



## **Trauma Center Trauma Sensitive Yoga 20 hours Foundational Workshop, MILAN, ITALY**

**Saturday, February 15th 2020, 9 am  
Sunday, February 16th 2020, 5 pm**

This introductory 20-hour Trauma Sensitive Yoga seminar (TCTSY) will introduce participants to the key concepts and practical applications of TCTSY (Trauma Center, Trauma Sensitive Yoga), an empirically validated intervention for Complex Trauma.

A letter of completion will be sent to participants, which is a prerequisite if you wish to apply for the TCTSY-F certification program (300 hours) of the Center for Trauma and Embodiment at JRI, Justice Resource Institute, Boston,

This seminar is open to:

**Clinicians and mental health professionals** who want to learn how to incorporate elements of TCTSY into their clinical work. It is not necessary to be a yoga teacher.

**Yoga teachers** who want to learn how to make their yoga lessons trauma-informed.

PLEASE NOTE: for ethical reasons, this seminar does not qualify non-clinical yoga teachers to offer interventions for trauma, including the use of the term TCTSY or the use of the term "trauma" during yoga classes.

**Workshop structure: combination of theory and practice in small group (20 people)**

- Seminar style with space for discussion and reflection
- Discussion sessions with small and large groups
- Teaching and clinical examples
- Teaching practice
- Questions and answers

**Facilitator of the workshop:** Krystyna Kowalski, Certified TCTSY Facilitator, Accredited Trainer at the Center for Trauma and Embodiment at JRI, Supervisor / Tutor of the TCTSY Certification Program (300 hours), C-IAYT Certified Yoga Therapist, IFS (Internal Family Systems Practitioner & MSc in Sociology).

The workshop will be held in an easy to understand English. Italian translation will be offered from the hosts and workshop assistants who are Italian TCTSY Facilitators; Simona Anselmetti (TCTSY-F, Psychotherapist and EMDR Supervisor, Yoga Teacher), Agnese Donati (TCTSY-F, Psychotherapist, Mindfulness Instructor and Yoga Teacher) and Alessia Piazza (TCTSY-F, Cognitive-behavioral Psychotherapist, Mindfulness Instructor and Yoga Teacher).

## **WORKSHOP PROGRAM**

### 1) Understanding trauma

- An overview of the Trauma - Diagnostic framework - From PTSD to Complex Trauma
- Understanding complex trauma
- Trauma treatments and TCTSY as a body-based treatment

### 2) Theoretical foundations of TCTSY

- Trauma Theory
- Attachment theory
- Neurophysiology

### 3) Connect the theory to the methodology - Trauma-informed framework

- Methods, the language of TCTSY, choice, interoception and agency
- Teaching experience from a trauma-informed lens
- Research studies on TCTSY

### 4) Responsible and ethical practice

- Scope for yoga teachers and clinicians
- Trauma treatment vs. Trauma informed vs. Sensitive trauma
- Responsible marketing - Managing expectations
- Adaptation of a general yoga lesson - from an informed lens on the trauma
- How to introduce elements of TCTSY in your practice of clinical therapy

## PRACTICAL INFORMATION

### VENUE

“Laboratorio di consapevolezza, via Voghera 9a, Milan (easily reached by Metro MM2 Porta Genova stop)

**WORKSHOP FEE:** 360 euros

### TIMES

Saturday 09:00 - 18:00 - Sunday 09:00 - 17:00

## REGISTRATION FORM

send to [tctsyitalia@gmail.com](mailto:tctsyitalia@gmail.com)

An email will be sent with the confirm and bank account for the the transfer. Registration will be completed upon receipt of payment.

Cancellation terms: full refund will be possible by January 15th. After that date the amount will be reimbursed at 50%.

NAME \_\_\_\_\_ SURNAME \_\_\_\_\_

DATE AND BIRTHPLACE \_\_\_\_\_

FULL ADDRESS \_\_\_\_\_

COUNTRY \_\_\_\_\_ VAT \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_ EMAIL \_\_\_\_\_

PROFESSION \_\_\_\_\_

WHY I AM INTERESTED IN THIS WORKSHOP \_\_\_\_\_

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**Please Note:** This program is solely for professional development. The context of this workshop is not intended as an intervention for participants who have experienced trauma. The workshop space is intended for teaching purposes and not treatment. Talking about trauma, even in the context of a professional workshop, can be triggering.