



TCTSY Trauma Center Trauma Sensitive Yoga



2020 Introduction Workshops Online via Zoom please choose your date

July 18 + 19, 2020 - English
August 22 + 23, 2020 -English
November 12 + 13, 2020 – German

09:00 – 01:00am & 02:00 – 04.30pm
360,00 €

Presenter: Birgit Löwenbrück

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, 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. TCTSY 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 TCTSY 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 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.

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

Participants will receive a link by email to a google folder to download the presentation as a pdf-handout after training, as the document is too big for most email accounts.

This workshop includes about 5 hours for individual learning (prepare practice teaching and facilitate 3 simple yoga forms on the second seminar day, pre and post reading, etc.)

This training qualifies as a pre-requisite for application for Trauma Center Trauma Sensitive Yoga's annual certification program. More information:

<https://www.traumasensitivyoga.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 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. Clinicians and other professions will be able to integrate TCTSY elements into their professional context or psychotherapy.

Seminar language and handouts: English / November 2020: all German

About Birgit:

Birgit had her first TCTSY training with the Trauma Center in 2010. She is an accredited TCTSY facilitator and part of the trainers team of the Center for Trauma and Embodiment. She is also a supervisor in the annual TCTSY certification program. Birgit works with trauma survivors since many years and offers TCTSY group and individual in Berlin. Resilience seminars for *Trauma Care Professionals* with Michaela Huber since 2014.

Profession: social worker, Masters degree in educational science, Trauma Therapist (licensed as HP Psychotherapie), Yoga and Qigong teacher.

www.traumasensitives-yoga.de

Contact and booking: info@tctsy.de

REGISTRATION

If you would like to register please send an email including:

your Name, Street, Zip code, City, Country, your profession and the date of the workshop you would like to register for

and please transfer the seminar fee of 360 € to this bank account:

Birgit Löwenbrück

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please indicate as intended use: your name, TCTSY + date of the workshop you would like to participate in

Name of the bank: comdirect bank AG, Pascalkehre 15, 25451 Quickborn, Germany.

After receiving your seminar fee you will receive an invoice/payment confirmation by email. The Zoom link to join the seminar will be sent out by email several days before the start of the workshop. You will have access to a google drive folder where you can copy and download all seminar papers pre and post workshop.

For Cancellation until 4 weeks prior to the first day of workshop we will keep a service fee of 25 €. For cancellations at a later date, there will be no refund.