

KELCY MCNAMARA

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SKILLS SUMMARY

With empathy, compassion, and skill my practice serves a diverse population. Committed to continuing learning and deepening my understanding of trauma and healing as well as creating a safe space to have a present moment experience.

EXPERIENCE

ROOTS trauma sensitive yoga LLC

Owner/operator 2016-present

Founded in 2016 ROOTS offers yoga for trauma treatment in a variety of settings including and not limited to: public and private classes, at-risk youth, teens, recovery programs, and prison.

- Community engagement through organized workshops and informationals for yoga schools, adult ed programs, clinical practices, Universities, and medical facilities.
- Past partner organizations include: YogaFest-PortlandME, SeaChangeYoga Training-Portland ME, UNE-Social Work Department-informationals, Springvale Maine Behavioral Health-informationals, Samudra Studio Yoga Saco ME- trainings.

The Center for Trauma and Embodiment at The Justice Resource Center

Certification Mentor 2020-present

- Ensuring students gain a thorough understanding of Complex and Developmental Trauma and PTSD throughout the lifecycle, overseeing the skills necessary to facilitate TCTSY sessions (with individual or small groups) as an adjunctive treatment for complex trauma and PTSD in their community of choice.
- Organizing triad and dyads, overseeing the learning process, offering individual supervision, creating content for the program based on the readings, multi-media content and research and presenting that information.
- Facilitating TCTSY sessions through the 300-hour program.
- Ensuring that participants incorporate the 5 core principles of TCTSY into their practices.
- Act as Program Assistant during the 40-hour training a Kripalu twice a year.

Registered Yoga Instructor E-RYT200, RYT500, YACEP

2010-present

- Trained in Iyengar and Vinyasa based classes, offering sessions and classes at Anam Cara studio in Alfred, ME and conducting group classes for schools, private businesses, and the Windham Correctional Facilities Women's Re-entry Center.

Licensed Massage Therapist

LMT 2001-present

- Individually tailored holistic sessions that may include reflexology, aromatherapy, deep tissue, Swedish, hot stones, and cupping in a private practice.
- Also independently contracted for spas and healing centers.

EDUCATION

York County Community School — High School, 1997

CERTIFICATIONS and TRAININGS

RYT (200 hours) - Nataraja School of Yoga; Kennebunkport, ME — 2010 LMT

Spa-Tech Institute; Westbrook, ME — 2000

TCTSY-F (300-hour program) through The Center for Trauma and Embodiment at JRI 2016 (300hour)

Certification of Traumatic Stress Studies 2018 The Trauma Center at JRI

Transforming White Privilege 2020

Active Bystander training with Prevention Action Change 2021

VOLUNTEER WORK

Windham Women's Reentry Program; Windham, ME 2014 – 2016

Windham Women's Corrections; Windham, ME 2012-2013

Recovery community; Sanford, ME 2010 – 2020

Biddeford Food Pantry 2020

Corner Cupboard Sanford Me, 2012-2020

Founded DEI scholarship program and committee at CFTE, 2018

DEIJ committee member at Three Rivers Land Trust Alfred, Me. 2018-present

Election Clerk- Alfred Me. (2017 -present as needed)