

FAQs

THE YOGA CLINIC (UK) WORKSHOPS

Hopefully your questions about my workshops will be answered here. If anything remains outstanding please reach out by email - alex@theyogaclinic.co.uk

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. You can read reviews [here](#).

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. You can read reviews [here](#).

Will I gain more from the workshops if I first train as a yoga teacher/body worker?

The *Trauma Centre, Trauma Sensitive Yoga (TCTSY)* practice is built for people whose relational trauma experience has resulted in:

- ▶ Difficulties in noticing physical sensations
- ▶ Difficulties in interpreting sensations
- ▶ Difficulties in responding to sensations
- ▶ Difficulties feeling that one has agency or choice over one's own body, especially when in the company of others

In TCTSY both the participant and the facilitator explore shapes and movements in order to explore noticing sensations and responding to them*.

This means that one could use *any* movement or shape that was physically and emotionally available to a client. Often this includes 'day-to-day' movements and shapes.

Eg. turning one's neck, rolling one's shoulders, balancing on one foot etc.

One doesn't need a specific movement training to explore 'day-to-day' shapes/movements.

* If you're interested to read about the process of TCTSY facilitation from my perspective, please have a look at the relevant chapter in [Embodied Healing - Survivor & Facilitator Voices from the Practice of Trauma Sensitive Yoga](#).



Facilitator:
Alexandra Cat, The Yoga Clinic (UK)



If your intended clients, whether they be TCTSY clients or those looking to explore other trauma yoga practices, wish to use shapes and movements specific to a particular discipline, or which demand a high degree of technical ability, you would first need to train in that movement discipline and/or be accomplished in creating those shapes/movements.

In addition a movement training and/or practice, confers certain advantages. It offers one access to:

- ▶ a wider vocabulary of movements and shapes
- ▶ experience and training in how to teach these movements and shapes
- ▶ knowledge of working with specific injuries, physical conditions and in some cases specific needs eg. pregnancy, amputations, surgery recovery, varieties of neurodivergence, hyper flexibility etc.

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.

Individual aspects of the theory content may cover ground you are already familiar with. What is often new is how the workshops bring together and integrate their core curriculum:

- ▶ Survivor led theory/lived experience
- ▶ Attachment theory
- ▶ Interpersonal neurobiology - neurobiology of attachment and poly-vagal theory
- ▶ Somatic/emotional responses to relational trauma; somatic/emotional sequelae of relational trauma
- ▶ Yoga psychology - ahimsa (non-violence, non-coercion, power sharing/vulnerability sharing), satya (authenticity, truth), aparigraha (non-attachment)

The *practical* content also often offers new experiential learning opportunities:

- ▶ led group practice
- ▶ small group teaching practice
- ▶ group reflection



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What are the differences between the 5 day and the 20Hr Workshops?

The workshop content is listed on The Yoga Clinic (UK) [website](#) - this might give you a better idea of the differences in the material covered.

The 20Hr TCTSY Workshop:

TCTSY is a practice built for relational trauma survivors living with varieties of somatic dissociation and loss of somatic agency.

The 20Hr is specifically focused on the TCTSY practice and it's theoretical underpinnings. Of these underpinnings we look at interpersonal neurobiology (both modern attachment theory as well a Poly-Vagal Theory) but not in as much detail as on the 5 day workshop.

The 20Hr TCTSY workshop also satisfies the application/entry requirements for the [Centre for Trauma & Embodiments full certification program](#).

The workshop time is divided into approx. 60% theory and 40% practice.

5 Day Neurobiology of Trauma & Trauma Informed Yoga Practices Workshop:

This workshop is written for those who are interested in neurobiological approaches to varieties of trauma spectrum experiences and diagnoses and who have limited or no neurobiology education.

Content includes relational and non-relational trauma, repeated and single incident trauma & biomedical diagnoses including:

- ▶ Post Traumatic Stress Disorder (PTSD)
- ▶ Complex PTSD (C-PTSD)
- ▶ Dissociative Identity Disorder (DID)
- ▶ Personality Disorders (PDs)
- ▶ common comorbid diagnoses (body dysmorphia, ADHD, ADD, dysregulated appetite/eating, self-injurious behaviours, autism spectrum presentations)

The 5 day workshop includes the TCTSY practice and it's theoretical underpinnings, but is not limited to it.

In addition, we offer the **Critical Yoga Conversation** on Friday afternoon - examples of which can be found [here](#). *Throughout the workshop and especially on Friday afternoon, participants are encouraged to think critically about the nature of diagnostic frameworks, labelling, power dynamics in treatment paradigms and the politics of trauma.*



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What do the workshops qualify me to do?

Both workshops are *foundation* workshops and an *initial* step towards specialising in yoga for trauma; participation in the workshops may help attendees decide whether to commit to a professional training.

If participants decide *against* further training they can still make very good use of the workshops, dependent on their professional background.

For the sake of clarity I'll divide participants backgrounds into 2 distinct groups:

Group 1: those trained and qualified to work with trauma presentations, who have at least a years clinical/therapeutic experience, who are accountable to a professional body for the quality and ethics of their practice, and who are required to be in ongoing clinical supervision

eg. psychotherapists, counsellors, group therapists, drama, dance or movement therapists, occupational therapists, mental health nurses, domestic violence advocates, peer workers, psychologists, psychiatrists, child/adolescent /youth workers etc.

