



**DBT-PTSD
SPECIALISTS**
OF MINNESOTA
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TCTSY helps reconnect people with their bodies in a safe environment and led by a facilitator with trauma-informed training. Our groups are:



CHOICE-BASED

All guided movements are intended as suggestions.



NON-CORRECTIVE

Observe your limits and movement preferences.



SLOWER PACED

Slow sessions encourage awareness of body sensations.



INTERNAL FOCUS

Observe and describe emotions that may arise during practice.

HEALING TRAUMA THROUGH MOVEMENT TRAUMA CENTER TRAUMA-SENSITIVE YOGA

Trauma often affects how connected we feel to our bodies. Trauma Center Trauma-Sensitive Yoga (TCTSY) groups support body awareness and offer ways to notice physical signs of safety. It can help people who:

- Want to try a body-based approach alongside talk therapy
- Feel disconnected from their bodies
- Experience symptoms of trauma, anxiety, or chronic stress

ABOUT TCTSY

TCTSY is a gentle movement and body-based mindfulness practice designed for people who have experienced trauma. Groups focus on choice, safety, and reconnecting with your body at your own pace.

TCTSY was researched and developed by the Center for Trauma and Embodiment. It is the world's first and only yoga-based intervention for trauma found to be as effective as talk therapy through 20 years of original research.

WHAT TO EXPECT

This TCTSY group is 55 minutes long. It will include:

Guided Movement for 40 Minutes

- Can be done seated or standing
- Sit or lie down as needed
- Opt out of any movement

Self-Reflection for 15 Minutes

- Reflect on internal experience
- Optional verbal processing
- No obligation to share

JOIN US

TCTSY groups are available to people receiving supportive therapy and/or DBT program graduates. No yoga experience is required.

CLASS TIMES

Wednesdays 4-5 p.m.
Lower-level conference room at
DBT-PTSD Specialists of Minnesota.

SIGN UP

Call 763-412-0722 to sign up.
Group can be covered by insurance,
so see insurance plan for pricing.
Group size is limited to 8.