

**THE
COUNSELING
COLLABORATIVE**

PRESENTS

Trauma Sensitive Yoga Workshop

Friday, February 8, 2019

9:00am-12:00pm

Location: Machias Savings Bank Community Room - 96 Cottage Street - Bar Harbor, ME

TSY addresses the embodiment of trauma, the somatic effects, as well as the toll it takes on the mind and spirit. TSY seeks to help individuals re-learn how to relate to and live in their bodies; building empowerment through choice-based yoga practices.

In this workshop we will:

- Define trauma, its symptoms and how it impacts the nervous system
- Learn about The Center for Trauma Sensitive Yoga & research findings
- Understand the history of trauma treatments
- Talk about creating safe spaces for survivors of trauma
- Discuss trauma-sensitive language
- Look at the shift of trauma definition in medical and social groups
- Learn some short, accessible Trauma Sensitive Yoga practices
- What does this mean for yoga classes - how to incorporate understanding
- Collaboration between Yoga Instructors & Mental Health Providers

3 CONTINUING EDUCATION HOURS



Kate Sebelin worked in social services for 12 years as the Executive Director of the Bar Harbor Food Pantry before moving on to serve individuals from a more holistic foundation. A dedicated student of Yoga for more than 12 years, Kate began facilitating her own Yoga classes 4 years ago. Kate has completed a 500 Hour teaching certification program as well as intensive training to adapt Yoga practice to support individuals living with trauma and/or looking for support in addiction recovery.

The Counseling Collaborative
(207)288-3388
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Fee: \$49 per participant
(\$59 after February 4th)
REGISTER & INFO: milja@tccmaine.com