

Workshop Info

Kelcy McNamara offers a half day informational session to discuss the theoretical underpinnings of TCTSY (Trauma Center Trauma Sensitive Yoga) and key methodology.

You are welcome to learn about this evidenced based, adjunctive treatment for Complex Trauma. This framework can be applied to a diverse range of professions and contexts, including but not limited to, teachers, mental health professionals, medical practitioners, bodyworkers, behavioral healthcare providers, and everyday living.

This workshop will include an optional TCTSY (trauma center trauma sensitive yoga) practice along with a slide presentation and time for questions and discussion exploring attachment theory, trauma theory and neuroscience.

Designed for students, teachers, clinicians and survivors, the course provides an overview and understanding of trauma, how to use yoga as part of the healing process, and **how to incorporate components of trauma-sensitive yoga into your life, classes or clinical practice.**

This program is solely information on TCTSY and is not intended as an intervention for those who have experienced trauma. Talking about trauma, even in the context of a workshop, can be triggering.

FAQ's about this workshop.

How long is your workshop?

This workshop is 3.5 hours in length including a 45-minute optional practice and breaks.

What is the structure?

We open with introductions, optional mat practice, then we will explore the three theoretical underpinnings, take a short break and finish with methodology and Q&A

I'm not a yoga teacher or other type of body worker. Can I attend the workshops?

Yes, you are very welcome. Many people without a body work background attend the workshops.

I'm not a mental health professional. Can I attend the workshops?

Yes, you are very welcome. Many people without mental health training attend the workshops.

I already have a trauma training and offer therapeutic interventions to those with a trauma history. Is this workshop relevant to me?

Many mental health professionals (and those from allied disciplines - Independent Domestic Violence Advocates, social workers, probation officers, prison staff, teachers and teaching assistants, youth workers etc.) attend the workshops.

I don't want to train as a TCTSY-Facilitator (TCTSY-F) or use TCTSY in my work, nor do I want to use yoga for trauma practices. Should I still attend a workshop?

These workshops will be of use if you wish to avoid re-traumatizing trauma survivors. Much of the practices are about how to be in a trauma informed and sensitive relationship with someone who has a trauma history. This sensibility is generalizable to all aspects of a service, including intake, administration, finance, marketing, therapeutic and clinical work.

I want to train as a TCTSY-F. How do I do this?

If you want to work as a Trauma Center Trauma Sensitive Yoga Facilitator (TCTSY-F) the only training pathway is via The Centre for Trauma and Embodiment, Boston, USA.

You can read a little more about the training pathway [here](#).

I have a trauma background. Should I come to a workshop?

Many students with trauma backgrounds attend these workshops. However, the workshops are educational spaces and not trauma therapy

spaces. Attendees are encouraged to take care of their own emotional health. This program is solely information on TCTSY and is not intended as an intervention for those who have experienced trauma. Talking about trauma, even in the context of a workshop, can be triggering