

# The Trauma-Conscious Yoga Method®

## Certification Training: Curriculum

### Ancient to Modern Yoga and How Trauma-Conscious Care Fits In

- Yoga Origins, History & Philosophy through a Trauma-Conscious Lens
  - Yoga in the East
  - Yoga comes to the West
  - Cultural Compassion (vs appropriation) within Western Yoga
- Social Justice and liberation within historic and contemporary yoga practice
- The History of Trauma-Conscious Yoga and decolonizing Western Yoga

### Trauma and the Brain, Body Spirit- the Neurobiology of Trauma

- Part One:
  - What is trauma and how does it imprint in the body? What makes an experience traumatic for one person and not another? How perception plays a key role.
  - Prevalence of trauma
  - Individual, environmental, systemic, and generational/collective/cultural trauma
  - Attachment-based wounding and its impact: the residual effects of neglect and shame
  - The Trauma Reactions (categories and presentations)
  - PTSD and diagnostic limitations and biases

- 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

### The Trauma-Conscious Yoga Method®: 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 regulation and mobilization- *Pranayamas*

✧ *Mudras*- Yoga in our Hands

✧ Meditations for Mind, Body, Spirit Integration

✧ Yoga Postures- *Asanas*

- Seated postures
- Grounding/Lying Postures
- Standing and Balancing Postures
- Chair Postures
- Restorative Postures

✧ Clinical Skills- integrating trauma-conscious yoga with Somatic Experiencing &

Internal Family Systems and how to bring these practices into session in an organic way while enhancing the therapeutic flow

- The Somatic Journey Roadmap™
- Spacious Dual Awareness™
- From the therapy couch to the mat
- Variations for Groups, Couples

- Variations for Children

✧ Offering TCYM therapy groups and public classes

✧ Business practices and next steps

- Writing notes
- Billing and working insurance
- Agency and community work

✧ Experiential portions are interwoven throughout and include

- Practice of the mudras, meditations, pranayamas, asanas, and daily classes in the The Trauma-Conscious Yoga Method® led by Nityda
- Case Demonstrations (witness full TCYM psychotherapy sessions with Nityda and a client)
- Case Study Practice
- Final Case Practicum (practice holding a TCYM psychotherapy session with a client or group and get feedback from a member of our esteemed teaching faculty)