



THE TRAUMA • CONSCIOUS
Yoga Institute

The Trauma-Conscious Yoga MethodSM Teacher Training: Course Outline

*Ancient to Modern Yoga and How Trauma-Informed Care Fits In

- Yoga, Social Justice, and Cultural Compassion
- Yoga in the East
- Yoga in the West
- The History of Trauma-Conscious Yoga

*Trauma and the Brain, Body Spirit

- Part One:
 - What is trauma? What makes an experience traumatic for one person and not another? How perception plays a key role.
 - Prevalence of trauma
 - Big T vs Little T trauma
 - Attachment-based wounding and its impact: the residual effects of neglect and shame
 - The Trauma Reactions (categories and presentations)
 - The diagnostic criteria for PTSD



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- Part Two:
 - The Triune Brain: What happens to the brainstem, limbic brain, and cortex during traumatic experiences and in the aftermath
 - How Trauma is Stored in the Brain
 - Implicit Vs Explicit Memory
 - The Goal of Trauma Therapy
 - Learned experiences and our neural pathways
 - The Overall Impression of Trauma: the brain of the trauma survivor, the psyche of the trauma survivor, the body of the trauma survivor, the spirit of the trauma survivor
 - The healing role of yoga and mindfulness practices and their impression on the psyche, brain, body and spirit

*Yoga and the Brain

- The Vagus Nerve and Polyvagal Theory
- Yoga's role in Presence, Attunement and Attachment Repair



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*The Trauma-Conscious Yoga MethodSM: How to Embody a Trauma-Informed Yogic Guide

- Principles and Practices
- Somatic Psychotherapy Tools for Integration

*Assessment and Chakra Psychology

*Breath practices for nervous system control- *Pranayamas*

**Mudras*- Yoga in our Hands

*Meditations for Mind, Body, Spirit Integration

*Yoga Poses- *Asanas*

- Seated poses
- Grounding/Lying Poses
- Standing and Balancing Poses
- Chair Poses
- Restorative Poses



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*Clinical Skills- integrating trauma-informed yoga with Somatic Experiencing, EMDR, Internal Family Systems and Mindfulness-Based Cognitive Therapy

- Session Structure and Somatic Invitation
- Engaging in *Asana*
- Couch to floor
- Adaptations for Groups, Couples
- Adaptations for Children

**Experiential portions are interwoven throughout and include

- Practice of the *mudras*, meditations, *pranayamas*, *asanas*, and daily classes in the The Trauma-Conscious Yoga MethodSM, led by Nityda
- Live Case Demonstrations
- Case Study Practice
- Final Case Presentations