



Trauma Center Trauma-Sensitive Yoga Australia

Autumn 2016 Issue 1

TRAUMA CENTER TRAUMA-SENSITIVE YOGA AUSTRALIA

TC-TSY, the clinical yoga program of the Trauma Center at JRI comes to Australia

by Kristen Pringle, Victorian Director & Founding Member of TCTSY Australia. TCTSY-F. IAYT. MOTPrac. GDipMH5. DipMus.

Welcome to Trauma Center Trauma-Sensitive Yoga Australia's inaugural e-newsletter. In this issue, we provide you with insights into TC Trauma-Sensitive Yoga and how Australians can now access the official Trauma Center Trauma-Sensitive Yoga clinical program and protocol.

Yoga as an adjunctive treatment to therapy is increasingly becoming utilised by health professionals and clients in countries where a medical and talking therapies model has been dominant. TCTSY Australia has recognised this shift and aims to be the peak body in Trauma-Sensitive Yoga in Australia.

One reason yoga is being increasingly utilised as an adjunctive treatment for medical and mental health disorders, has been the growing research evidence base: surrounding interoception, trauma, neuroscience and neuropsychology; validating yoga as an effective treatment for a variety of physical and mental health conditions; validating the efficacy of body based and mindfulness based treatments.

As a group of yoga teachers and health professionals, the founding members of

TCTSY Australia knew that yoga was a pathway to healing, however the clinical and medical acceptance of yoga, in our experience, was varied predominately due to a lack of empirical evidence.

It was not until each of us discovered TSY that, the 'aha' moment happened.

Individually, we had found a yoga protocol - TCTSY, which is empirically validated as an adjunctive clinical treatment for complex trauma or chronic, treatment-resistant PTSD. TSY has foundations in Trauma Theory, Attachment Theory, and Neuroscience as well as Hatha Yoga practice with an emphasis on body-based yoga forms and breathing practices. In addition, TSY was developed by a yoga teacher (David Emerson) in clinical consultation with an internationally renowned Psychiatrist and Trauma researcher (Dr. Bessel van der Kolk) at the Trauma Center in Brookline, Massachusetts, a peak treatment and research centre in Trauma.

Collectively, we now teach TCTSY in Australia & in 2017 we will become TCTSY Training faculty members, training others to incorporate TSY principles into their yoga

and/or mental health practices. We owe much to David and Bessel and express our deepest gratitude.

TCTSY Australia intends to publish quarterly e-newsletters and we invite you to subscribe through registering your interest on our website. **By registering to our newsletter, you will not only be kept informed about TCTSY in Australia, those who sign up will also be offered the first chance to register for the official TCTSY 2.5 day trainings for 2017. These trainings are direct from the Trauma Center Boston and the first to be offered in Australia.**

www.tctsyaustralia.com



TC-TSY Training Boston 2015/16

From L to R: Kristen (Victoria), Maria (Tasmania), David Emerson (TCTSY Boston, USA), Edwina (Queensland) & Esther (New South Wales).

The official launch of TCTSY Australia - March 2016

by Kristen Pringle Victorian Director & Founding Member of TCTSY Australia. TCTSY-F, MOTPrac, GDipMHS, DipMus

Fresh from submitting our final papers for graduation, (from our 7 month 300hour TCTSY Facilitator Certification from the Trauma Center), we launched TCTSY Australia at Dr. Bessel van der Kolk's Australian 2 day workshops, hosted by the Byron Clinic.

Esther had the honour of being the first of us to exhibit and present TCTSY in Sydney, followed by Kristen in Melbourne and then Edwina (pictured on the right) in Brisbane, who was assisted by Maria from Tasmania, (pictured on the left) early on the first day.

We were all inspired by the interest of participants in the Trauma Center's clinical yoga program, TCTSY, and we fielded many questions and enquiries. Here is a sample:



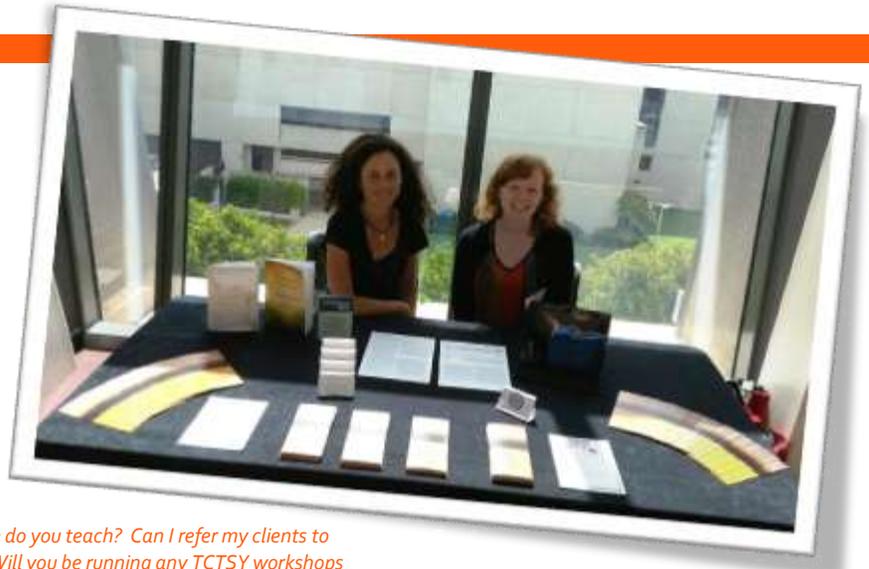
PHOTO BY THE BYRON CLINIC 2016
WWW.BYRONCLINIC.COM

The Power to Change -

"They are in our prisons and on our streets, they are the mentally ill, the child who cannot be taught, the runaway, the dropout. We do not know their journey but we have the power to help."

By Bessel van der Kolk March 2016 Byron Clinic Workshop Sydney

I recently had the privilege of joining Bessel van der Kolk M.D. in his seminar last month - March in Sydney. It was my first time to present TC-Trauma-Sensitive Yoga (TCTSY) to a wider public after becoming a certified facilitator. With an audience of over 350 people there was a lot of interest in the topic of Trauma and the part that Trauma Sensitive Yoga can play in the journey our



Where do you teach? Can I refer my clients to you? Will you be running any TCTSY workshops & can you come to my workplace to teach staff? Where do I go to be trained in TCTSY & do you have to be a yoga teacher? How is TCTSY different from 'other yoga' and/or other teachers who teach TSY in Australia? Where can I access the research papers?

Fortunately, most, if not all of the answers to these questions are available in David Emerson's books, on his website www.traumasensitiveyoga.com, at the Trauma Center website www.traumacenter.org and on our site or by contacting us directly via our contact page at www.tctsyaustralia.com

DR. BESSEL VAN DER KOLK 2016

Maria & Edwina from TCTSY Australia at Dr. Bessel van der Kolk's Australian Byron Clinic Workshop, Brisbane 2016

What a great introduction for TCTSY Australia! We were excited to be exhibitors & guest presenters at Dr. Bessel van der Kolk's Australian Workshops in Sydney, Melbourne & Brisbane. It was wonderful to share a brief TCTSY practice & meet so many interested workshop participants.

WWW.TRAUMACENTER.ORG FOR MORE INFO ON DR. BESSEL VAN DER KOLK'S WORK & TCTSY

TCTSY in Sydney & NSW

by Esther van der Sande, NSW Director & Founding Member of TCTSY Australia TCTSY-F, RYT, MCouns & PsychTh, SomPsych

clients take. I was allocated 30 minutes during day two where we had over 60 attendee's trail a yoga practise. It was a great success and many colleagues in the field of Mental Health were interested in suggesting to their clients how to utilise the practice of yoga and the huge benefits this could bring them as they travel on their journey towards healing.

Since then I have started 3 new groups to assist those that want to participate. I am grateful that many professionals have contacted me in Sydney (CBD) to start building a relationship so we can work together to make change happen for those who suffer from developmental, complex trauma and PTSD. In my yoga clinic in Sydney (Redfern and Ultimo) I offer one-on-one and group classes. The relationship between the client/s and facilitator creates an environment which is one of safety and care.

10 week TCTSY Classes - Sydney NSW
Starting: Monday, May 2nd 2016,
3.30 pm – 4.30 pm Mondays
This group is for -young- adults with an Intellectual Disability @ The Yoga Clinic – Ultimo

Starting: Wednesday, May 11th 2016
9.45 am – 10.45 am Wednesdays
12.30 pm – 1.30 pm Wednesdays
@ The Yoga Clinic - Redfern – Lvl 2, 59 Great Buckingham Street

For information, please contact me on:

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Warmest of wishes,
Esther van der Sande
Sydney, NSW, Australia



TCTSY in Tasmania

by Maria Jude, Tasmanian Director & Founding Member of TCTSY Australia. TCTSY-F. RYT. RN. DRM. DHM.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom"
Anais Nin

There has been much interest in Trauma Center Trauma-Sensitive Yoga in Tasmania this year, especially following on from Bessel van der Kolk's Australian visit in March. Centre of Balance has had 2 regular TSY classes running since mid-2015 in Burnie, which have been attended by students who have self-referred, as well as those having individual or group therapy with clinicians in private, hospital or rehab settings. Classes are open to anyone who has experienced trauma and is wanting to reconnect with their body and self in a safe and supportive environment through Trauma Sensitive Yoga.