Group 2: those who meet none of the above criteria and who offer body based practices that are **not** defined as trauma treatment

eg. yoga teachers, masseuses, personal trainers, acupuncturists, fitness instructors, coaches, dance and movement teachers etc.

For participants that fall into **Group 1:**

- ▶ Many therapy/clinical trainings are generic and without a trauma specialism. Those with a generic training have consistently reviewed* the trauma content of both workshops extremely positively and have fed back that their experience will inform their future practice.

* anonymous workshop feedback has been collected since 2016. This feedback has helped shape and improve workshop content. This is an ongoing process.

- ▶ If licensed practitioners are interested to introduce aspects of TCTSY and have completed the 20Hr TCTSY workshop, they are eligible to attend a Clinical Consultation group with Jenn Turner (Co-Director of the Centre for Trauma & Embodiment). The consultation is not TCTSY supervision. TCTSY supervision is only offered to qualified TCTSY-Fs.
- ▶ If licensed practitioners are interested to introduce aspects of yoga for trauma and have completed either workshop, they are eligible to attend a Clinical Consultation group with Alex Cat (Director of The Yoga Clinic UK). The consultation is not clinical supervision.
- ▶ Licensed practitioners are welcome to attend Yoga for Trauma teaching practice days.



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For participants that fall into **Group 2:**

- ▶ Participants are invited to include in their biographies, CVS etc. that they have attended the workshops - many trauma survivors will be looking for a body based practice which is *not* trauma therapy but which offers a reasonable degree of awareness and sensitivity to their needs.
- ▶ Participants are encouraged to partner with organisations that work with trauma survivors, eg. NHS psychological services, refugee/torture/modern day slavery services, domestic violence shelters etc.
- ▶ Teaching practice and big/small group reflection explore creating practices sensitive to the needs of trauma survivors whilst remaining within one's Scope of Practice. This includes choice of asana, pranayama, music, lighting, motoric cues, physical assists/consent, teacher/practitioner presentation, marketing, use of music, Sanskrit, incense, vocal prosody etc.
- ▶ Participants are encouraged to stay within their Scope of Practice & to ethically manage the expectations of those they work with. For this reason participants in Group 2 are actively dissuaded from using the word 'trauma' to describe their practices. The word 'trauma' in marketing and advertising may lead to the false expectation that the practitioner is a trauma therapist. This guidance is offered in the spirit of Ahimsa and Satya.
- ▶ Practitioners in Group 2 are welcome to attend Yoga for Trauma teaching practice days.

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-traumatising 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 generalisable 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 Centre, Trauma Sensitive Yoga Facilitator (TCTSY-F) the only training pathway is via the [The Centre for Trauma and Embodiment, Boston, USA.](#)

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

A prerequisite to apply for the TCTSY certificate program is that you have taken a foundation workshop with a member of the TCTSY Faculty.

In the UK and in the Republic of Ireland this is via The Yoga Clinic (UK).



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The best way to be informed of when workshops are open for bookings is to subscribe to the [FB events page](#). You're also very welcome to subscribe to The Yoga Clinic (UK) [mailing list](#).

Bookings generally open approx. 4 months before the workshop is offered and a pinned post of the current years dates can be found [here](#).

There are other, non-UK training providers and you can find their 20 or 40 hour programs listed [here](#).

I want to train in Yoga for Trauma. How do I do this?

There are a number of training providers. Some are listed on the Yoga Alliance, the International Association of Yoga Therapists and the British Wheel of Yoga's websites. These courses are therefore recognised by these organisations. Unfortunately recognition by an accrediting body does not always equate to a high standard of education. I would always advise prospective students to speak to graduates of the programs and to look at the percentages of graduates who are able to work in their chosen specialism.

Disclaimer: I am a member of the teaching faculty for The Centre for Trauma & Embodiment's TCTSY Certification program

I find it difficult and sometimes upsetting to notice my body and the sensations I feel. Should I come to this workshop?

All trauma yoga practices involve 'having a body' (noticing physical sensations, sometimes noticing one's emotional responses, and responding to them). If you find 'having a body' a challenge, these workshops might also be a challenge and possibly upsetting.

Before investing in a workshop, it might be useful to explore 'having a body' through some type of somatic therapy. If this feels daunting you could start by exploring a sport or a movement oriented hobby, eg. gardening, walking, dance, yoga, cooking etc.

Please note: the workshops are educational spaces and not trauma processing spaces.

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.



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To try to make the content and delivery of the workshops as accessible as possible a number of process/ structures have been established:

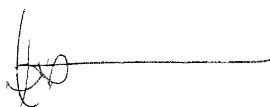
- ▶ 'Break out' spaces are provided if an attendee wishes to step out of the workshop
- ▶ A tea station is available so that folks can always step out for a hot drink
- ▶ Attendees are asked to avoid using triggering detail if they are sharing personal or clinical material - guidance is given on this at the beginning of the workshop
- ▶ I keep available a comprehensive list of referral services should an attendee ask
- ▶ If an attendee needs to leave the workshop I will always offer to find space on a subsequent workshop, free of charge

If the workshops are offered online, extra opportunities are given for informal and unstructured chat in the 'cafe'. The 'cafe' is simply time for folks to keep their video and/or audio feeds on and to chat or hang out with each other.

I encourage anyone who is anxious that their needs will not be met, to reach out a few weeks in advance. In this way we can explore how to support your learning experience.

Hopefully your questions about my workshops will be answered here. If anything remains outstanding please reach out by email - alex@theyogaclinic.co.uk

My warmest wishes,



Alex Cat.

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