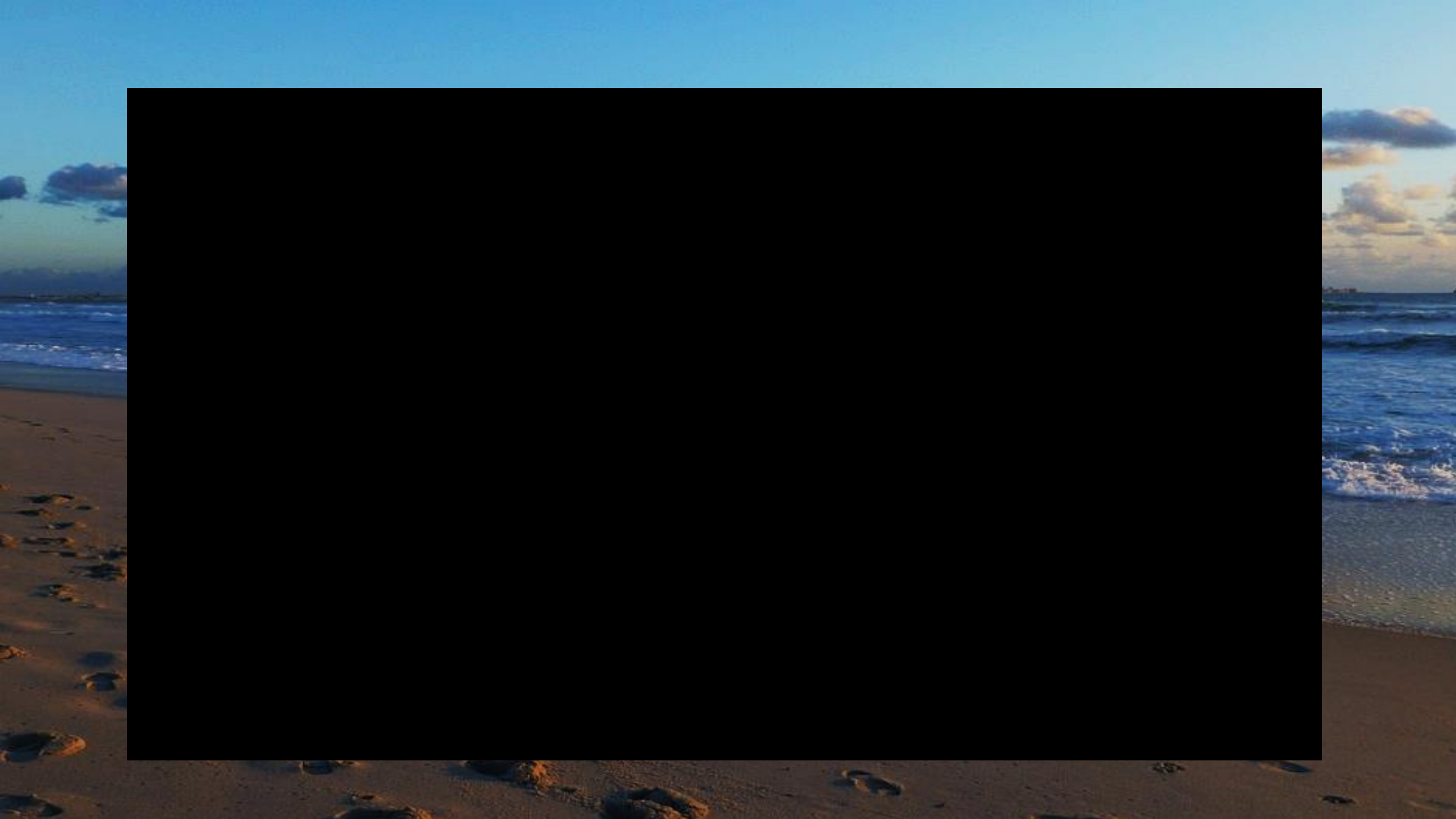


The Advantages of including  
**Tension Release Exercises**  
in an  
Occupational Group Therapy Programme





1. Poly-vagal theory = the essence of OT
2. Affordable, adaptable, gradable
3. Vona du Toit Model of Creative Ability
3. Assessments (APOM)
4. Carry-over and easy entry into groups.
5. Vicarious trauma prevention