As well as the 2 regular weekly classes, I have been talking to general practitioners, mental health clinicians and an insurance company regarding individual and group classes as well as facilitating information sessions in the near future. I will be available for these trainings on the North West Coast as well as Launceston and Hobart.

My interest and experience in facilitating TCTSY to date has been with those people affected by trauma resulting from sexual abuse/assault, domestic and family violence, grief and illness.

Students can self-refer or be referred by a clinician. Classes can be attended within the current timetable, or one:one within the yoga space in Burnie, or off-site as arranged with clinicians and organisations.

TCTSY classes in Burnie, Tasmania :

TCTSY Tuesdays 11:30am – 12:15pm

TCTSY Thursdays 7:30-8:15pm

8 week term starting May 10, 2016

10 week term starting July 18, 2016

For further information, please contact me on:

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www.centreofbalance.com

With kindest regards,

Maria Jude

Burnie, TAS, Australia

A Brief History of TCTSY

"In 2002, when David Emerson first reached out to Dr. Bessel van der Kolk about the idea of using yoga for trauma there were no models that existed within a clinical context to turn to for guidance. The program needed to be created from scratch. Combining the clinical insights of van der Kolk and Emerson's dedication to yoga teaching for traumatized people, the first pilot studies were undertaken by the Trauma Center. Partners in the community such as Healthworks for Women and Back Bay Yoga graciously donated their space for the pilot studies. After teaching the first pilot study classes Emerson began to bring in yoga colleagues to help with the second study. The first to come on board were Susanna Barry and Nicole Rosenberg. Later, in 2006, to help create a training program and start offering weekly TCTSY sessions for men and women at the Trauma Center, Emerson enlisted the help of the well-regarded yoga teachers Jodi Carey and Dana Moore. Over the years, other teachers have contributed their time and expertise. In 2008, Jennifer Turner was invited onto the team and she has since become the supervisor of TCTSY facilitators at the Trauma Center and within the certification program. Ms. Turner also taught the classes for our third study, a Randomized Controlled Trial, the first of its kind to be funded by the National Institutes of Health. Emerson continues to direct and to write about the program at large, to consult with agencies, and to work individually with military veterans and teens in residential treatment programs. The Trauma Center yoga team offers trainings to yoga teachers and mental health professionals interested in incorporating some TCTSY techniques."

David Emerson <http://www.traumasensitiveyoga.com> (who we are page) retrieved April 2016

What does TCTSY or TC-TSY, TCTSY-F & TSY stand for, and what do those acronyms really mean?

Let's start with TSY (Trauma-Sensitive Yoga). David Emerson is recognized as coining the phrase Trauma-Sensitive Yoga, due to the development of a specific yoga program he created with Dr. Bessel van der Kolk at the Trauma Center & wrote about in his books and research. TSY trainings or workshops are designed to inform teachers and therapist's practices, so that they are more trauma sensitive.

TCTSY / TC-TSY is Trauma Center Trauma-Sensitive Yoga – this is the official protocol and yoga program taught at the Trauma Center. Only Facilitators Certified by the Trauma Center (TCTSY-F) can teach TCTSY (or TC-TSY) which is an adjunctive treatment for complex trauma. TCTSY-F (Facilitators) are bound by a code of ethics. **We are currently the only Australian TCTSY-F's**

To ensure your TSY yoga class/training is THE evidence based, TCTSY clinical yoga program as taught & researched at the TRAUMA CENTER, Boston; the Trauma Center, since 2013, only certifies Yoga Teachers who have completed their 300hr certification (or equivalent). THE ONLY CERTIFIED TEACHERS (TCTSY-F), are listed below or are faculty <http://www.traumasensitivelyoga.com/certified-tctsy-facilitators.html>

TSY WORKSHOPS AND TRAININGS

The ONLY multi day TSY or TCTSY workshops and trainings taught by the TCTSY Training Faculty can be found here: <http://www.traumasensitivelyoga.com/train-with-us.html>

Currently there are only 8 members of the TCTSY Training Team worldwide & trainings are only offered overseas. However, TCTSY Australia Founders, Kristen, Esther, Maria and Edwina are honoured to be joining the TCTSY Training Faculty in 2017, (after a further 7mths TCTSY TTT training) to deliver the only officially endorsed trainings to Australia in 2017, to be listed above!! www.tctsyaustralia.com



