

# TRAUMA INFORMED TECHNIQUES FOR FITNESS CLASSES

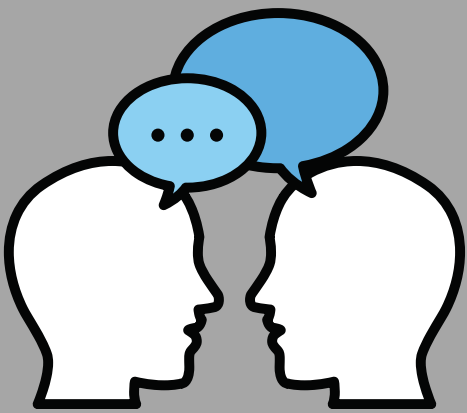
## ELIMINATING HANDS ON ASSISTANCE

Instead of physically helping someone with a drill or specific technique, try and verbally guide them through the steps. If you want to assist them physically, ask for consent first.



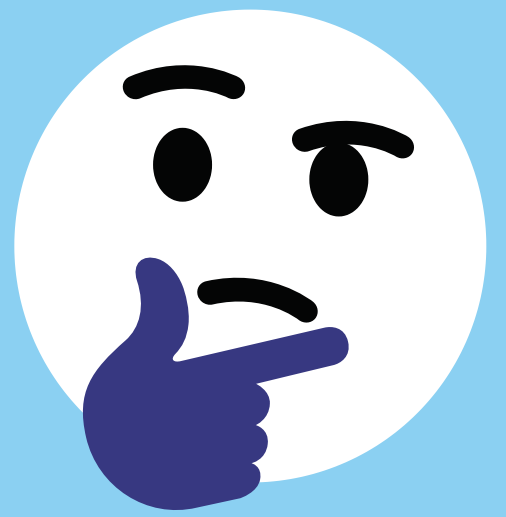
## CLEAR AND CONCISE LANGUAGE

Maintain a calm voice while explaining instructions and provide a very clear, step by step layout for any exercise or drill



## PROVIDING OPTIONS

Let the participants choose what they're comfortable with doing. Do not force or try and convince someone to partake in something that they're not 100% okay with.



## CREATING RHYTHM

Create a pattern or rhythm so that individuals know what to expect and also feel more confident in what they're doing. Having rhythm allows individuals to know what the routine of the class will be like.



### References:

CLARK, C. J., LEWIS-DMELLO, A., ANDERS, D., PARSONS, A., NGUYEN-FENG, V., HENN, L., & EMERSON, D. (2014). TRAUMA-SENSITIVE YOGA AS AN ADJUNCT MENTAL HEALTH TREATMENT IN GROUP THERAPY FOR SURVIVORS OF DOMESTIC VIOLENCE: A FEASIBILITY STUDY. *COMPLEMENTARY THERAPIES IN CLINICAL PRACTICE*, 20(3), 152-158.

BERGHOLZ, L., STAFFORD, E., & D'ANDREA, W. (2016). CREATING TRAUMA-INFORMED SPORTS PROGRAMMING FOR TRAUMATIZED YOUTH: CORE PRINCIPLES FOR AN ADJUNCTIVE THERAPEUTIC APPROACH. *JOURNAL OF INFANT, CHILD, AND ADOLESCENT PSYCHOTHERAPY*, 15(3), 244-253.