

## Inclusion and Community Program

### *Purpose*

Trauma-Sensitive Yoga Nederland (TSYN) is deeply committed to advancing diversity, equity, and inclusion. The program is dedicated to eliminating some of the disparities that have prevented historically diverse social groups from gaining access to opportunities such as Trauma Informed Yoga/ Trauma-Sensitive Yoga interventions.

Our vision is to broader possibilities and are inviting individuals to join our 20-hr foundational TCTSY workshops. We are planning to move and share the training with these identified un-served or underserved communities and populations.

For the online foundational workshop in September '20 we have 4 spots available for you to join our training. If you qualify your participation in the 20-hr foundational TCTSY workshop is free of any cost (workshop value only).

Participants who apply for the 20-hr Foundational workshop, online September 2020, please tick one or more below:

- Hold cultural Identities/Intersections that are underrepresented in working Trauma-Informed.
- Indigenous People
- People of Color or Visual Minority
- Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual
- Older Adults: 60+
- Physical Disability
- Reside in an identified high poverty area
- Submit Application for 20-hr Foundational workshop Online September 2020, see below this page.

- Please submit your application by September 4<sup>th</sup>, 2020, to [esther@traumasensitiveyoganederland.com](mailto:esther@traumasensitiveyoganederland.com).
- Candidates will be contacted by Esther van der Sande for a brief 20 minutes Zoom interview.

We are looking forward to hearing and sharing this TCTSY Online foundational workshop with you in September '20.

Best wishes,  
Esther & Team TSYN

**Application for 20-hr Foundational workshop Online September 2020 –  
TSYN - Inclusion and Community Program**

Preferred Name (First & Last/Surname): \_\_\_\_\_

Gender (optional):

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Non-Binary: \_\_\_\_\_ Other: \_\_\_\_\_ Prefer not to answer: \_\_\_\_\_

Preferred pronoun (optional – please answer if it's useful to you):  
\_\_\_\_\_

**Street Address or P.O. Box number:** \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Country: The Netherlands: \_\_\_\_\_ Belgium: \_\_\_\_\_ Luxembourg: \_\_\_\_\_ Other: \_\_\_\_\_

Best Email: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

**Preferred Language:**

English \_\_\_\_\_ Dutch \_\_\_\_\_

I am applying to the TCTSY foundational Workshop as a:

Yoga Teacher: \_\_\_\_\_ Mental Health Professional: \_\_\_\_\_ Both: \_\_\_\_\_ Other: \*\* \_\_\_\_\_

\*\* If 'Other', please, briefly describe: \_\_\_\_\_

1. If a **YOGA TEACHER**, briefly describe your yoga teacher training:

\_\_\_\_\_

Number of hours: \_\_\_\_\_ Year certified: \_\_\_\_\_

Currently teaching: \_\_\_\_\_ (setting i.e. Studio, Community Location, Medical Facility, online etc.):

\_\_\_\_\_

2. If a **MENTAL HEALTH CARE PROFESSIONAL**, briefly describe your training, including any trauma-specific components:

\_\_\_\_\_

\_\_\_\_\_

3. For **OTHERS WORKING WITH INDIVIDUALS/COMMUNITIES WHO HAVE EXPERIENCED TRAUMA**, briefly describe your work/community, include any trauma-specific training you have completed:

\_\_\_\_\_

\_\_\_\_\_

4. For All applicants, are you aware of any personal or professional challenges that might impact your ability to complete this foundational TCTSY Workshop in September '20 online.

Yes (please describe): \_\_\_\_\_

No: \_\_\_\_\_

**Optional:** is there anything else that you would like us to know about you?

\_\_\_\_\_

**Disclaimer:** I understand that upon successful completion of the 20-hour online Foundational TCTSY Workshop I am empowered to call my-self **trauma-informed** within my scope of practice as a yoga teacher or mental health care professional and that I am NOT becoming a TCTSY-Facilitator or trainer in the model (TCTSY).

YES: \_\_\_\_\_ NO: \_\_\_\_\_