

# TRAUMA INFORMED MOVEMENT

A PROGRAM DESIGNED  
FOR MOVEMENT

## *Educators*



### WHAT IS A TRAUMATIC EVENT?

A TRAUMATIC EVENT IS A FRIGHTENING, DANGEROUS, OR VIOLENT EVENT THAT POSES A THREAT TO A CHILD'S OR ADULT'S LIFE OR BODILY INTEGRITY. WITNESSING A TRAUMATIC EVENT THAT THREATENS LIFE OR PHYSICAL SECURITY OF A LOVED ONE CAN ALSO BE TRAUMATIC. THIS IS PARTICULARLY IMPORTANT FOR YOUNG CHILDREN AS THEIR SENSE OF SAFETY DEPENDS ON THE PERCEIVED SAFETY OF THEIR ATTACHMENT FIGURES.

TRAUMATIC EXPERIENCES CAN INITIATE STRONG EMOTIONS AND PHYSICAL REACTIONS THAT CAN PERSIST LONG AFTER THE EVENT. CHILDREN AND ADULTS MAY FEEL TERROR, HELPLESSNESS, OR FEAR, AS WELL AS PHYSIOLOGICAL REACTIONS SUCH AS HEART POUNDING, VOMITING, OR LOSS OF BOWEL OR BLADDER CONTROL. THOSE WHO EXPERIENCE AN INABILITY TO PROTECT THEMSELVES OR WHO LACKED PROTECTION FROM OTHERS TO AVOID THE CONSEQUENCES OF THE TRAUMATIC EXPERIENCE MAY ALSO FEEL OVERWHELMED BY THE INTENSITY OF PHYSICAL AND EMOTIONAL RESPONSES.

MORE THAN TWO-THIRDS OF CHILDREN REPORTED AT LEAST ONE TRAUMATIC EVENT BY THE AGE OF 16!  
POTENTIAL TRAUMATIC EVENTS INCLUDE:

- PSYCHOLOGICAL, PHYSICAL OR SEXUAL ABUSE
- DIVORCE, FOSTER CHILDREN OR ADOPTION
- COMMUNITY OR SCHOOL VIOLENCE
- WITNESSING OR EXPERIENCING DOMESTIC VIOLENCE
- SUDDEN OR VIOLENT LOSS OF A LOVED ONE
- NEGLECT, BULLYING OR CYBER BULLYING

### WHAT IS TRAUMA INFORMED MOVEMENT?

TRAUMA INFORMED MOVEMENT IS AN APPROACH IN WHICH INSTRUCTORS AND STUDIOS HAVE AN UNDERSTANDING OF TRAUMA AND HOW THIS IMPACTS THE BRAIN, BODY AND MIND. THIS SHAPES NOT ONLY HOW AN INSTRUCTOR MAY TEACH BUT CAN ALSO DEVELOP STUDIO POLICIES AND OVERALL COMMUNICATION STRATEGIES.

THE GOAL OF TRAUMA INFORMED MOVEMENT IS NOT TO RELEASE TRAUMA OR CURE IT. INSTEAD, A TARGETED PRACTICE IS DESIGNED TO HELP INDIVIDUALS REBUILD BODY AWARENESS, TEACH THEM THAT THEY HAVE CHOICES FOR THAT BODY, AND ALLOW THEM TO MAKE A CHOICE THAT IS RIGHT FOR THEM.

# THE THREE PILARS OF TRAUMA INFORMED MOVEMENT

## ONE: ATTACHMENT AND TRAUMA

BOTH ATTACHMENT AND TRAUMA ARE DISCUSSED BOTH INDIVIDUALLY AND TOGETHER TO EXAM THE CORRELATION BETWEEN THE TWO. BOTH OF THESE TOPICS ARE VITALLY IMPORTANT FOR A CHILD'S OVERALL GROWTH AND DEVELOPMENT.

