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Re: Heather Catchpole - Comcare Claim for Yoga Therapy

Heather has advised me that her claim for payment for Yoga sessions has been approved for 12 sessions at this stage. She has asked me to write a progress report to facilitate her claim for the successive weekly sessions.

Yoga Therapy for trauma and PTSD, under the iRest model involves stimulating the somatic motor network in the brain and creating neural pathways that enhance feelings of safety, security, ease and relaxation. We use gentle movements and Progressive Muscle Relaxation (Martha S. McCallie BSW, Claire M. Blum RN & Charlaine J. Hood (2006) Progressive Muscle Relaxation, Journal of Human Behavior in the Social Environment, 13:3, 51-66, DOI: [10.1300/J137v13n03\\_04](https://doi.org/10.1300/J137v13n03_04))

For complex PTSD, at least 6 months is needed to 'rewire' the brain and embody the tools of the iRest protocol. Heather has changed dramatically since I first saw her. She is now starting to feel safe and comfortable in her own body and is investigating her return to work. Heather feels that the Yoga Therapy has been a pivotal part of this transition.

I am happy to provide further information if needed.

Regards  
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