



For Yoga Teachers

Trauma Sensitive Yoga Workshop With Esther van der Sande

3 days, 20 hours

- Friday 9th, Saturday 10th & Sunday 11th of December 2016

People suffering from trauma often need a variety of treatments to help them back on the path to mental health. As Yoga exercises the body and calms the mind at the same time, it can be a very beneficial practice, and valid course of treatment for such individuals.

Specifically, for yoga teachers, this workshop will teach you to help people in distress come to terms with their mental health issues. Over a three-day period, you'll be introduced to the core concepts of David Emerson's highly regarded intervention for Complex and Developmental Trauma.

- History & development of treatment
- The spectrum of trauma
- Trauma sensitive yoga

Applications of all of these concepts will be explored through teaching and clinical examples, along with group discussions, and more. You'll learn techniques and practices that you can implement immediately.

About Esther

Esther is a Clinical Somatic Psychotherapist, Eye Movement Desensitization (EMDR) Clinician, Neuro Psychotherapist and a qualified Yoga and Mindfulness teacher and practitioner. She is also the co-founder of Trauma Center Trauma Sensitive Yoga Australia, and a Sydney based member of the Trauma Centre, Boston (Training Faculty). She is committed to helping people overcome trauma, and improve their mental health.



TRAUMA CENTER
TRAUMA SENSITIVE YOGA



Workshop / Course outline:

History and Development of Complex Trauma

Neurophysiology of Stress and Trauma
Interpersonal Neurobiology
Attachment, Attunement and Reciprocity

The Spectrum of Trauma

Safety & Stabilization
Processing Traumatic Memories
Consolidation, Integration & Reconnection

Trauma Centre Trauma Sensitive Yoga

Interoception, Choice, Agency and Relational Safety
Teaching Practice
Responsible and Ethical Practice
Trauma Informed Vs Trauma Sensitive

Early Bird \$595.00 until Monday, 21st November 2016

\$ 695.00 afterwards

[**Book HERE**](#)



Research conducted by the Trauma Centre showed that the Trauma Centre Trauma Sensitive Yoga (TCTSY) Model significantly reduced symptoms of PTSD in clients who were considered 'treatment resistant'.

Since 2016 Esther's is Sydney's Australia based member of the training faculty of the Trauma Centre Boston – MA (TCTSY-T)

