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Trauma survivors' experiences of Kundalini yoga in fostering posttraumatic growth

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Abstract

Background: The prevalence of traumatic events in South Africa is considerably high due to a history of political violence and the ongoing cycle of interpersonal, community-based, and socioeconomic violence. While conventional therapeutic techniques have been found to support trauma survivors in the local context, alternative approaches that focus on the mind-body connection have become increasingly popular. However, studies reporting on the use of these approaches remain scarce.

Objective: This study aimed to add to the body of knowledge on yoga as a non-conventional therapy to support trauma survivors and foster posttraumatic growth. Semi-structured interviews were conducted with a sample of seven Kundalini yoga practitioners who had been exposed to trauma.

Method: Semi-structured interviews were conducted with a sample of seven Kundalini yoga practitioners who had been exposed to trauma.

Results: A thematic analysis confirmed that Kundalini yoga was beneficial in fostering posttraumatic growth.

Conclusion: Overall, the study findings, evidence a pocket of success in relation to value of such an intervention within a low socio economic black South African context.

Keywords: Kundalini yoga, posttraumatic growth, South Africa, trauma

Biography

Dr Veronica Dwarika is the senior lecturer at the University of Johannesburg. She is the Deputy HoD in the department of Educational Psychology. She is involved with teacher training at undergraduate and postgraduate levels. She is involved at masters level with the training of student psychologist to become educational psychologist. She also co-ordinates the Professional Doctorate program in Educational Psychology.

Her areas of research focus on trauma and resilience, trauma informed care, positive behaviour supports, as well as therapeutic interventions for children, parents and communities. She is involved in local projects to enhance the delivery of psychological therapeutic interventions to support disadvantaged communities.