



# EVIDENCE-BASED TREATMENT FOR COMPLEX TRAUMA AND PTSD



## TRAUMA CENTER TRAUMA SENSITIVE YOGA A PROGRAM OF THE CENTER FOR TRAUMA & EMBODIMENT AT JRI

**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.

**There are over 400 Facilitators in 40+ countries, territories, & First Nations. In 2019, more than 30,000 people around the world tried TCTSY as an adjunctive treatment for PTSD and complex trauma.**



### Foundational Trainings

These 20hour trainings introduce attendees to core concepts and applications of TCTSY. Intended to inspire yoga teachers to make their classes more trauma-informed and to support those working in the mental health field to bring the body into treatment.

### Certification Program

This training prepares candidates to facilitate the TCTSY treatment model. Suitable for yoga teachers, mental health professionals, or professionals working with communities where trauma is prevalent.

### Agency Training

Components of our agency training include: a 2-day intensive, on-site training with a focus on dynamic, experiential learning for providers, plus support in developing yoga programming and trauma-informed care utilizing the TCTSY framework.

### Half-Day Trainings & Sessions

Certified TCTSY facilitators are able to offer individual & group sessions, as well as half-day trainings that provide a brief overview of key TCTSY principles and practices. Content and length of sessions vary according to client needs and accessibility.

