

Trauma Center Trauma Sensitive Yoga (TCTSY) an adjunctive treatment for trauma

Day 1:

8:30 AM - 9:00 AM -Welcome/Introductions/ housekeeping/ community agreements

9:00 AM - 9:15 AM - Chair-based Yoga Practice

9:15AM - 10:00 AM -What is trauma, how does Trauma impact the body, ACES study, epigenetics, social/generational trauma

10:00 AM -10:15 AM - Break

10:15 AM - 12:00 PM -Theoretical underpinnings: attachment, trauma, neuroscience, polyvagal theory

Day 2:

8:30 AM - 9:15 AM - Domains of a traditional Yoga Class as compared TCTSY: why and how (legacies of interpersonal trauma)

9:15 AM - 10:00 AM - Chair based practice

10:00 AM - 10:15 AM - Break

10:15 AM - 11:00 AM -Key Themes of TCTSY: Safety, choice, present moment experience, taking effective action, creating rhythms, sensing dynamics

11:00 AM - 12:00 PM - Invitational language , Interoception and Choice making : reviewing 3 forms in dads or triads

Day 3:

8:30 AM - 8:45 AM - Opportunity for Q and A to this point

8:45 AM - 9:00 AM - Large group to process- stumbling blocks and progress thus far

9:00 AM - 9:45 AM -TCTSY mat/ floor based practice

9:45 AM - 10:00 AM -TCTSY methodology: reviewing the how/what/ why (neuroscience, language, breath, contraindications, challenges, etc.)

10:00 AM - 10:15 AM - BREAK

10:15 AM- 11:00 AM - How TCTSY has evolved and why: work in progress, living, evolving approach

11:00 AM - 11:30 AM - What the research reveals (and doesn't) highlighting key studies

11:30 AM - 12:00 PM - Practicing in pairs

Day 4:

8:30 AM - 9:00 AM - TCTSY in clinical settings vs. community and sub groups (differentiating referrals)

9:00 AM - 9:45 AM - Practice in dads or triads for facilitating 2 forms of choice

9:45 AM - 10:00 AM - Experiencing the body in hostile territory: special considerations

10:00 AM - 10:15 AM - Break

10:15 AM - 10:30 AM - Individual experiences of feeling/sensation: friend or foe

10:30 AM - 11:00 AM - Group practice - chair or mat TBD

11:00 AM- 12:00 PM - Q and A, Wrap-up/Farewell/ Next Steps/ Evaluation

Day 5:

8:30 AM - 8:45 AM - Welcome and check in

8:45 AM - 9:30 AM - Chair based practice

9:30 AM - 10:00 AM - Experience thus far: comparing and contrasting in light of prior 4 sessions

10:00 AM - 10:15 AM - Break

10:15 AM - 10:30 AM - Revisitation of invitational language, power differentials and impact on work

10:30 AM - 12:00 PM - Resource review, questions, closing