



# TCTSY Trauma Center Trauma Sensitive Yoga



## Foundational Trainings English Online

please choose your date

April 20 + 21, 2024

Juni 01 + 02, 2024

November 23 + 24, 2024

09:00 – 04.00 pm CET

Seminar fee: 380,00 €

Presenter: Birgit Löwenbrück

accredited trainer of the Center for Trauma and Embodiment, Boston, USA

TCTSY is a unique intervention based on the robust research that has emerged from the Trauma Center in Boston and the only yoga program accepted as evidence-based treatment for trauma by SAMSHA / NREPP. The program established in 2003 has helped thousands of people dealing with severe post-traumatic stress disorder (PTSD) and complex, inter-relational trauma—from military veterans to survivors of chronic abuse. The model has been shown to significantly reduce PTSD symptoms for people with complex trauma and to significantly improve quality of life. TCTSY is open to all people regardless of age, gender, race, ethnicity, body type and physical ability.

This introduction is designed for psychotherapists, social workers, mental health clinicians, yoga teachers, activists, educators and other health care professionals who are looking to integrate the body into their trauma-work context.

There are NO prerequisites to attend this Foundational Training.

It intends to support yoga teachers in making their classes more trauma-informed, and mental-health clinicians and other professions in integrating TCTSY elements like trauma-sensitive movement that are vital to the healing process of complex trauma in personal, professional, community-based or system-wide relationships.

The program will introduce you to the core concepts and applications of TCTSY with an emphasis on how the core building blocks of TCTSY are basics to anti-oppressive, trauma sensitive work, including:

- a short historical overview on the development of TCTSY
- the theoretical underpinnings that inform our practice (trauma theory, attachment theory, neuroscience and oppression/trauma/intersectionality)
- Core elements of the TCTSY practice, including practice teaching and research.

Participants will learn how to meet survivors on their healing journey and explore a shared authentic experience of embodiment. Participants will gain a foundational understanding of this empowerment based program that facilitates a present moment experience of safety and predictability. This training is intended to support participants in expanding their current clinical or movement-based practice to incorporate some of the TCTSY methodology, focusing on movements and language that actively share power and agency with participants.

There will be large and small group settings and a change between theory and practice.

Participants will receive the Zoom link for the seminar one day before the start of the training and a link to a Google Drive folder to download all seminar materials after the training.

This 20 hour Foundational Training includes 14 hours in person or live online via Zoom and about 6 hours for individual learning (prepare practice teaching and facilitate 3 simple yoga forms on the second seminar day and engaging with reading and seminar materials after training).

This training qualifies as a pre-requisite for applications for Trauma Center Trauma Sensitive Yoga's annual 300 hour Certification Program with the Center for Trauma and Embodiment, CFTE, Boston. More information:

<https://www.traumasensitivelyoga.com/certification-program.html>

This workshop is solely for professional development and is not a certificate program: to be certified in TCTSY, completion of the TCTSY Certification Program is required. This workshop is also not intended as an intervention for those who have experienced trauma.

**Talking about trauma, even in the context of a professional training can be triggering/overwhelming!**

**Please note:** This workshop is an introduction to TCTSY and does not qualify non-clinical yoga teachers or other professions to offer trauma services, including TCTSY. This workshop is intended to support non-clinical yoga teachers and other professions to create a more trauma informed, or trauma aware yoga session. Clinicians and other professions will be able to integrate TCTSY elements into their professional context or into psychotherapy.

**Seminar language & handouts:** English

- This seminar is accredited for 18 hours of continuing education by IAYT – International Association of Yoga Therapy
- and for 20 hours of continuing education by Yoga Alliance, YACEP

### **About Birgit**

Birgit has a Diploma degree in Social Work and Educational Science, she is a Trauma Therapist in private practice – licensed as Heilpraktiker for Psychotherapie in Germany, Yoga and Qigong instructor.

Birgit had her first TCTSY training with the Trauma Center in 2010. She is an accredited TCTSY facilitator and member of the trainers faculty of the Center for Trauma and Embodiment. She is also a mentor in the annual TCTSY Certification Program. Birgit works with trauma survivors since many years and offers TCTSY to groups and individuals.

### **Terms and Conditions**

For Cancellation until 4 weeks prior to the first day of workshop we will keep a service fee of 30 €. For cancellations at a later date, there will be no refund. If you are unable to show up for the workshop for any reason there will be no refund and there is no right to participate in a future seminar as a substitute free of charge. By registering for the seminar and transferring the seminar fee, you automatically agree to accept these terms and conditions.

### **Registration**

to register please fill out the registration form at the website

<https://www.traumasensitives-yoga.de/tctsy-trainings/foundational-training-english/>

or please send an email to [info@tctsy.de](mailto:info@tctsy.de) including your Name, Street, Zip code, City, Country and the workshop date, you would like to participate in.

You will receive an invoice with payment details for booking.

### **Contact**

[www.traumasensitive-yoga.de](http://www.traumasensitive-yoga.de)

[info@tctsy.de](mailto:info@tctsy.de)