

Trauma Center Trauma-Sensitive Yoga (TCTSY) is an [empirically validated](http://nrepp.samhsa.gov/ProgramProfile.aspx?id=144%23hide4), adjunctive clinical treatment for complex trauma or chronic, treatment-resistant PTSD. Developed at the [Trauma Center in Brookline, Massachusetts,](http://www.traumacenter.org/) TCTSY has foundations in Trauma Theory, Attachment Theory, and Neuroscience as well as deep roots in Yoga.

TCTSY timeline:

* Began in 2003
* 2009 Received first grant given by National Institute of Health to study yoga for trauma
* 2014 published results in peer-reviewed, psychiatric journal (<http://www.traumacenter.org/products/pdf_files/Yoga_Adjunctive_Treatment_PTSD_V0001.pdf>)
* 2017 Listed by SAMHSA as an evidence-based practice ([http://nrepp.samhsa.gov/ProgramProfile.aspx?id=144#hide4](http://nrepp.samhsa.gov/ProgramProfile.aspx?id=144%23hide4))

Key research findings:

* 10-weeks of TCTSY reduced PTSD symptoms 33% in women, 18-59 years old, with childhood physical and sexual abuse.
* Two months post treatment, 52% of the women no longer qualified for PTSD diagnosis. (<http://www.traumacenter.org/products/pdf_files/Yoga_Adjunctive_Treatment_PTSD_V0001.pdf>)
* 20-weeks of TCTSY reduced PTSD symptoms 45% in women, 18-59 years old, with childhood physical and sexual abuse.
* 20-weeks of TCTSY significantly reduced dissociative symptomatology. (<http://www.traumacenter.org/products/pdf_files/Effectiveness_Extended_Yoga_Treatment_Women_Chronic_PTSD_P0005.pdf>)

For more information, please visit www.traumasensitiveyoga.com