



# TCTSY Trauma Center Trauma Sensitive Yoga



## **2023 Foundational Workshops English Online via Zoom**

please choose your date

April 22 + 23, 2023

June 03 + 04, 2023

November 25 + 26, 2023

09:00 – 01:00am & 02:00 – 04.30pm CET

Seminar fee: 380,00 €

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 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.

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 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 applications for Trauma Center Trauma Sensitive Yoga's annual certification program. More information:  
<https://www.traumasensitiveyoga.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 into psychotherapy.

**Seminar language** and handouts: English

#### **About Birgit:**

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 in Berlin. Resilience seminars for *Trauma Care Professionals* with Michaela Huber since 2014.

Profession: Diplome in Social Work and Educational Science, Trauma Therapist (licensed as HP Psychotherapy in Germany), Yoga and Qigong instructor.

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

**Contact and booking:** [info@tctsy.de](mailto: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. You will receive an invoice (as long as places are available) and payment details for booking.

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 the workshop.

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. By registering for the seminar, you automatically agree to accept these terms.

If you have any questions, do not hesitate to contact me!