## **Breath and Movement for Stress Resilience:**

Yoga-Based Therapy for Adolescents

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#### Background:

Southeast Child-Family Therapy Center (SECFTC) serves ethnically diverse youth and families in southeast San Francisco; clinicians identified groups tailored towards girls as a need in the clinic.

Yoga and breathwork has been indicated for adolescents with anxiety and depression, emotion regulation<sup>1</sup>. Use of Yoga as an alternative or complement to medication may reduce reliance of pharmaceuticals<sup>2</sup>.

The southeast sector of San Francisco has limited access to green spaces or community/fitness centers.

#### Objective:

QI project to explore

1. the feasibility &
acceptability of
implementing a yogabased therapy group

2. Impacts on clinical
outcomes like anxiety &
depression among
adolescent girls at
SECFTC.

## Methods:

Staff Training and Feedback Sessions

Intervention Refined

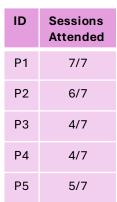
7-Week Youth Group

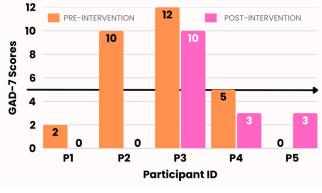
PHQ-9 and GAD-7 Scores Collected; Focus Group Streamlined
Thematic
Analysis

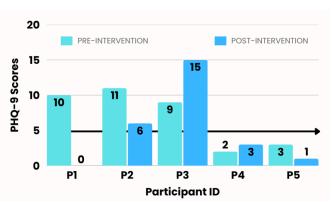


# Participant Feedback:

Topic	Example	Topic	Example
Cultural Familiarity	"Not in the culture my family is from, but somewhat in my personal culture."	Feasibility & Acceptability	"Never felt uneasy or unsure" at the group. "a quiet, safe space to relax."
Personal Experience	"I practice yoga to mentally and physically de-stress a practice that includes self-love and self-care."	Impact on Symptoms	"[The group] made anxiety a little better, and did not make it worse. Helped stop sadness and anger from getting worse."
Suggestions for Modifications	"Make language more accessible. Simple instructions."	Implementation of Skills	One said they used the skills "when you need a sense of relief" from academic and social stress and "managing stress and anger in relationships."
Potential Barriers	"Cultural barriers exist. A client of mine who practices faith-based religion found yoga 'too provocative."	Suggestions for Improvement	Youth wanted "prizes every session, immediately," with "no surprises."  "Most of us are coming from being inside all day" expressing desire for an outdoor option.







## **Next Steps & Recommendations:**

- ⇒ Continued dissemination of curriculum to staff clinicians
- ⇒ Staff trainings at different clinic locations
- ⇒ Sustainability: group continuation over the summer + youth co-facilitator!
- Velás quez, A. M., López, M. A., Quiñonez, N., & Paba, D. P. (2015). Yoga for the prevention of depression, anxiety, and aggression and the promotion of socio-emotional competencies in school-aged children. Educational Research and Evaluation, 21(5-6), 407–421.
- Stephens, I. (2019). Medical yoga therapy for addes centhealth: A case report. Global Advances in Health and Medicine, 8.