

DAVID EMERSON

Trauma- Yoga in der Therapie



Die Einbeziehung
des Körpers in die
Traumabehandlung

Eine Anleitung für Therapeuten

ORIGINALTITEL »TRAUMA-SENSITIVE YOGA IN THERAPY«

Trauma Yoga Therapie Einbeziehung Traumabehandlung Therapeuten

Dagmar Härle



Trauma Yoga Therapie Einbeziehung Traumabehandlung Therapeuten:

Systemische Traumapädagogik Renate Jegodtka, Peter Luitjens, 2016-07-11 Die Folgen von Trauma und Gewalt sind langlebig und raumgreifend. Wie kann es gelingen, dass sich traumatisierte Kinder und Jugendliche trotz ihrer oft leidvollen Erfahrungen im Leben verankern? In der pädagogischen und beratenden Arbeit begegnen Fachkräften die langfristigen Folgen von Trauma und Gewalt in vielfältiger Weise. Das Konzept Systemische Traumapädagogik schließt einen systemischen Versteherahmen traumatischer Prozesse vor. Hierfür verknüpfen Renate Jegodtka und Peter Luitjens systemische Modellannahmen mit dem Wissen der Psychotraumatologie. Das Repertoire der Methoden systemischer Praxis wird an die Erfordernisse traumasensibler Pädagogik angepasst und um den Weg des traumasensiblen Yogas erweitert. Die im Buch vorgestellten Arbeitsweisen bieten vielfältige praxiserprobte Anregungen für eine systemisch begründete Traumaarbeit. Es werden traumasensible systemische Interventionen präsentiert, die zur Stabilisierung und Selbstbemächtigung traumatisierter Kinder und Jugendlicher beitragen. Ziel ist es, Entwicklungsräume zu schaffen, in denen traumatisierte junge Menschen wieder mit sich und der umgebenden Welt in Verbindung kommen können.

Trauma und die Folgen Michaela Huber, 2020-10-19 Welche Auswirkungen hat traumatischer Stress? Was ist das eigentlich ein Trauma? Und wer ist betroffen? Inzwischen gehen Forscherinnen davon aus, dass wir so gut wie alle mindestens einmal im Leben einer Situation ausgesetzt sind, die uns innerlich kollabieren lässt. Die meisten Menschen schaffen es, das Ereignis einigermaßen gut zu verarbeiten, auch wenn manches viele Jahre braucht. Aber was ist, wenn das Ereignis tiefere Wunden hinterlässt, etwa weil es sich mehrfach wiederholt? Wie lange können wir aus und durchhalten, ohne langfristige schwere Folgen davonzutragen? Dieses Buch beschäftigt sich mit toxischem, also giftigem, traumatischen Stress und seinen Folgen. Wer und was verursacht diesen Stress? Welche Konsequenzen hat er? Wie wirkt er sich auf eine kindliche Entwicklung aus? Inwiefern verhindert er die Herausbildung eines zusammenhängenden Ichs? In der bearbeiteten und aktualisierten Auflage ihres Klassikers geht Michaela Huber auf die aktuellen Entwicklungen der Psychotraumatologie ein.

Trauma-Yoga in der Therapie David Emerson, 2015-06 **Der Pranayama-Effekt in der Trauma-Arbeit** Dietmar Mitzinger, 2018-02-08 Traumaklienten sind meist nicht auf die Belastungen vorbereitet, die in einer Traumatherapie auf sie zukommen. Ihr Nervensystem ist geschwächt und sie pendeln zwischen Angst und Panik auf der einen und Erstarrung auf der anderen Seite. Was fehlt? Ist Affekttoleranz, ein weniger erregbares Nervensystem und gleichzeitig eine ausgeprägte Wachheit bzw. Wahrnehmungsfähigkeit. Pranayama, ein System von Atemübungen im Yoga, stellt diese Affekttoleranz her. Es setzt Auslöseschwellen im Nervensystem herauf, und der Traumaklient wird dadurch robuster bzw. sein Nervensystem wird resilienter gegenüber Reizen. Ein weiterer Prozess im Yoga, Pratyahara, genannt, nutzt die nun hergestellte Affekttoleranz und führt in eine entsprechende Traumaexposition. Pratyahara zielt auf eine intensive Körperwahrnehmung ab. Am Ende kann der Klient körperlich auch Sicherheit spüren, nicht nur Gefahr. Dieser Prozess kann zusätzlich durch Körperhaltungen des Yogas, Asanas, unterstützt werden.

