

Letter of Certification

This Letter of Certification applies exclusively to Trauma Center Trauma Sensitive Yoga Facilitators and is valid for two years from date of graduation. The right to make use of the professional title 'Trauma Center Trauma Sensitive Yoga Facilitator', (abbreviated to TCTSY-F) and logo mark only extend to those who have:

- satisfactorily completed all aspects of the 300 hour TCTSY-F program
- accepted the TCTSY Guidelines for Ethical Practice
- accept and meet the TCTSY requirements for formal continuing education

The bearer of this certificate: **Nicole Marcia**, (hereby referred to as the “The Bearer”) has met professional standards established by the Trauma Center at JRI for the delivery of TCTSY.

The Bearer has access to a formal ongoing relationship with the Trauma Center through the Center’s provision of:

- Case consultation with a senior member of the TCTSY Team
- Continuing education and training
- Opportunities for peer based Reflective Practice
- The annual TCTSY Facilitator Conference

The Bearer is qualified to:

- facilitate TCTSY as an adjunctive trauma treatment
- facilitate TCTSY to both individuals and groups
- to facilitate TCTSY to populations who have been identified as living with trauma spectrum adaptations, notably developmental & complex trauma, sometimes referred to as complex or treatment resistant Posttraumatic Stress Disorder.



In addition, and in collaboration with the Trauma Center, the Bearer is entitled to conduct information sharing sessions on TCTSY, using the content provided by the Trauma Center.

Without prior consent from the Trauma Center, The Bearer will *not* undertake any activity with regard to TCTSY beyond the scope of their certification as detailed above.

Signed:

Date:04/11/2017

David Emerson, Director of Yoga Services, The Trauma Center, Boston

Signed:

Date: 04/11/2017

***Nicole Marcia, MA, C-IAYT, ERYT-500, YACEP,
Founder & Director Fine Balance Yoga, Vancouver, BC***



TRAUMA CENTER TRAUMA SENSITIVE YOGA

Co-developed by service users, trauma clinicians and yoga teachers at the [Trauma Center in Boston, Massachusetts](#), Trauma Center Trauma-Sensitive Yoga (TCTSY) is an empirically supported, adjunctive treatment for developmental & complex trauma (sometimes referred to as complex or treatment resistant Posttraumatic Stress Disorder). The TCTSY model has been accepted for inclusion the National Registry of Evidence-based Programs and Practices (NREPP) database published by SAMHSA.

The practice's *theoretical foundations* are the psychology and neurophysiology of trauma and disrupted attachment. The practice's methodological aims are to support possibilities for interoception, choice making and agency. The practice's *delivery* has been co-developed through a facilitator and client centered inquiry into what constitutes a safe, non-traumatizing therapeutic alliance¹. The result is therapeutic alliance specific to TCTSY.

For more information on the evidence base, theoretical foundations and the practice of TCTSY, please refer to our governing body's website, www.traumasensitivelyoga.com

¹ ahimsa is a central and foundational moral precept in yoga traditions. It's translation, 'to do no harm'. It is the yogic Hippocratic Oath and the governing intention in TCTSY practice.

TRAUMA CENTER - TRAUMA SENSITIVE YOGA FACILITATOR CERTIFICATION

The 300hr TCTSY certification program was developed for yoga teachers who wish to use TCTSY as an adjunctive trauma treatment. The program equips yoga teachers with the knowledge, practical skills and ongoing support to safely deliver TCTSY as an adjunctive trauma treatment, either as part of a multi-disciplinary trauma team or with clients who are accessing trauma spectrum support programs.

Acceptance criteria into the program includes but is not limited to:

- Yoga teacher training as recognized by the Trauma Center and/or licensed clinician
- Foundation TCTSY training with Trauma Center staff

Content of the certification program includes:

1. Theoretical Foundations - Trauma Spectrum Adaptation:

- History and development of diagnostic frameworks for trauma spectrum disorders, specifically PTSD, DESSOS, complex & developmental trauma
- Symptom presentation and co-morbid conditions as drawn from lived experience, qualitative and quantitative research
- Aetiology (neurobiology & psychosocial) and epidemiology of complex trauma
- Therapeutic approaches and treatments for complex & developmental trauma; distinctions between trauma & non-trauma informed practices
- Mechanisms of TCTSY - co-developing a client centred sense of relational safety, rebuilding interoceptive pathways, choice making, taking effective action

2. Critical Appraisal of the Empirical Support for TCTSY as a Trauma Treatment TCTSY Administration²:

- Client intake processes
- Negotiating therapeutic contracts, establishing & communicating appropriate professional boundaries, confidentiality clauses, record keeping & administration of payments
- Negotiating public liability coverage
- Ethical marketing including use of the title TCTSY-F, the TCTSY Certification mark, and both the Trauma Center's and TCTSY's logos

4. TCTSY Contextual Delivery:

- When appropriate negotiating trauma informed relationships with a client's mental health team & primary therapist
- Establishing safety in the TCTSY setting (the physical space)
- Using client feedback mechanisms to inform TCTSY delivery
- Use of Trauma Stewardship practices for self-care and client safety

5. TCTSY Protocol Delivery:

- Co-establishing a client centered sense of safety:
- Vocal prosody, pitch, pacing and rhythm
- Adhering to language protocols specific to TCTSY
- Responding appropriately to dissociative episodes, overwhelming emotions, flashbacks and traumatic memories
- Authentic, shared, present moment experience
- Non-attachment to outcomes, including notions of 'correct' forms

² to be included in the 2017/18 curriculum and offered as CPD seminars for TCTSY-F's graduating pre-2017

- No physical assists or adjustments
- Titrated possibilities for interoception, choice making & taking effective action

6. **Assessment** is continuous and makes use of the following processes:

- Weekly lectures & associated reading
- Weekly dyad sessions, practicum & reflection
- Bi-weekly written assignments and associated reading
- Supervised and assessed practicum
- Completion of a final research paper

Please refer to the following documents for additional information:

[International Association TCTSY Guidelines for Ethical Practice](#)