

{ TIMBO }

Your TIMBo Group: What to Expect

Welcome to TIMBo! Thank you for being a part of this innovative approach to connection and health—mental, emotional and spiritual. This document is intended to help you clearly understand what to expect from the program, what we expect from you and helpful info to make things go as smoothly as possible. See you in group!

What is TIMBo?

TIMBo is either an 8 or 16 session mindfulness based intervention that includes mindful discussions on topics such as compassion, fear, confidence, shame, awareness and perspective. Discussions also include how and where emotions are felt and manifest in the body and incorporate breathing techniques to help in creating full body awareness. TIMBo sessions always close with simple and gentle asana followed by a guided meditation. The TIMBo program is trauma informed and gender responsive (designed to be suitable for women who have experienced trauma) and is appropriate for everyone, regardless of an individual's exposure to trauma or experience with yoga. Participating in all 16 sessions of TIMBo has been proven to decrease the symptoms of depression, anxiety and PTSD and increase rates of self-compassion. TIMBo participants receive a workbook which is used during each session and to which they can refer between sessions and after the program ends. The TIMBo program can be attended multiple times as it is applicable to your current emotional, physiological, and environmental state and there is always room to cultivate more self compassion. The TIMBo program provides a very solid foundation should TIMBo participants choose to train to become facilitators of the program. Groups meet twice a week for between 1 and 1.5 hours each.

*Your TIMBo group is not a training or a continuing education style course. It is not a webinar or an instructed course, or an experience for those seeking tools for their clinical practice.

Are you ready for this program?

TIMBo is not a good fit for everyone. To experience the full potential of the TIMBo program, individuals must have the willingness and desire to engage in a personal journey of self-inquiry and self-discovery. During the TIMBo program, individuals may experience some emotional challenges or discomfort as a necessary part of the transformational journey. TIMBo allows individuals to experience the importance of being present and holding space for themselves and other group members, while sometimes “being uncomfortable” as a necessary part of the journey towards health, healing and recovery.

TIMBo is beneficial for anyone who is willing to show up with an open mind, a willingness to accept themselves and others each moment of each session and the courage to cultivate awareness without judgment in regards to how or what they are feeling. In accordance with trauma informed programming, TIMBo is structured, repetitive and though your presence is required, your active participation is entirely voluntary. You are welcome to contribute as much or as little as you are comfortable during our group sessions and you will not be forced or pressed to do anything that you are not comfortable doing. TIMBo is suitable for individuals who have never practiced yoga or meditation. The yoga postures are simple, repetitive mindful movements paired with breath, allowing participants of all abilities to feel the benefits of a gentle yoga practice.

TIMBo is a program that cultivates a compassionate connection between the body and the mind as well as creates a connection between group members. You will find that you begin to look forward to connecting with your TIMBo group during the week as the group and sessions begin to give you a sense of well-being and feeling grounded. This process takes a little time, (about 4-6 classes) so please be prepared and just keep showing up. The TIMBo program will allow you new insights, understandings and compassion for yourself and for those around you. It will affect how you are in relationship with not only yourself, but those around you. It provides powerful and effective tools for becoming a more present and compassionate parent, partner and colleague yet it is unlike any program out there. TIMBo is unique in its simplicity as it uses the innate wisdom and intuition of the group members to effect change in one another. It is a program that assumes we can trust individuals to arrive at healing thought patterns and behaviors through the safety of the group and the ability of the practices to help integrate new learning. It is truly revolutionary.

*TIMBo is not suitable for individuals who are not willing or able to commit to the weekly sessions

Attendance

TIMBo is a progressive program, it is important to be present for each session as the curriculum builds upon itself. The entire program is a journey that has a beginning, a middle and an end—you can expect the beginning (first 5 sessions or so) to feel the most uncomfortable while the group is establishing trust, safety and connection. This is a normal part of the overall process. In addition, the curriculum has been deliberately designed to utilize mindfulness practices for integration of new learning and discoveries that come from the discussion. You will be marked absent if you are not present for the entire 1.5 hour session. We understand that life happens and that you may not be able to attend all 16 sessions of TIMBo. You may miss a maximum of 3 TIMBo sessions, but no more than 2 consecutive sessions. If you miss 3 consecutive sessions you will be unable to re-join the group. If you miss 3 non consecutive total sessions you will not be permitted to rejoin the group after your 4th absence. You are responsible for keeping track of the number of sessions that you miss and you will receive an email from your facilitators notifying you when your participation is no longer permitted. You will not receive notice from your facilitators prior to this email. We have put this policy in place so that you may have the best chance of success with the program, and to build trust, safety and connection in the group. In addition, our research team cannot use the crucial data we collect if the program is not attended consistently and fully by each participant. Please let us know if you have sessions you know you need to miss and we will indicate this on the attendance calendar.

Research

Our research shows that the TIMBo program contributes to a reduction in the symptoms of anxiety, depression and PTSD—while increasing self-compassion.

Your participation in this research project is completely voluntary and you may decline filling out your survey. You will be assigned a code number by which the data entry team will identify and match your two surveys. Your name will never be directly correlated to your survey. They are completely anonymous.

The questions and content of the surveys DO NOT reflect the content of the TIMBo curriculum. These surveys intended to assess mental and emotional states of participants before any exposure to TIMBo, compared with mental and emotional states after TIMBo, thus helping us determine effectiveness of the program

Copyright

The TIMBo program has a copyright, therefore all copy and distribution rights are reserved for yogahope exclusively. You are not permitted to make any copies of your books for any reason. If you have an individual therapist that you would like to share the curriculum with, we suggest you show him/her the book and suggest that he/she become trained as a certified TIMBo facilitator if interested. Alternatively, if any of you are engaged in DBT or the 12 steps of recovery programs, the TIMBo curriculum is a very powerful addendum curriculum to these treatments and again, you may share the content of your own personal TIMBo workbook with your clinician. We appreciate you understanding and honoring the restrictions of this copyright.

Recordings + Confidentiality

Your TIMBo sessions may periodically be recorded or otherwise “observed” for quality purposes. These recordings/observations are solely for the purposes of providing evaluation and feedback to the facilitation team. You will be notified of any sessions that are to be recorded or supervised. Recordings will be destroyed once evaluation is complete.

The confidentiality of your TIMBo group and the discussions that take place during the sessions is very important to us. Facilitators are trained and required to maintain confidentiality and to only speak of what takes place in the group with their co-facilitators and supervisors if it is relevant to evaluating and refining facilitation skills. As group members, it is also important to honor the confidentiality of the group. Your TIMBo group becomes a sacred space where you can feel safe, connected and understood.

Refund Policy

With a week notice prior to start date of the group you are eligible for a full refund. After the start date of the group (whether you are in attendance or not) you are no longer eligible for a refund for any reason. Pending approval you may be eligible to transfer your tuition to a TIMBo group at a later date.