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2/4/24

Re: Heather Catchpole - Comcare Claim for Yoga Therapy

This is a follow up report from my last report on 31/5/23. I have reviewed this file and Heather did continue to progress well between June and September 2023 as she prepared to return to work. During this time we continued to work with the iRest ® model for PTSD, together with Progressive Muscle Relaxation to enhance feelings of feeling safe and secure. Heather was learning to use lots of tools to manage her symptoms of PTSD as she approached the return to work date.

Heather recommenced work at CSIRO two days a week in mid September 2023 and was progressing well, however her symptoms of trauma gradually began to re-emerge as she was not given any substantial work suitable for her skillset. In particular her episodes of dissociation increased as she was left with no appropriate work or guidance in her position.

There was a major setback in her health in October 2023 when she was diagnosed with and scheduled for emergency surgery to remove her uterus. This major health scare coupled with a very unstable workplace did mean she needed extra support for a period of 6 weeks.

From January 2024 I began to integrate Somatic Experiencing ® techniques into Heather's therapy and this has been very helpful to ease her symptoms of CPTSD. Somatic Experiencing is a 'bottom up' treatment for complex trauma which assists to recognise and regulate visceral responses of complex trauma. We have continued to work this way and this has helped to decrease her episodes of dissociation.

Since Heather left CSIRO in March 2023 she has continued to progress using the tools of Yoga Therapy integrating Somatic Experiencing techniques. I look forward to continuing to support Heather in her return to work

I am happy to provide further information if needed.

Regards
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