TCTSY in Melbourne & Victoria

by Kristen Pringle, Victorian Director & Founding Member of TCTSY Australia. TCTSY-F. IAYT. MOTPrac. GDipMHS. DipMus
"No intervention that takes power away from the survivor can possibly foster her recovery, no matter how much it appears to be in her own best interests" Judith Herman: Trauma & Recovery

It is really is such a privilege to be able to bring TCTSY to Melbourne. I'm so excited and grateful to be facilitating TCTSY classes, and to share what I have learned with the Victorian community & the greater Australian community of yoga teachers, mental health workers, community workers, trauma survivors and families in need.

As an Occupational Therapist & Mental Health Clinician, I am passionate about teaching to underserved populations & making yoga truly accessible. As such, universal access and design of yoga studios/classes is also important to me.

I have been teaching trauma informed yoga classes since 2013 & incorporating TSY techniques into individual and group therapy as a clinician. Since 2015 I have been doing this as a certificate candidate & now I facilitate as a fully endorsed TCTSY-F & present to organisations about TCTSY.

I currently teach privately & with mental health & family violence organisations. In June I will be offering TCTSY workshops & then group TCTSY classes later in 2016.



For further information, please contact me on:

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Warmest regards,
Kristen Pringle
Melbourne, VIC, Australia

Please also contact me if you have a group space where I may be able to facilitate TCTSY group classes ☺

TCTSY in Brisbane & QLD

by Edwina Kempe, Queensland Director & Founding Member of TCTSY Australia. TCTSY-F. RYT. MSW. BA (Hons).

"Trauma victims cannot recover until they become familiar with and befriend the sensations in their bodies...In order to change, people need to become aware of their sensations and the way that their bodies interact with the world around them. Physical self-awareness is the first step in releasing the tyranny of the past." Bessel van der Kolk, The Body Keeps the Score: brain, mind and body in the healing of trauma.

It was such a privilege for me to introduce TCTSY to an enthusiastic Brisbane audience at the recent Bessel van der Kolk workshop in March, especially after sharing such a rich couple of days learning about Bessel's passion for and research into body based treatments for complex trauma. I presented a short yoga practice and enjoyed some great discussions with mental health professionals and yoga teachers about the use of yoga in the treatment of trauma.

This month I have started a **10 week TCTSY program for women who have PTSD or Complex Trauma**. It is wonderful to be offering this practice to this small group of women. I am also available to run classes or courses for organisations and mental health services. Later in the month I will be facilitating an **8 week TCTSY program with people from refugee backgrounds through the Queensland Program of Assistance to Survivors of Torture and Trauma in Logan**. I am also offering individual one-on-one sessions in Paddington and North West Brisbane.

I am excited by all the interest in TCTSY in Brisbane and look forward to connecting with you and/or your clients further!



For further information, please contact me on:

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Warm wishes,
Edwina Kempe
Brisbane, QLD, Australia

Trauma Center Trauma-Sensitive Yoga Australia



Thank-you for your interest in Trauma Sensitive Yoga & in TCTSY Australia.

Only a few years ago, we did not know of any yoga programs that had been successfully researched using an RCT, (the gold standard in research), nor followed up by long-term studies, each validating its efficacy.

When we learnt of the practise and research success of TSY/TCTSY from the Trauma

Center, each of us were driven to formally study the official yoga program and protocol and be mentored by its founders.

"Trauma Center Trauma-Sensitive Yoga (TCTSY) is an empirically validated adjunctive clinical treatment for complex trauma or chronic, treatment-resistant PTSD, developed at the Trauma Center in Brookline, Massachusetts. TSY has foundations in both Trauma Theory (including Attachment Theory and Neuroscience) and the Hatha Yoga tradition with an emphasis on body-based yoga forms and breathing practices." *The Trauma Center Yoga Training Program 2015.*

TCTSY classes, workshops, trainings, courses and more are finally available in Australia, exclusively through TCTSY Australia. Pls contact us via www.tctsyaustralia.com

THANK-YOU !

We look forward to meeting all of our subscribers overtime, if we haven't met you already.

We hope to create a community where TCTSY is embraced. Where trauma survivors, yoga teachers, mental health workers, community and support workers are safely supported, trauma informed, and have access to evidence based yoga treatments, (TCTSY), to enable healing. As TCTSY-F's we are bound to provide you with safe, professional guidance.

Warmest regards,

The TCTSY Australia Team

PS. Please keep in touch via our website or contact us directly. Our next newsletter is due out mid Winter 2016!