INTRODUCTION TO TCTSY GROUP CLASS

**Intake & Consent Form**

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| --- | --- |
| Name:  |  |
| Address:  |  |
| Email address:  |  |
| Phone Number:  |  |
| Emergency Contact Name:  |  |
| Emergency Contact phone number:  |  |

**Health & you:**

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| --- | --- |
| Are you currently on any medication?  |  |
| Have you recently had surgery?  |  |
| Do you have any pre-existing medical conditions?  |  |
| Are you currently engaged with any other therapy?  |  |
| Do you have someone to talk to about your experience if you need to?  |  |
| Are you currently pregnant?  |  |

**Yoga and you:**

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| --- | --- |
| Have you ever practiced yoga before? |  |
| Are there any yoga shapes or ways of breathing that you have found triggering & that you would rather avoid? |  |
| Are there any yoga shapes or ways of breathing that you have found useful& that you would like to explore? |  |
| Is there anything about coming into this type of yoga practice that worries you & that you’d like me to be aware of? |  |
| Are there any goals you would like to achieve from the practice of TCTSY?  |  |

**Trauma & you:**

|  |  |
| --- | --- |
| Is there a clinic diagnosis that you use? (Complex- PTSD, anxiety, depression etc). |  |
| In just a few words, what category would you describe your trauma as? (Childhood, domestic abuse, historic neglect: physical or emotional etc). |  |
| How would you describe some of the challenges you face on a daily basis? (symptoms, moods, etc.) |  |
| What are your resources?E.g. ways you are able to maintain your sense of safety, happiness, or connectedness, interests. |  |
| In what ways do you manage and regulate unwelcome situations/feelings? |  |

**About TCTSY:**

Trauma Center Trauma Sensitive Yoga was initially an adjunctive treatment for complex trauma (i.e., a complementary therapy alongside traditional cognitive talk therapy).

However, it is more recently recognised as a standalone evidence-based intervention for Complex-PTSD by SAMHSA (Substance Abuse and Mental Health Services Administration).

TCTSY has been studied in randomized controlled studies and has shown encouraging results.  [About — TCTSY • Trauma Center Trauma Sensitive Yoga](https://www.traumasensitiveyoga.com/about)

**What to Expect from the practice:**

The practice of TCTSY is based on Hatha Yoga. The theoretical underpinnings lie in Trauma theory, Attachment theory & Neurobiology.

It focuses on giving participants an opportunity to practice noticing body sensations (interoception) in the context of a safe relationship, based on an invitational approach to yoga forms, with **no** physical assists.

TCTSY can help to:

* reconnect to our body in a protective environment.
* develop a positive relationship between mind and body.
* increase awareness of our internal, felt experience.
* cultivate a sense of agency and empowerment.
* live in the present moment.

**Commitment:**

As a TCTSY-Facilitator, Esme Winterflood commits to the following Ethical Code of Conduct as expressed on the TCTSY website: <https://www.traumasensitiveyoga.com/ethics>

**Privacy Policy:**

Your privacy is important to us. No information regarding a client will be shared or distributed in accordance with The Secret Space’s Privacy Policy:

<https://www.thesecretspace.org.uk/privacy-policy>

Exceptions to this policy exist should Esme Winterflood believe the participant is a risk to themselves or someone else.

**Consent Statement:**

I understand that the above questions are to help Esme Winterflood and I determine what trauma informed yoga services might be of use to me & how we might use them to achieve my goals.

I understand that I am under no obligation to answer the above questions.

By taking an assessment with Esme Winterflood I am agreeing to the information above being collected, processed and stored by The Secret Space on behalf of Esme Winterflood in accordance with their [Privacy](https://www.thesecretspace.org.uk/privacy-policy) policies.

I understand that no information about me will be shared with any third party unless Esme Winterflood or The Secret Space judges an exception to the confidentiality has been met.

I wish to receive a newsletter from Esme Winterflood/ The Secret Space:

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| --- |
|  |

Esme Winterflood: Date:

Participant:                     Date:

