

iRest® Yoga Nidra: A pilot study to treat Women Veterans



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Purpose: To conduct a pilot study of iRest as an adjunctive therapy for the treatment of symptoms associated with trauma in women veterans.

Hypothesis: iRest will reduce symptoms after 19 sessions of guided meditation and instruction over the course of 10 weeks.

Scripts developed by Richard Miller, PhD.

Participant Demographics: 13 women Veterans with Military Sexual Trauma enrolled in this study. 10 completed pre to post treatment questionnaires.

Age: M = 46 (range 23 - 63)

<u>Ethnicity</u>	<u>Branch of Service</u>
9 Caucasian	6 Army
2 Latino	3 Air Force
1 African American	3 Navy
1 Other	1 Marines

Findings:

- Posttraumatic Checklist
total $f(9) = 3.17$, $p < .01$
- Posttraumatic Cognitive Inventory
self blame $t(9) = 2.96$, $p < .05$
- Brief Symptom Inventory
depression $t(9) = 2.33$, $p < .05$



Additional Reports:

- “reduced physical pain, provided moments of complete relief”
- was a catalyst for reducing my smoking by half and the symptoms of eating disorder”
- “new tools to create the life I want. I’ve taken important action on these goals.”
- 100% reported an increase in well-being and ability to live intentionally
- 86% perceived greater ability to manage stress and be with intrusive thoughts, emotions and memories
- 86% felt quite a bit of increase in ability to make changes in their life.
- 100% would enroll in iRest again

Implications:

iRest appears to help reduce negative symptoms and increase well-being.

Further research is warranted.

Future studies should include treatment twice a week and provide listening devices as well as recordings

What is iRest Yoga Nidra?

- iREST stands for Integrative Restoration
- It is an ancient form of meditative inquiry used to reduce physical, emotional and mental suffering
- It fosters deep relaxation and is given in group settings of all sizes

Skills and Techniques

- Body awareness
- Progressive relaxation
- Breath awareness and training
- Exposure to body, sensations, emotions, and beliefs
- Development of inner resources to access during challenging times
- Evolve a life intention and access to JOY
- Sensorial experience of self as the witness and witnessing/being
- Creation of affirmations and action steps as a result of experiences