

EVALUATION OF A DWI TREATMENT COURT'S RESTORATIVE JUSTICE-BASED, TRAUMA-SENSITIVE YOGA PROGRAM

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INTRODUCTION

- Under highly intensive supervision, DWI Treatment Court offers convicted offenders of alcohol-related crimes a restorative justice alternative to incarceration.
- This study examined a 6-week trauma-sensitive yoga program delivered to Driving While Intoxicated (DWI) treatment court participants.
- The present study evaluated the feasibility and preliminary effectiveness of a mind-body practice in a DWI treatment court. Our research questions were:

- (1) How does the DWI Treatment Court Program impact participants' well-being (e.g., positive, negative affect) over time?
- (2) How does the DWI Treatment Court Program impact participants' mind-body awareness (e.g., mindfulness) over time?

METHODOLOGY

- Participants were referred to the program by a court mandate. Participants included 12 men and women who were mandated by court for DWI offences.
- Participants attended a somatic movement, trauma-sensitive yoga session prior to weekly court hearings. Weekly assessments were given to both the men's and women's programs after each yoga session for six weeks. Assessments included the Positive and Negative Affect Scales-Short Form, the Practice Quality Measure, and self-report of at-home practice frequency.
- The FFMQ measures five different facets of mindfulness, e.g., nonjudgment, observing, describing.
- The PANAS measures how positive and negative affect.
- The PQM measures the quality of the participants active mindfulness experience in session.
- The at-home survey asks participants how often they practiced mindfulness at home in the last week.

Pearson Correlation Analyses

	TIME	Practice Quality-Mindfulness (Mean)	Number of days formal mindfulness practiced this week	PANAS - Positive Affect (Mean)	PANAS - Negative Affect (Mean)
TIME					
Practice Quality-Mindfulness (Mean)	.284*				
Number of days formal mindfulness practiced this week	-0.118	.339**			
PANAS - Positive Affect (Mean)	.310*	.521***	.288*		
PANAS - Negative Affect (Mean)	-0.185	-.531***	-0.161	-.361**	

*. Correlation is significant at the 0.05 level (2-tailed).
**. Correlation is significant at the 0.01 level (2-tailed).
***. Correlation is significant at the 0.001 level (2-tailed).

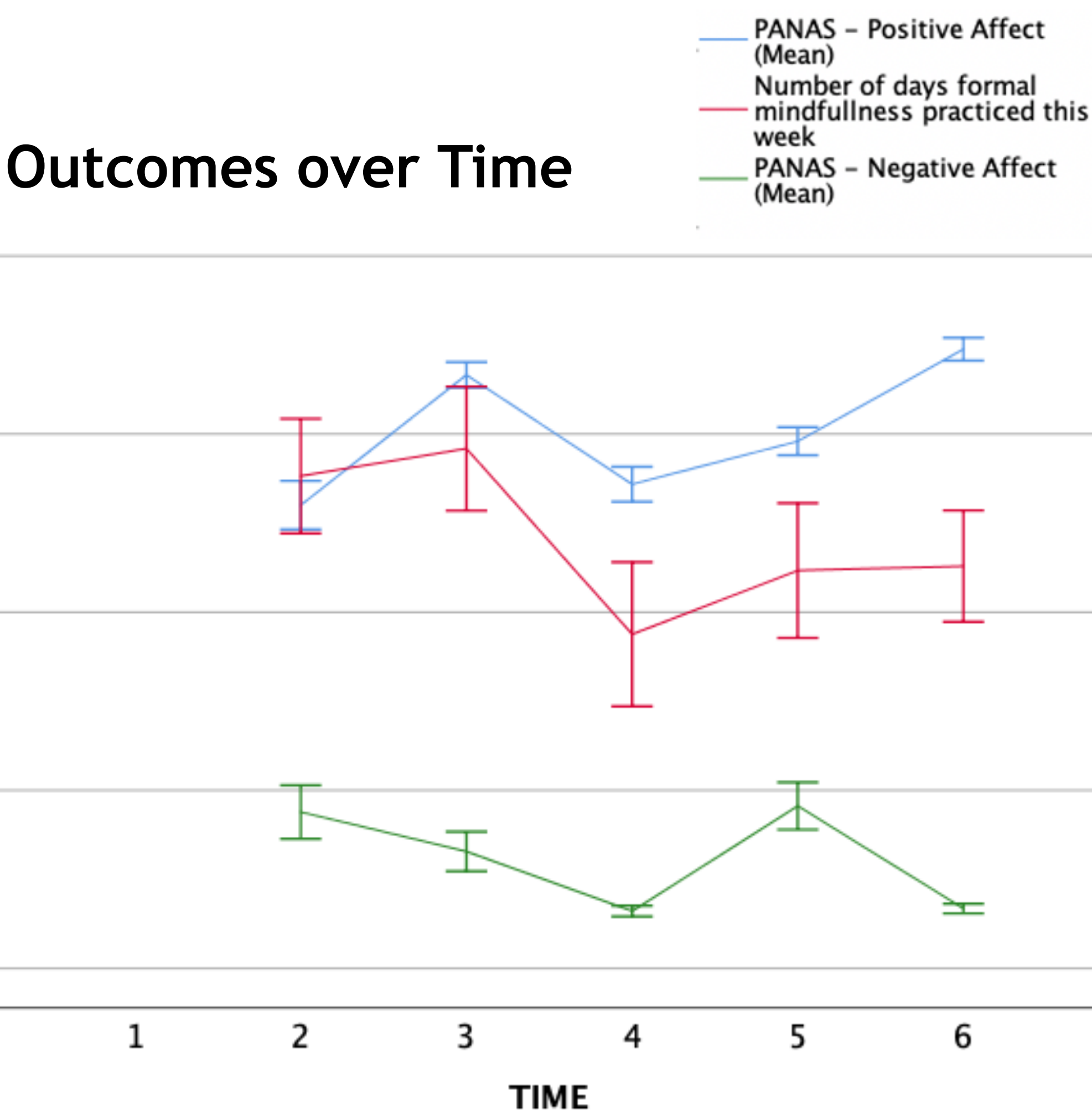
N = 12. The above chart depicts the correlations between mindfulness practice quality (PQM), the number of days participants formally practiced mindfulness at home, positive affect, and negative affect (PANAS).

RESULTS

- As time increased, practice quality and positive affect significantly increased.
- Practice quality was significantly and directly correlated with home practice frequency and positive affect.
- Negative affect was significantly and inversely correlated with the positive affect and practice quality.
- Home practice frequency was significantly and directly correlated with positive affect.
- Remaining correlations were nonsignificant.

CONCLUSIONS

- These preliminary results showed increases in practice quality, positive affect, and home practice as well as decreases in negative affect.
- Based on these findings, incorporating trauma-sensitive yoga into this DWI Treatment Court program seemed feasible and effective. Trauma-sensitive yoga seems to be an effective educational tool to support the recovery journey and build recovery capital.



The graph above illustrates the mean of the PANAS positive affect (top), PANAS negative affect (bottom), and number of days of formal mindfulness practiced (middle) over six weeks. Error bars represent 95% confidence intervals. Timepoints without overlapping error bars indicate significant mean differences.

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