

Trauma Center Trauma-Sensitive Yoga

A practice to ease the mind and body

March 20 & 21, 2018 or May 8 & 9, 2018

Amherst, NY



Trauma has a debilitating negative impact on the overall quality of life of the individual. Trauma survivors experience symptoms ranging from hyper arousal to dissociation. This workshop will provide attendees (no yoga experience needed) with concrete skills to be used in any setting to facilitate self-regulation and a sense of safety. Given the prevalence of trauma exposure in our society, effective treatment interventions for individuals are essential.

Why Trauma Center Trauma-Sensitive Yoga (TCTSY)?



Developed at the Trauma Center in Brookline, Massachusetts, Trauma Center Trauma Sensitive Yoga (TCTSY) is an empirically validated clinical intervention for complex trauma and chronic treatment resistant post-traumatic stress disorder (PTSD). The TCTSY program is included in the National Registry of Evidence-based Programs and Practices (NREPP) database published by the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition to yoga, TCTSY has foundations in Trauma theory, Attachment Theory, and Neuroscience.

What to Expect from this Workshop?

This workshop is for social workers and mental health providers who wish to bring aspects of TCTSY into their treatment with traumatized adults and teens in any setting. A brief overview of trauma theory and the neurophysiology of trauma will be followed with practical TCTSY techniques that can be used immediately with clients.

Trainers

Lidia J. Snyder, LMSW, RYT-200, TCTSY-F



Lidia J. Snyder received a Bachelor of Arts and a Masters of Social Work from the University at Buffalo. She is a LMSW and has worked in Child Welfare and Juvenile Justice over the past 20 years plus. She has instructed graduate level courses in Child Welfare and Organizational Behavior.

Lidia is a Registered Yoga Teacher as well as a Certified TCTSY Facilitator. She teaches traditional Hatha Yoga and Trauma-Sensitive Yoga across Western New York including on site sessions for agencies.

Lidia serves as an adjunct Faculty member in the School of Social Work supervising MSW students in non-traditional community settings. She is a Board member of the Erie County Restorative Justice Coalition.

Annie Monaco, LCSW-R



Annie Monaco is a Licensed Clinical Social Worker and a faculty member of the Trauma Institute. Annie travels extensively throughout the US and Asia providing a multitude of trauma-informed trainings

including EMDR, Progressive Counting and STAR (Strategies for Trauma Awareness and Resiliency). Annie has over 25 years of experience serving adults, children and teens. She is a trauma therapist and has extensive training in complex trauma and dissociation.

Learning Objectives:

- Develop an understanding of how Trauma and Attachment theories inform TCTSY
- Communicate how neuroscience explains the physical impact of trauma
- Show clients how to become more aware of the connection between their minds and bodies and sensations and emotions
- Practice TCTSY basic techniques to teach self-regulation skills to anxious or dissociative clients
- Incorporate at least 10 TCTSY techniques to manage trauma triggers and flashbacks
- Differentiate TCTSY from other types of yoga in your community to make appropriate referrals
- Develop an understanding of autonomic dysregulation
- Recognize common physical presentations of complex trauma
- Help clients understand the physical manifestations of trauma using the Polyvagal Theory

Questions & Customer Service

We are happy to respond to any concerns or questions you may have. Please contact Lidia Snyder at lidia@roadrunner.com



Continuing Education Hours

Note: Full attendance is required; no partial credit will be awarded for partial attendance.

NY Social Workers: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0001. 11 live in-person contact hours are approved.

NY Mental Health Counselors: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0008. 11 live in-person contact hours are approved.

NY Marriage and Family Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #MFT-0007. 11 live in-person contact hours are approved.

NY Creative Arts Therapists: UB School of Social Work Office of Continuing Education is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #CAT-0003. 11 live in-person contact hours are approved.

NYS OASAS Hours from UB School of Social Work Office of Continuing Education training provider #0045: 11 renewal hours are approved for CASAC, CPP & CPS.

Trauma-Informed Certificate Programs offered through the UB School of Social Work Office of Continuing Education: May be applied as 11 Elective or Grounding and Experiential Hours for an additional fee. Contact us at sw-ce@buffalo.edu for details.

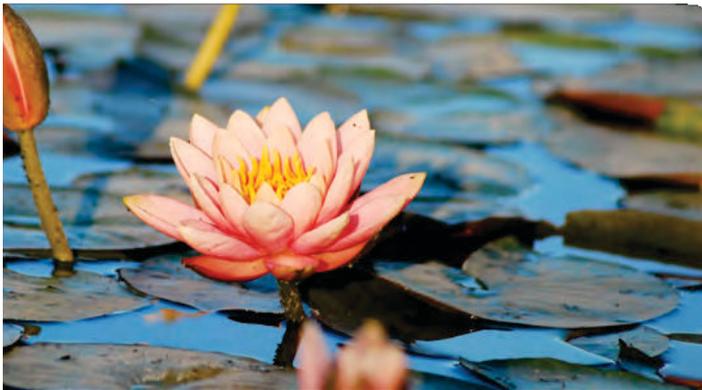


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Dates

March 20 & 21, 2018: 9am - 4pm *or*

May 8 & 9, 2018: 9am - 4pm

Cost

\$189.00 early bird registration

\$200.00 regular registration

Location

Monaco Training Center

4955 North Bailey Ave., Suite 108

Amherst, NY 14226

Register

Please print legibly.

Limited to 18 participants.

Name: _____

License Type: _____

Job Title: _____

Agency: _____

Address: _____

City/State/Zip: _____

Work Phone: _____

Cell Phone: _____

Email: _____

Payment:

MARCH REGISTRATION:

\$189: Early bird (before December 31, 2017)

\$200: Regular (after January 1, 2018)

MAY REGISTRATION:

\$189: Early bird (before March 31, 2018)

\$200: Regular (after April 1, 2018)

No refunds after the start of the course. Any cancellation up to 14 days prior to training will incur a \$12.00 processing fee. There will be a \$50 fee for those canceling 14 days or fewer prior to the start of the workshop.

Please make checks out to Sthira Sukham Yoga and mail with completed registration form to:

*99 Lancaster Avenue,
Buffalo, NY 14222.*

If you wish to use a credit card, please call Lidia at (716) 316-2945 for processing.