Traumaisensibles Yoga - TSY

(Leben Lernen, Bd. 291) Angela Dunemann, Regina Weiser, Joachim Pfahl, 2017-04-06 Traumasensibles Yoga TSY ist ein praktisch erprobter und theoretisch reflektierter Ansatz der Resilienz und Posttraumatisches Wachstum fördert. Im Mittelpunkt steht die Anwendung im Rahmen einer umfassenden Psycho- sowie Yogatherapie. Yoga nimmt unter den körperorientierten traumatherapeutischen Angeboten eine herausgehobene Stellung ein. Durch das Prinzip der achtsamen Körperwahrnehmung werden Heilungsprozesse angestoßen, die den vom Leben abgeschnittenen traumatisierten Menschen wieder in Verbindung bringen mit sich selbst und mit der Welt. Das Autorenteam stellt hier sein in der Weiterbildung erprobtes Konzept des Traumasensiblen Yoga TSY vor, das neben dem Kernteil der Yoga Praxis im therapeutischen Umfeld viele andere dazugehörige Aspekte thematisiert. Warum wirkt Yoga? Wie begegnet der Therapeut besonderen traumabedingten Schwierigkeiten? Wie passt der Yoga Ansatz zu den verschiedenen therapeutischen Schulen? Was hilft bei welchen Störungsbildern der Posttraumatischen Belastung? Dieses Buch richtet sich an PsychotherapeutInnen aller Schulen, TraumatherapeutInnen, Yoga und MeditationslehrerInnen.

Körperorientierte Traumatherapie Dagmar Härle, 2015-03-26 Wenn wir über Trauma sprechen, steht meist das Ereignis, die erzählbare Geschichte im Mittelpunkt. Ein Trauma ist jedoch vor allem ein Erlebnis, das dem Körper widerfahren und dort gespeichert worden ist. Deshalb kommt man allein mit kognitiv orientierten therapeutischen Zugängen bei vielen Patienten nicht weiter. Ihre Erfahrungen als Traumatherapeutin und Yogalehrerin sowie eine Ausbildung in traumasensitivem Yoga TSY bei David Emerson ermutigten die Autorin, die Grundsätze des TSY auf das Eins-zu-Eins-Setting zu übertragen. Sie stellt Asanas und Atemübungen vor, die sich zur individuellen Prozessbegleitung komplex traumatisierter Patienten eignen. Betroffene können so behutsam lernen, ihren Körper wieder zu spüren und ihre Affektregulation zu verbessern. Dagmar Härles Buch eröffnet einen Raum, in dem sich traditionelle indische Konzepte des Yoga Osten und moderne Erkenntnisse aus der Psychotraumatologie Westen begegnen.

Yoga in der Traumatherapie Regina Weiser, Angela Dunemann, Angela Dunemann-Gulde, 2010 *Trauma und Traumabehandlung. 2. Wege der Traumabehandlung* Michaela Huber, 2003 Moderne Traumatherapie ist heute gut strukturiert, folgt einem konsequenten und berprfahren Behandlungsmodell und hilft den Betroffenen sich zunächst zu stabilisieren, um dann das brisante Geschehen und dessen Folgen Schritt für Schritt verarbeiten zu können. Michaela Huber stellt in diesem Buch dem zweiten Band der Reihe Trauma und Traumabehandlung auf eine auch für Laien verständliche Weise die ethischen Grundlagen der Traumabehandlung dar und beantwortet die wichtigsten Fragen von Betroffenen und Therapeuten rund um das Behandlungsgeschehen. Zum Beispiel: Wann ist es Zeit für Traumatherapie und wann nicht? Wieso brauchen Frauen und Männer verschiedene Therapien? Ambulante und oder stationäre Traumatherapie? Wieso beginnt Traumatherapie mit Stabilisierung und Ressourcen Aktivierung? Was heißt hier Täter Opfer Spaltung? Was ist in der Traumatherapie mit rituell mißhandelten Menschen zu beachten? Läßt sich das Trauma Schema verändern? Was braucht man um mit Flashbacks und Selbstverletzungen sowie anderen heftigen Gefühlen umzugehen? Wie kann man Distanz zum

Traumaerleben gewinnen Außerdem beschreibt die Autorin anhand von zahlreichen Beispielen die wichtigsten Durcharbeitungs Techniken für Traumatisierungen Ergänzend gibt sie Empfehlungen für KollegInnen und Angehörige von Traumatisierten wie sie die Mitempfindens Möglichkeit verhindern können Im Anhang schließlich werden traumatherapeutisch arbeitende Kliniken und andere Institutionen empfohlen

Trauma-Yoga David Emerson, Elizabeth Hopper, 2012

Yoga for Trauma Recovery Lisa Danylchuk, 2019-03-20 Yoga for Trauma Recovery outlines best practices for the growing body of professionals trained in both yoga and psychotherapy and addresses the theoretical foundations that tie the two fields Chapters show how understanding the safe and effective integration of trauma informed yoga and somatic psychotherapy is essential to providing informed effective treatment Uniting recent developments in our understanding of trauma recovery with ancient tenets of yoga philosophy and practice this foundational text is a must read for those interested in the healing capacities of each modality Readers will come away from the book with a strong sense of how to apply theory philosophy and research to the real life complexities of clients and students

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