

# Trauma Center Trauma Sensitive Yoga Introduction Workshop



November 09 & 10, 2019  
Saturday & Sunday 09:00 – 01:00 & 02:00 – 05.30  
Berlin, Germany

Presenter: Birgit Löwenbrück

TCTS Y 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 by SAMSHA / NREPP. The program established in 2003 has helped thousands of people dealing with severe post-traumatic stress disorder (PTSD) and complex, interrelational 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. TCTS Y is open to all people regardless of age, gender, race, ethnicity, body type and physical ability.

This introduction is designed for 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.

It supports yoga teachers in making their classes more trauma-informed, and mental-health clinicians and other professions in integrating TCTS Y elements like trauma-sensitive movement and breath practices 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 TCTS Y with an emphasis on how the core building blocks of TCTS Y 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 and neuroscience)
- Core elements of the TCTSY practice, including practice teaching and research.

There will be large and small group settings and a change between theory and practice. The presentation will be given as a pdf-handout after training.

This workshop includes 15 hours of presence and 5 hours for individual learning (prepare practice teaching, reading, etc.)

This weekend training qualifies as the pre-requisite for application for Trauma Center Trauma Sensitive Yoga's annual certification program.

This workshop is solely for professional development and is not a certificate program: to be certified in TCTSY, completion of the 300hr TCTSY Certification 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 to offer trauma services, including TCTSY. This workshop is intended to support non-clinical yoga teachers create a more trauma informed, or trauma aware yoga session.

**Investment:** 330 € regular; Students: 300 €

**Lokation:** Tai Chi Forum Berlin, Zossener Straße 31, 10961 Berlin, Remise, 2. Hof, 1. Etage, U-Bahn: Gneisenaustraße

**Contact and booking:** [info@tctsy.de](mailto:info@tctsy.de)

**About Birgit:**

Birgit is an accredited TCTSY facilitator and trainer of the Center for Trauma and Embodiment; she works with trauma survivors since many years. Resilience seminars for Trauma Care Professionals with Michaela Huber since 2014.

[www.traumasensitives-yoga.de](http://www.traumasensitives-yoga.de); [info@tctsy.de](mailto:info@tctsy.de)

## **TCTSY Workshop Registration form, Bookings, Terms and Conditions:**

If you would like to participate, please read carefully the terms and conditions and send this signed registration form by Email to: info@tctsy.de

- After receiving your registration form you will be send an invoice payable within 3 days. Your payment serves as confirmation of your training participation.
- All cancellations received by September 30 will be charged with an admistration fee of 100 €. The refund (your payment minus adminsitration fee) will be refunded within 15 days of receipt of target bank account details.
- Cancellations made after September 30 will be charged the full course registration fee. There will be no refund.
- We regret that registrants who do not attend on the day will be considered „no shows“ and will be charged the full course registration fee, whichever circumstances explain their absence. There will be no refund.
- We recommand a seminar-assurance just in case.

### **Changes in training organisation**

Please note, due to cicumstances beyond the organizers control, the organizer reserves the right to cancel the event if nessessary. In the case of cancellation by the organizer, a full refund of course fees will be made.

The organisator will not be held liable for any transport or accommodation costs in the unlikely event of a course being cancelled.

By signing this form I agree with the terms and conditions above and declare that I will pay the course fee within 3 days after receiving the invoice (please write in block letters):

Your Name .....

Street / Number .....

Zip Code / City .....

Country .....

Your email .....

Your Signature .....

Thank you! For any questions, please connect by email! Looking forward to welcome you to the seminar!