

## **Trauma-Sensitive Yoga as an aspect of the Phoenix healing and recovery model**

The Trauma Centre Trauma-Sensitive Yoga (TCTSY) is recognised as an evidence-based adjunctive treatment for complex, developmental trauma or chronic, treatment-resistant PTSD. TCTSY is the only stand-alone Yoga Program endorsed nationwide in the USA by The Substance Abuse and Mental Health Services Administration (SAMHSA) as an evidence-based program and practice for traumatic stress, PTSD, complex trauma, dissociative disorders & other related emotional and behavioural problems. Research has empirically validated that Complex or Developmental Trauma in particular, have such a deep impact on the entire individual that there is now a growing understanding among professionals in the field that treatment approaches need to reach beyond psychodynamic psychotherapy.

Phoenix is pleased to announce that Senior Counsellor Coby Greer applied for and was accepted in to the internationally available TCTSY Program. The 2018-2019 TCTSY Program will kick-start with an opening weekend in Melbourne. This 300-hour program, offered internationally, has been created to be primarily web-based for accessibility to participants from any geographical location. The only in-person requirement is the opening weekend that will be held in Boston, Berlin and Melbourne simultaneously. There will be 31 participants in the Melbourne weekend that will be held in early September 2018 and with only 2 representatives from Perth, and approximately 150 participants worldwide in this cohort. Coby, in addition to her role as Senior Counsellor at Phoenix is a Certified Yoga Teacher and looks forward to deepening her understanding from a variety of clinical perspectives about the impacts of Complex and Developmental Trauma, both in her individual counselling and groupwork settings, over the coming months in the next reporting period. If all goes to plan Coby will be fully certified in early April 2019.

Phoenix wishes Coby well on this next phase of developing her trauma practice and are pleased to be able to support her to achieve this goal and pass on the benefit to Phoenix clients. In the meantime, Coby will continue to deliver trauma-informed yoga as a part of the Phoenix Trauma Transformation Initiative.