



TCTSY Trauma Center Trauma Sensitive Yoga



2021 Foundational Workshops Online via Zoom

please choose your date

April 24 + 25, 2021 - English
June 19 + 20, 2021 -English
July 24 + 25, 2021- English
November 13 + 14, 2020 – German

09:00 – 01:00am & 02:00 – 05.00pm CET
Seminar fee: 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, 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 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-sensitiv 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 to a Google Folder to download the presentation and other materials after training, as documents is too big to be send by email.

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

This workshop is accredited as a prerequisite for application to the Trauma Center Trauma Sensitive Yoga's annual 300 hrs Certification Program. More information:
<https://www.traumasensitivelyoga.com/trainings>

Please note: This foundational workshop is an introduction to TCTSY and serves for professional development (not a Certificate Program). To be certified the completion of the 300hr TCTSY Certification Program is required. This workshop 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. 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.

Seminar language and handouts: English / November 2021: German

About Birgit:

Birgit had her first TCTSY training with the Trauma Center in 2010. She is a certified TCTSY facilitator and accredited trainer 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, Master`s degree in Educational Science, Trauma Therapist (licensed in Germany as HP for Psychotherapy), 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; you will receive an invoice and payment details to book your spot.

Terms and Conditions:

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