

FAQs: Trauma Centre Trauma Sensitive Yoga (TCTSY)

What is Trauma Centre Trauma Sensitive Yoga (TCTSY)?

Trauma Centre Trauma-Sensitive yoga (TCTSY) is an empirically validated clinical intervention for complex trauma and chronic, treatment-resistant post-traumatic stress disorder (PTSD). TCTSY is grounded in trauma theory, attachment theory, neuroscience as well as hatha yoga.

The main objective of TCTSY yoga is to create a space for participants to notice and connect with their body,

make choices about what to do with their body. TCTSY offers an opportunity for participants to be in charge of their body in the present moment, cultivating empowerment and enabling the reclamation of their body.

TCTSY yoga does not focus on the external expression or ‘right alignment’ of a yoga ‘posture’. Instead TCTSY yoga focuses on the internal experience or *felt sense* of a shape or movement, offering participants a space to notice and connect with their body. TCTSY yoga also offers choices about how to move, increasing the opportunity to develop a sense of agency as well as providing an important step toward self-regulation.

If you have a comfortable connection with your inner sensations – if you can trust them to give you accurate information, you will feel in charge of your body, your feelings, yourself” Dr. Bessel Van Der Kolk

What are the potential benefits of Trauma Centre Trauma Sensitive Yoga (TCTSY)?

“Trauma robs the victim of a sense of power and control over her own life; therefore, the guiding principle of recovery is to restore power and control to the survivor” Judith Herman.

Trauma centre trauma sensitive yoga can help you to;

- Connect with your body
- Practice choice-making
- Learn to develop greater capacity to be present
- Cultivate self-efficacy and a sense of empowerment
- Support self regulation

You might find it helpful to check out this link, where Dr Bessel van der Kolk talks about yoga and trauma:

https://www.instagram.com/reel/DGP6JgUMVge/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA==

Is there any evidence supporting the effectiveness of Trauma Centre Trauma Sensitive Yoga (TCTSY) for Trauma Recovery?

TCTSY is an evidence-based yoga method developed by leading researchers in the fields of trauma and psychology as an adjunct or complement to established mental health treatment. It is based on clinical trials performed at [the Trauma Center](#) in Brookline Massachusetts by psychiatrist and leading trauma researcher, Dr. Bessel Van der Kolk and yoga teacher David Emerson.

The TCTSY website which includes information about research evidence and examples of practice:

<https://www.traumasensitiveyoga.com/>

What to expect: Trauma Centre Trauma Sensitive Yoga (TCTSY)

- Traditional yoga shapes will be introduced and options provided around breathing and meditation practices.
- Participants have choices about how they engage with the yoga forms. For instance, depending on preference, yoga could be practiced from a seated position on the floor, or on a chair, or standing up.
- The facilitator will practice with the participants and remain on their mat.
- There are no mirrors in the room.
- No physical assists are offered.

Is Trauma Centre Trauma Sensitive Yoga (TCTSY) a fit for me?

TCTSY was developed for people with a history of complex trauma and/or post-traumatic stress disorder (PTSD). However, you do not need to have a diagnosis to participate. Whatever your experience, TCTSY might provide opportunities to help you make choices and feel more connected to your body in the present moment.

I'm injured; can I still practice?

If you have any physical health difficulties, injuries or any changes in your health status, it is your responsibility to let the facilitators know. Variations will be offered and you are welcome to adjust any shape as needed. **It is your personal responsibility to work with your own body and to rest as much as you need to.**

You are advised to meet with a doctor to ensure that it is safe for you to practice.

What if there are certain movements I don't feel comfortable doing?

During the intake, you might let the facilitator know about any concerns with particular shapes or movements. During the session, there is always a choice for participants to choose how they want to move.

Do I need previous experience in yoga?

There is no previous experience needed! The goal is not to master yoga forms but rather it is an opportunity to start to connect with your body, possibly explore sensations, make choices and practice being in the present moment.