iRest® Integrative Restoration, A Meditative Approach to Healing: Bringing Calm and Ease to Survivors of Intimate Partner Violence and/or Stalking

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INTRODUCTION

ABSTRACT: This research single-subject design tested the feasibility of iRest – Integrative Restoration Yoga Nidra as an evidence based form of meditation—as an intervention for trauma recovery for survivors of intimate partner violence (IPV) and/or stalking. Through purposeful sampling, two participants were selected to receive the intervention for 8-mediation sessions over a 5-week period. In order to compare differences, one participant met criteria for Posttraumatic Stress Disorder (PTSD) and one participant did not.

LITERATURE REVIEW:
• Prior Restorative practices that addresses military trauma populations (iRest).
• No published studies of iRest research with IPV/stalking in general and as an intervention for trauma.

METHOD

DATA COLLECTION AND ANALYSIS METHODS:
This study is currently ongoing; additional data will be collected from a 10-week format (1 x week) to compare with a 5-week protocol (2 x week).

FINDINGS

The preliminary findings of the single-subject design show a reduction in PTSD symptoms and an increase in resiliency. For the participant that met criteria for PTSD, there was a greater increase in resiliency and a clinically significant reduction in PTSD symptomology.

OUTCOME MEASURES

• Pastrumatic Stress Disorder Checklist (PCL-C), a self-report 17-item measure of PTSD.

ACKNOWLEDGEMENTS

• Richard Miller, Ph.D., Founder/Executive Director – Integrative Restoration Institute, San Rafael, CA – www.iRest.us
• Research Team: Kim Anderson, PhD and Abby Rolbecki, Phd student, School of Social Work; Terry Wilson, RN, Student Health Center, Danica Wolf, MSW, RSVP Coordinator
• McNair Scholars Program – University of Missouri – Columbia

REFERENCES

Participants are guided through an 8 step-meditation protocol; developer: Richard C. Miller, Ph.D.

- Week one: Assessment, Consent, and Orientation
  - Meditation #1 Inner Resource
  - Week two: Meditation #2 Heartfelt Desire and Intention
    - Meditation #3 Body Sensing and Breath Sensing
    - Meditation #4 Feelings and Emotions
    - Meditation #5 Beliefs
  - Week four: Meditation #6 Joy
  - Meditation #7 Pure Awareness/Pure Being
  - Week five: Meditation #8 Integration/Inner Strength
    - Interview and Post Assessment

CONCLUSIONS

The core category to emerge from the data, the construct: “Finding and connecting to one’s inner self” that was important to their recovery. Other aspects of self that emerged:
• Pride
• Self-Responsibility
• Self-Awareness
• Self-Reliance
• Calm
• Connectedness

PARTICIPANT QUOTES:
Finding and Connecting with Inner Self

“…I feel like my brain is more connected to my heart now, cause they used to think on different levels, different paths, and now they are connected because they are helping one another out, cause my feelings and emotion are inside my heart, [they] help my thoughts and then my thoughts help analyze my feelings, so they’re just a cycle helping each other and I like that. I like that I can help my heart not hurt by mind… I’m really glad that I have that and that I found that.” ~ P1

“…just knowing that there is a place…something within you that its still not touched and will never be touched and the whole idea that you are perfect, so you don’t have to live with this violence you don’t have to live with this trauma, you can get past this, don’t think that you’ve lost its there with you…” ~ P2

QUALITATIVE DATA

The core category to emerge from the data, the construct: “Finding and connecting to one’s inner self” that was important to their recovery. Other aspects of self that emerged:
• Pride
• Patience
• Self-Efficacy
• Self-Realization
• Calm
• Self-Reliance

• iRest proves to be beneficial for those who have or have not met criteria for PTSD. Through this study, however, we have found that individuals who are living with PTSD symptoms, such as nightmares and anxiety, experience a reduction of symptoms in general; however, those who meet criteria for PTSD have a clinically significant reduction in PTSD symptomology such as difficulty sleeping, anxiety, depression, and anger.

• Participants, regardless of criteria met for PTSD, mention a sense of loss due to their traumatic experience and that through iRest they reconnected with the inner self they thought no longer existed.

• It is through this reconnection with self that survivors were able to increase their resiliency, coping, self-efficacy, awareness, self-reliance, sense of calm, patience, and connect to family and peer relationships through pride and the ability to help with the knowledge they have gained [teaching others through the iRest skills they have learned].