

BAM Therapy

BODY AND MIND · PSYCHOLOGIST-LED WELLBEING

Trauma-informed yoga for organisations

A slower, gentler, entirely invitational form of yoga, designed around what is known about how trauma and sustained stress affect the body and the mind. Delivered by an HCPC-registered Clinical Psychologist who is also an Accredited Trauma-Informed Yoga Teacher — in your workplace across Exeter and Devon, or online.

- For your staff

Teams working alongside distress, trauma and risk, and teams simply under pressure

- For the people you support

Client groups in charities, health services and support organisations

- For events and away days

A restorative session that an ordinary meeting room can hold — no mats needed

Dr Kayleigh Darch

Clinical Psychologist (DClinPsy)

HCPC registered · PYL30133

Accredited Trauma-Informed Yoga Teacher



kayleigh@bamtherapy.co.uk

01392 685409

www.bamtherapy.co.uk

Exeter, Devon & online

What trauma-informed yoga is

Trauma-informed yoga is a style of yoga designed to be safe and supportive for people healing from trauma, and for their personal growth, recovery and wellbeing. Teachers qualified in this approach are trained in trauma and its signs, so that what they offer takes proper account of the neurological, biological and social effects of trauma (Cook-Cottone et al., 2017; Spence, 2021).

Despite the name, it is **not only for people who have experienced trauma**. Its principles — safety, choice and empowerment — make it one of the most accessible forms of yoga there is, which is exactly why it works well in a mixed staff group where you have no idea who is carrying what.

THREE PRINCIPLES

Safety, choice and empowerment

SAFETY

A space that feels predictable

The session has a clear, predictable structure with no surprises. People are free to modify anything, and language or imagery that could be distressing is avoided.

CHOICE

Everything is an invitation

Whether to do a practice at all, how far to take it, whether to close the eyes — the choices stay with the person. That sense of control is itself part of the benefit.

EMPOWERMENT

Listening to your own limits

People are encouraged to notice what their body is telling them and to respect it, and to recognise their own progress rather than measure themselves against the room.

WHY THE BODY

Connecting body and mind, safely

Much of the value of this approach is that it works with the body as well as the mind. The body holds the patterns of stress and trauma — *“the body keeps the score”* (Van der Kolk, 2014) — and a well-held, unhurried practice offers a way to reconnect with it without being overwhelmed. Talking is never required.

Kayleigh has completed a 100-hour advanced specialist course and is an Accredited Trauma-Informed Yoga Teacher certified by Yoga Pros, alongside being an HCPC-registered Clinical Psychologist. The psychology is built into the session rather than added on top.

Not simply a gentler class

A gentle class is slower. A trauma-informed session is built from the ground up around an understanding of how trauma and sustained stress affect the nervous system — and that changes the language, the pace, the structure and the teacher's training.

A general yoga class

- Pace set by the class, and often brisk
- Postures demonstrated as a standard to reach
- Directive language: "now move into..."
- Hands-on adjustment is common
- Progress measured by what the body can do
- Mats, floor work and a studio space assumed

A trauma-informed session

- Slower and gentler, so nobody feels overwhelmed
- Options offered for every posture, at every level
- Invitational language: "if it suits you, you might..."
- Nobody is touched or corrected in front of others
- Progress understood as growth, with room for set-backs
- Much of it seated or standing — mats are not needed

PROGRESSION

Growth rather than achievement

In trauma-informed yoga, progression is understood in terms of growth and sustainability. It recognises that a person's path involves both gains and set-backs, and that this is normal rather than a failure. People are supported to build their own tools and skills, to notice what is going well, and to be prepared for the times when it is harder — with those harder times worked through together, between teacher and participant.

In a workplace, that framing matters. Staff who are used to being measured on performance are being offered something that is explicitly not another thing to be good at.

An honest note on what this is

Sessions are educational and restorative. They are not psychological therapy or medical treatment, no one is assessed or diagnosed, and nobody is asked to talk about anything that has happened to them. Where an individual is struggling and would like more support, they are pointed towards appropriate routes — normally their GP in the first instance, an employee assistance programme, NHS 111, or private therapy. Anyone in immediate danger is directed to emergency services.

What people tend to get from it

These are the benefits described in the literature on trauma-informed yoga, and they extend to everyone taking part — not only to people who have lived through trauma. They are offered as what the approach is designed to support, not as a guaranteed outcome for any individual.

