Trauma has a debilitating negative impact on the overall quality of life of the individual. Trauma survivors experience symptoms ranging from hyper arousal to dissociation. This workshop will provide attendees (no yoga experience needed) with concrete skills to be used in any setting to facilitate self-regulation and a sense of safety. Given the prevalence of trauma exposure in our society, effective treatment interventions for individuals are essential.

Registration and payment can be made online at:
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Space is limited. To reserve your spot, contact Jordan Gass at jgass@edinboro.edu or 814-732-1250.
Trauma Center Trauma-Sensitive Yoga
*A practice to ease the mind and body*

Why Trauma Center Trauma-Sensitive Yoga (TCTSY)?
Developed at the Trauma Center in Brookline, Massachusetts, Trauma Center Trauma Sensitive Yoga (TCTSY) is an empirically validated clinical intervention for complex trauma and chronic treatment resistant post-traumatic stress disorder (PTSD). The TCTSY program is included in the National Registry of Evidence-based Programs and Practices (NREPP) database published by the Substance Abuse and Mental Health Services Administration (SAMHSA). In addition to yoga, TCTSY has foundations in Trauma theory, Attachment Theory, and Neuroscience.

What to Expect from this Workshop?
This workshop is for social workers and mental health providers who wish to bring aspects of TCTSY into their treatment with traumatized adults and teens in any setting. A brief overview of trauma theory and the neurophysiology of trauma will be followed with practical TCTSY techniques that can be used immediately with clients.

Trainers

**Lidia J. Snyder, LMSW, RYT-200, TCTSY-F**

Lidia J. Snyder received a Bachelor of Arts and a Masters of Social Work from the University at Buffalo. She is a LMSW and has worked in Child Welfare and Juvenile Justice over the past 20 years plus. She has instructed graduate level courses in Child Welfare and Organizational Behavior.

Lidia is a Registered Yoga Teacher as well as a Certified TCTSY Facilitator. She teaches traditional Hatha Yoga and Trauma-Sensitive Yoga across Western New York including on-site sessions for agencies.

Lidia serves as an adjunct Faculty member in the School of Social Work at the University at Buffalo supervising MSW students in non-traditional community settings. She is a Board member of the Erie County Restorative Justice Coalition.

**Annie Monaco, LCSW-R**

Annie Monaco is a Licensed Clinical Social Worker and a faculty member of the Trauma Institute at the University at Buffalo. Annie travels extensively throughout the US and Asia providing a multitude of trauma-informed trainings including EMDR, Progressive Counting and STAR (Strategies for Trauma Awareness and Resiliency). Annie has over 25 years of experience serving adults, children and teens. She is a trauma therapist and has extensive training in complex trauma and dissociation.

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