

WHAT IS TAI CHI?

Chen Style Taijiquan (“tai chi chuan”) is an internal martial art that is composed of rounded, fluid and balanced movements. It is practiced for health and peace of mind. Among the various styles of Taijiquan, Chen Style Taijiquan is noted for its self-defense applications.

This group combines traditional Taijiquan (Tai Chi Chaun) with Somatic and Interactive Psychotherapies. The main purposes of this group are to increase self-awareness, to become more present in the here and now, and to increase other awareness and the patterns of interaction that exist and thus become more balanced and harmonious within oneself and in life.

Facilitator/ Instructor: John Upshaw, LISW, RPT-S and 20th generation disciple of Chen Style Taijiquan under Master Chen Zhonghua.

DATES, TIMES, AND LOCATION

Every Friday from 10:30 - 11:30 a.m.*

Start: August 16th

End: Nov 1st

MercyOne Cedar Falls Medical Center
Second Floor
515 College Street
Cedar Falls, IA 50613

For questions regarding the tai chi approach, or classes, please contact the instructor, John Upshaw, LISW, RPT-S at (319) 268-9700.

**Depending on the number of participants, additional class times may be added at the discretion of the instructor.*

WHAT IS TRAUMA-SENSITIVE YOGA?

Trauma-sensitive yoga (TSY) originated from the Trauma Center in Massachusetts as a form of yoga designed to directly address symptoms associated with trauma by offering a gentle teaching approach and safe environment. It does this by cultivating compassionate awareness of what is happening in one’s body, helping to recognize choice when relating to one’s body, and develops the ability to take affective action based on that knowledge.

HOW IS TSY DIFFERENT FROM TRADITIONAL YOGA?

1. The instructor will lead you in a series of predictable “forms,” rather than “poses.”
2. Deciding the “right” form is empowered unto the student, not the instructor.
3. Breathing will be experimented with, rather than prescribed.
4. Invitational language will be utilized, directing attention to what is felt in the body.

DATES, TIMES, AND LOCATION

Every Wednesday from 10:30 - 11:30 a.m.*

Start: August 14th

End: Oct 30th

MercyOne Cedar Falls Medical Center
Second Floor
515 College Street
Cedar Falls, IA 50613

For questions regarding the TSY approach, or classes, please contact the TSY instructor, Traci Ludwig, LISW, at (319) 268-9700.

THE EFFECTS OF TRAUMA SENSITIVE YOGA AND TAI CHI ON BEHAVIORAL HEALTH

A PILOT STUDY



INVITATION TO PARTICIPATE

You are invited to participate in a research project conducted by the University of Northern Iowa (UNI) in collaboration with MercyOne. The goal of this study is to collect information on how therapies like tai chi and trauma-sensitive yoga impact a broad range of mental health symptoms, such as posttraumatic stress disorder (PTSD) depression, anxiety, and stress.

TAI CHI AND TRAUMA-SENSITIVE YOGA

Starting in August 2019, MercyOne will offer classes in tai chi and trauma-sensitive yoga. Clinicians at MercyOne, like the one who provided you information about the study, often recommend these classes for people with a broad range of mental health symptoms. These classes will meet twice a week for 12 weeks at MercyOne Cedar Falls Medical Center. MercyOne works with your insurance to bill for the mental health sessions and the classes. You are responsible for any copayments and insurance deductibles.

WHO IS ELIGIBLE?

The study is open to adult women (18+ years) who have PTSD or a history of trauma. We are expecting about 60 people to participate in this study.

WHAT WILL HAPPEN IF I PARTICIPATE?

If you participate in the study, you will be randomly assigned to one of the following groups:

1. **Tai chi** group with continued behavioral health counseling
2. **Trauma-sensitive yoga** group with continued behavioral health counseling
3. **Control group** with behavioral health counseling only

If you're assigned to the tai chi or trauma-sensitive yoga group, you will attend 12 classes from August to November 2019. You will also be required to regularly see a behavioral health professional during that time. Those in the control group will only see a behavioral health professional within a 12 week period. Also, those in the control group will have the opportunity to participate in the tai chi or trauma sensitive yoga group in spring 2019.

You will also be asked to complete three online surveys that will take approximately 30-60 minutes each:

1. **Pre-assessment:** Taken after you've been assigned to a group but before the 12 week session begins
2. **Post-assessment:** Taken at the end of the 12 weeks
3. **One-month follow up assessment:** Taken approximately one month after the post-assessment

WILL I BE PAID FOR MY TIME?

There is compensation for those who participate in the study. After completing the pre-, post-, and one- month follow up assessments, participants will be given the choice to receive a \$25 gift card to Walmart, Target, or HyVee. The total compensation for completing all three assessments is \$75 paid via gift cards. There is no compensation for filling out the eligibility screening.

WHERE CAN I FIND MORE INFORMATION?

If you are interested in finding out more about this study, and to determine if you are eligible, please visit the following website:

uni-study.uni.edu

To see a video demonstration of both trauma-sensitive yoga and tai chi from the clinicians who run these groups, please visit the following website:

uni-study.uni.edu/video

If you have additional questions, please contact the UNI research team at uni-study@uni.edu or Dr. Matthew Vasquez, assistant professor of social work, at (319) 273-6249.