- Reduced **stress and anxiety**
 - Improved **sleep quality**
 - Greater **self-awareness and self-compassion**
 - Improved **mood and wellbeing**
 - Reduced **pain** and improved physical function
 - Genuine **relaxation and stress relief**
 - A more positive **sense of self-worth**, and less low self-esteem
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FOR THE ORGANISATION

Why that matters to you

Something practical for teams who carry difficult work

Staff who work alongside distress, trauma and risk take something home with them. A regular, embodied way to settle is one of the few things that addresses that at the level of the body rather than only in conversation.

Sessions people are willing to attend

Wellbeing provision only works if staff turn up. No fitness or flexibility is needed, no one is singled out or corrected, nothing personal has to be shared, and complete beginners are genuinely welcome — the design removes the usual reasons people opt out.

Safe for a group where you don't know everyone's history

In any staff team or client group, some people will be carrying more than they have said. A trauma-informed approach is the responsible default in that situation, rather than something to arrange only once you know there is a need.

It fits your building and your day

Chair-based and mat-free formats mean an ordinary meeting room works. Sessions run in normal work clothing where that suits, and fit a lunchtime, the start or end of the working day, an away day or a wellbeing week.

Budget you can plan

Programmes are quoted per programme rather than per head, so the cost does not move with attendance. You see a written proposal — format, duration and price — before anything is committed.

Two audiences within an organisation

YOUR STAFF

Teams under pressure, and teams alongside distress

NHS teams, charity and third-sector support workers, domestic abuse and sexual violence services, housing and advice services, social care, education and pastoral staff — and any team simply working under sustained load.

THE PEOPLE YOU SUPPORT

Client groups and service users

Trauma-informed and psychology-enhanced yoga has been delivered for people accessing support from charities and health services, in groups, one to one and online — as part of a recovery pathway rather than as an add-on.

FORMATS

Ways it is usually delivered

Every format runs in your workplace, at a venue you use, or online.

LUNCHTIME SESSION

45 to 60 minutes

A single restorative session that fits an ordinary working day. The easiest way to introduce the approach to a team without asking much of anyone's diary.

WORKSHOP

Two to three hours

More time to explain the approach and to practise it, with space for questions. Suits wellbeing weeks and team development days.

A BLOCK OF SESSIONS

6 or 12 weeks

A weekly session that builds over time, so people develop a practice rather than try one. Blocks tend to have the biggest effect.

AWAY DAYS & EVENTS

A session within your programme

A restorative session alongside everything else you have planned — often used to close a day, and regularly paired with a wellbeing or resilience workshop.

Practicalities in one paragraph

No fitness or flexibility needed. No changing required for chair-based and gentler sessions. Mats are not needed — much of trauma-informed yoga is practised seated or standing, and for many people that feels considerably safer than lying on the floor. Tell us what your space looks like and you will get an honest view on the best format for it.

TRACK RECORD

Organisations BAM Therapy has worked with

- NHS primary care and general practice services
- NHS secondary care mental health teams
- Staff groups across various departments at the University of Exeter
- Local staff at the John Lewis store in Exeter
- Staff groups working at CoLab, Exeter
- Staff teams working in local law firms and legal settings
- Clients accessing support from Devon Rape Crisis
- Student groups and societies at the University of Exeter

Formed collaboratively, and including weekly classes, one-off workshops, away-day sessions, and 6-week and 12-week blocks.

HOW IT WORKS

From first email to first session

- 1 A conversation**
A free, no-obligation call about who the group are, what you are hoping for, and any practical constraints on time, space and budget.
- 2 A proposal shaped around you**
A written outline of what would be delivered, in what format, over what period, and what it costs — nothing generic, and nothing you have not seen and agreed first.
- 3 Delivery and review**
Sessions delivered by Kayleigh herself, in your workplace or online, with a review on longer blocks so the content adapts to what the group actually needs.

LET'S TALK

Tell us about your group

Tell us who the group are and what is going on for them, and you will get an honest view on what would help — with no obligation to book anything.

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References: Cook-Cottone et al. (2017), *Int. J. Complementary & Alternative Medicine*, 9(1) · Spence (2021), *Trauma-Informed Yoga: A Toolbox for Therapists* · Van der Kolk (2014), *The Body Keeps the Score*

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