what you need.

8. Moving Forward with Confidence

Consolidating practices and developing confidence in your capacity for rest.

What to expect

Each session includes:

Sleep & rest education

Simple, practical psychoeducation informed by CBT-I principles, exploring sleep, trauma, hyperarousal, sleep-supportive habits and compassionate ways of relating to sleep.

Trauma-sensitive practice

TCTSY-informed yoga therapy movement practices that invite awareness of the nervous system and opportunities to experience settling and rest. This includes approximately 45 minutes of floor-based movement and 15 minutes of sleep resourcing.

Reflection & integration

Quiet time to notice your experience, with optional sharing or questions. You might simply share one word in the chat box.

Sleep experiments

Each week, you'll also be offered a simple sleep experiment to explore at home - an invitation to notice what supports your sleep and rest.

Referral Support (ACC Clinicians)

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

Settle Into Rest – The Nelson Clinic (VAH127)

Jen Holmes Beamer (PAQ875)
Aurélie Chambers (PAN892)

ACC Units:

SCSGT – 12 hours

SCSGTT – 1 hour (pre-group intake)

Include clinical rationale related to PTSD related insomnia or sleep disturbance

A more detailed referral rationale can be provided on request.

Supporting Sleep & Rest

Supports development of skills for:

- settling the nervous system at bedtime
- recognising patterns of arousal and rest
- creating conditions that support restorative sleep

Reducing Hyperarousal

Builds awareness and capacity to:

- notice early signs of activation
- explore experiences of settling
- respond to arousal with supportive strategies

Developing a More Supportive Relationship with Sleep

Introduces CBT-I informed strategies to support:

- understanding sleep patterns
- reducing unhelpful sleep-related responses
- developing sustainable sleep routines

Embodied Awareness & Agency

Supports:

- noticing internal sensations and states
- identifying what feels supportive or settling
- developing choice and agency in responding to the body

Participant feedback

“After a lifetime of extremely poor sleeping I finally see some steady improvement.”

“By understanding the feeling of what deep relaxation / rest is in my body (while awake) actually feels like has been a revelation”.

“The classes interrupted dissociation patterns and allowed me to be more present and relaxed before bed.”

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 & yoga therapist (I-AYT)**

Jen has completed three years of 800-hour Yoga Therapist training and apprenticeship with a specialty in PTSD-related insomnia through Yoga Therapy Toronto, along with training in CBT for insomnia. Her background as an occupational therapist brings an understanding of how our environments, routines and experiences can influence sleep, alongside her trauma-aware approach.