

## **Abstract**

# **Embodied Emotions: Examining the Impacts of Trauma-Sensitive Yoga on Survivors of Sexual Violence from the Perspectives of Service Providers**

An Abstract of the Thesis by

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This thesis explores the research question: how do service providers think trauma-sensitive yoga (TSY) impacts the emotional and physical state of survivors of sexual violence? Six interviews were conducted with service providers to gain insight into their experiences working with survivors during TSY sessions. Five key themes emerged from these interviews. First was the perceived impact on the emotional state, which included the sub-themes of empowerment, choice, and emotional awareness. Second was the perceived impact on the physical state, which included the sub-themes of physical awareness and nervous system regulation. Third was the connection between these two states. Fourth was accessibility, including the sub-themes of using a trauma-informed framework and community. Fifth was the barriers to accessibility including the sub-theme of challenges. Overall, sexual violence may leave lasting impacts on the body and the emotions of a survivor. Service providers acknowledged TSY as a somatic practice that may benefit survivors.