## TWO: NORMAL PHYSICAL DEVELOPMENT AND SOCIAL EMOTIONAL DEVELOPMENT

THIS TOPIC IS VERY IMPORTANT BECAUSE WE ALL HAVE BEEN EXPOSED TO TRAUMA. WHEN CHILDREN ARE EXPOSED TO TRAUMA DEVELOPMENTAL DELAYS CAN OCCUR BOTH PHYSICALLY AND SOCIALLY/EMOTIONALLY. BY HAVING AN UNDERSTANDING OF BOTH OF THESE TOPICS IT WILL HELP THE TEACHER BEGIN TO RECOGNIZE THE MOTOR PATTERNS IN PHYSICAL DEVELOPMENT. SOCIAL/EMOTIONAL DEVELOPMENT IS ALSO AN IMPORTANT COMPONENT FOR CHILDREN'S OVERALL DEVELOPMENT FOR SELF REGULATION, COMMUNICATION AND SOCIALIZATION. AS ADULTS, TRAUMA CAN BE STORED WITHIN OUR BODIES WHICH CAN AFFECT MOVEMENT, CAUSE ILLNESS, AND AFFECT MENTAL HEALTH.

## THREE: NERVOUS SYSTEM, BREATH WORK AND MINDFULNESS

ALL THREE TOPICS GO HAND IN HAND TO ASSIST WITH TOOLS FOR SELF REGULATION. BY TEACHING BOTH ADULTS AND CHILDREN TO HAVE THE TOOLS TO HELP REGULATE THEIR EMOTIONS AND TO PROVIDE THEM WITH SKILLS.



TAMI LYSHER, ECE, MA, CERTIFIED INSTRUCTOR AND OWNER OF STUDIO T PILATES, HAS MORE THAN 30 YEARS IN THE FIELD OF EARLY CHILDHOOD DEVELOPMENT, INCLUDING TEACHING 15 YEARS AT THE UNIVERSITY OF MICHIGAN, FLINT. TAMI HAS BEEN A TRAIN THE TRAINER ON ALL SUBJECTS RELATED TO EARLY CHILDHOOD EDUCATION AND HAS PROVIDED EXTENSIVE TRAINING ON TRAUMA EFFECTS TO COLLEGE STUDENTS AND COMMUNITY ORGANIZATIONS.

TAMI SPECIALIZES IN CHILD DEVELOPMENT AND CHILDREN'S YOGA AND MOVEMENT AND PRACTICES THOUGHTFUL AND REFLEXIVE PILATES AND YOGA TO PROMOTE BOTH PHYSICAL AND MENTAL WELL-BEING. HER MISSION IS TO MAKE A DIFFERENCE THROUGH ONE MOVEMENT, ONE STRETCH, AND ONE BREATH AT A TIME. HER CLASSES INCLUDE CHILDREN'S YOGA, KARMA KIDS YOGA, LITTLE FLOWER YOGA, TRAUMA INFORMED YOGA FOR TEENS, BALANCE BODY PILATES, STOTT PILATES, AND MCENTIRE PILATES-COMPREHENSIVE. IN ADDITION, SHE HAS TAUGHT MANY ARMS OF FITNESS OVER THE LAST 35 YEARS INCLUDING SPINNING, TRX, PINK RIBBON, BRAIN SPEED, AND MORE.

## Program Details

- EIGHT WEEK PROGRAM FOR MOVEMENT EDUCATORS
- WEEKLY TOPIC VIDEO AND DISCUSSION VIA ZOOM, DAY/TIME DETERMINED BASED ON AVAILABILITY OF INSTRUCTOR AND STUDENT
- APPROXIMATELY 2-4 HOURS PER WEEK
- INCLUDES ALL THREE PILLARS WITH PROJECT OF THE STUDENTS CHOICE THAT IS REFLECTIVE OF THEIR TEACHING AND LEARNING

TO LEARN MORE ABOUT HOW TRAUMA INFORMED MOVEMENT WILL HAVE A DIRECT IMPACT YOUR TEACHING, EMAIL TAMI!

**EMAIL [STUDIOTPIL595@GMAIL.COM](mailto:STUDIOTPIL595@GMAIL.COM)**

SCHEDULE A DISCOVERY CALL TO DISCUSS IF THE PROGRAM IS THE RIGHT FIT FOR YOU!

**[HTTPS://BIT.LY/38ENDMH](https://bit.ly/38ENDMH)**