

YOGA THATS EVIDENCE BASED TREATMENT FOR COMPLEX TRAUMA AND PTSD

TCTSY

WED 12.30pm
8 week course

Trauma Center Trauma Sensitive Yoga (TCTSY) is an empirically validated, clinical intervention for complex trauma or chronic treatment resistant post-traumatic stress disorder (PTSD), supported by more than 10 original, peer-reviewed studies and many more independent analyses.

The TCTSY methodology is based on central components of trauma theory, attachment theory, neuroscience, and yoga philosophy and practice.

Although TCTSY employs physical forms and movements, the focus is on the internal experience of the participant—what the forms feel like instead of what they look like. This shift in orientation, from the external to the internal, is a key attribute of TCTSY as a complementary treatment for complex trauma. With this approach, the power resides within the individual, not the TCTSY facilitator.

Further, by focusing on the felt sense of the body to inform choice-making, TCTSY provides opportunities for participants to restore their connection between mind and body and to cultivate a sense of agency that is often compromised as a result of surviving trauma.

www.kendrahealingarts.com

TRAUMA CENTER TRAUMA SENSITIVE YOGA

A PROGRAM OF THE CENTER FOR TRAUMA & EMBODIMENT AT JRI

Your TCTSY facilitator is Kendra Boone a senior teacher and IAYT Yoga Therapist.

You can be online at home or come into the group setting at Kingston.

The course is supported and referred to by numerous local health services as well as local GP's, psychologists, psychiatrists, counsellors, and other therapists and health practitioners



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