



THE TRAUMA-CONSCIOUS
Yoga Institute

Trauma-Conscious Reproductive Health for Mind, Embodiment, and Spirit- Course Curriculum

I. Lectures:

- How Trauma Impacts the Pregnant Body: An East Meets West Approach - Nityda Gessel, LCSW, E-RYT
- How Trauma Impacts Pregnancy, Birth and Postpartum - Alexis Edwards, LCSW, CD, TCYM
- Intersectional Trauma-Informed Prenatal Care: Understanding Systemic Influences That Create Health Disparities for Families of Color - Courtney Butts, LMSW, CD
- Intersectional Trauma-Informed Prenatal Care: Understanding Systemic Influences That Create Health Disparities for LGBTQI* Families - Courtney Butts, LMSW, CD
- Anxiety on High: Supporting Pregnant People During the First Trimester - Nityda Gessel, LCSW, E-RYT
- Trauma Informed (Self) Care for the Ethically NonMonogamous: Trauma, Connection, Relationships & Community - Scout Chavers, RYT
- Know Your Peace: Discovering Peace in Parenthood with Mind, Heart, & Body - Julia Winkley Britt, LSSP, TCYM

II. Interviews:

- Trying to Conceive from the Heart: Supporting Infertility, Grief & Healing - Debbie Radzinsky, LCSW
- Consent, Trauma-Informed Touch, and Dismantling Systemic Barriers for Birthing People - Tierra Denae, E-RYT
- Embodiment and Healing in The Fourth Trimester - Kimberly Johnson, SEP
- Activating Your Inner Jaguar: Your Nervous System and Birth - Kimberly Johnson, SEP
- Infant-Parent Bonding and Attachment - Margarita R. Paredes, PsyD
- The Postpartum Health Journey - Lynsey Lomeli, LCSW-S, CDWF