

Trauma Centre Trauma Sensitive Yoga (TCTSY) Group Therapy Therapist Information

TCTSY Information

- Weekly 1-hour classes.
- Regular 5-week blocks throughout the year.
- TCTSY is a clinical intervention & somatic model for trauma treatment (Emerson, 2015, p. 1). Essentially, it is a body-based adjunct therapy for trauma.
- Theoretical underpinnings of TCTSY include trauma theory, neuroscience and attachment theory. The relationships one has with self and others are seen as integral to the therapy (Emerson, 2015, p 31).
- TCTSY is the first yoga-centred, empirically validated, clinical intervention for complex trauma or chronic, treatment-resistant post-traumatic stress disorder (Trauma Center Trauma Sensitive Yoga, 2022). While it is different to what might be considered 'regular' yoga the core value of yoga being "...practices undertaken through a desire to live life more fully..." (Emerson, 2015, p. 2) remains.
- TCTSY has five foundation principles which are fundamental to the therapy,
 - Invitational Language: Trauma survivors most likely have experienced a power over dynamic. Invitational language encourages self-empowerment (Turner, 2020, p. 73).
 - Choice Making: Participants are offered choices about how they practice yoga. This supports a sense of agency (Turner, 2020, p. 6).
 - Interoception: Is the capacity to feel sensation within one's body which can be disrupted with trauma. The practice cultivates interoceptive awareness. (Emerson, 2015, p. 22)
 - Shared Authentic Experience: Mutual participation between the facilitator and participant highlights attunement and relationship (Turner, 2020, p. 6).
 - Non-Coercion: "No intervention that takes power away from the survivor can possibly foster recovery no matter how much it appears to be in the person's immediate best interest" (Herman, 2022, p. 191).
- For 'accepted' sensitive claims & 'accepted' mental injury physical claims clients
- Suitable for women clients of all fitness levels, age, & health status. No experience needed.
- Clients are welcome to bring their own yoga mats, or these can be supplied. Supportive props of chairs and bolsters are provided.

What's in it for your client

Some benefits of practicing TCTSY Trauma Centre Trauma Sensitive Yoga include:

- Reduction in PTSD symptoms.
- Improved functioning.
- Increased tolerance to physical and sensory experience.
- Increased emotional awareness and affect tolerance.

South Coast Psychology

95 Turner Street, Edendale 9893
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- Practice making choices in relation to the body.
- Encourages people to be present, feel their feelings, and not dissociate from their body.
- Decreased intrusive thoughts and hypervigilance.
- Greater self-awareness.
- Learning to notice more readily what they feel within their body.
- Increased use of self-care strategies.
- Establish boundaries and be assertive.
- Decreased feelings of depression and anxiety.
- Gain increased trust in themselves and others.
- Develop an improved relationship with their body.
- A sense of agency and empowerment.
- There is a lot of empirically validated research on TCTSY at <https://www.traumasensitiveyoga.com/research>

Class days, times and venue

Five-week blocks on Monday evenings, 5:30 – 6:30 pm at Health Down South, 97B Yarrow Street, Invercargill 9810

- 3, 10, 17, 24 June, 1 July
- 23, 30 Sept, 7, 14, 21 Oct
- 4, 11, 18, 25 Nov, 1 Dec

To register your clients interest for an upcoming course please email referrals@southcoastpsychology.co.nz with confirmation of ACC funding approval, your clients name, phone number and address. Your client will then be placed on our waitlist and contacted for triage.

Therapists, please request a PO for South Coast Psychology (G09884)

7.5 hours x SCGW
1 hour x SCGT

With PO Start Date – 3 Jun 2024, to Expiry Date – 31 Dec 2024

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Our TCTSY Facilitator & Registered Social Worker Support Person



Kate Watkinson is a Bachelor of Counselling trainee & yoga specialist. She is a registered Trauma Centre Trauma Sensitive Yoga Facilitator (TCTSY), 1000-hour International Yoga Teachers Association Yoga Teacher & Qoya facilitator.

Kate brings a wealth of somatic experience influenced by Polyvagal Theory. She regularly hosts women's retreats with a focus on wellbeing through yoga, qoya, yoga nidra and meditation.

021 033 7626

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Catherine Hanson Friend is a Registered Social Worker (SWRB NZ / MANZASW) and counsellor. She has a Post-graduate Diploma in Counselling and is a Certified Havening Practitioner® with Havening Techniques®.

Catherine is an approved group work provider under South Coast Psychology's ISSC contract with ACC and has experience in facilitating therapeutic groups.

Catherine has also completed her 30-hour TCTSY foundation training which adds to her wealth of experience with trauma and grief.

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