

Befriending: A Change of Perspective towards Addictions through the TRIAD Approach of Beloved Yoga, Reston Virginia 2017

Beloved Yoga Therapeutics sees Addiction and Trauma disorders are closely linked . We recognize that the original Goal of Addiction was a survival strategy of coping with unresolved Trauma. However, some tools, that were at some point “medicine” can turn into “poison.”

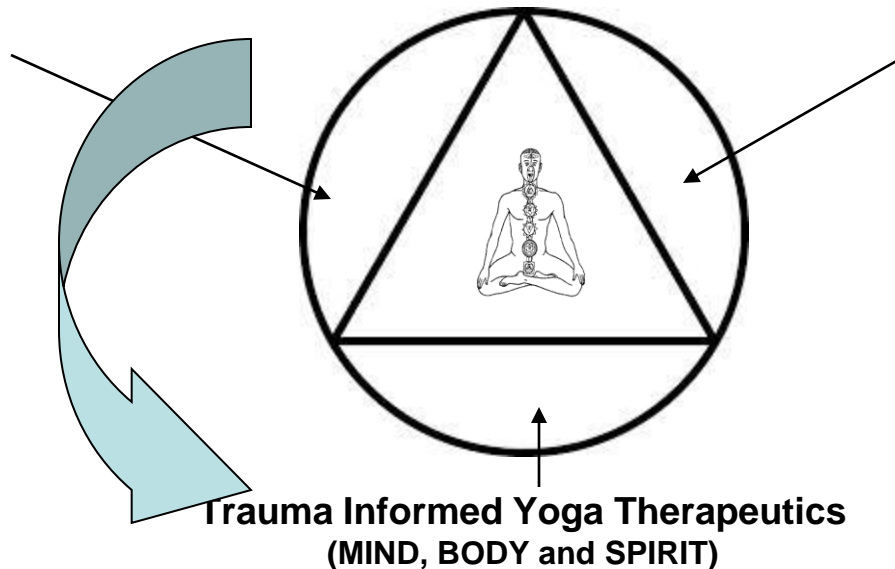
At Beloved Yoga our Trauma Informed Addictions TRIAD Recovery programs utilize the ancient tools of yoga combined with the the latest Science of Trauma awareness, such as the Poly-vagal theory to Befriending the Limbic System ie. Amygdala hijacks etc, Breath tools, Tapping and Effleurage for right/left brain integration. We have ongoing 12 Step Yogi Sangha meetings to create community support and to add tools of self regulation in the meetings themselves. We work closely with Specialized Trauma Psychotherapists and are seeing outstanding results in the first 90 days of recovery using this Trauma Informed Triad approach!.

12 Step Model (MIND and SPIRIT)

- Sponsorship/Mentor
- 12 Step Tools
- Meetings/Yogi Sangha
- Community Support
- Service Work
- Spiritual Guidelines

Psychotherapy (MIND)

- Trauma Trained Therapists
- EMDR
- IFS (ego state or parts work)
- Somatic/Sensorimotor
- DBT, CBT etc



Trauma Informed Yoga Therapeutics (MIND, BODY and SPIRIT)

Yoga is a powerful healing modality and when combined with 12 step programs and collaborating with psychotherapists, this triad breaks the attachments of Addiction and helps to facilitate freedom by befriending our selves as fully integrated whole beings. Trauma Informed Therapeutic Yoga takes all aspects of wholeness into account, and integrates the body, mind and spirit in a way no other path does.

Beloved Yoga Focus:

- Movement**
- Breathwork**
- Lifestyle/Habits**
- Contemplative Practices**