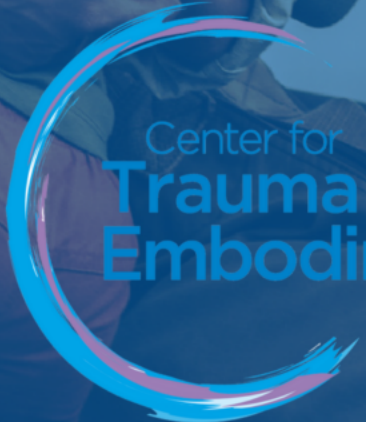




We heal *together*

Center for Trauma & Embodiment
is a global leader in body-first care
for complex trauma and PTSD

healwithcfte.org



Center for
Trauma and
Embodiment



Why Trauma Care?

Approximately 70% of the world's population have been exposed to a traumatic life event.¹ The resulting mental health problems represent a major challenge to public mental health services, globally.²

Experiences of trauma profoundly change our relationship to our body.

Few treatments exist for complex trauma survivors, making healing exponentially more difficult for them.

1. (Benjet et al., 2016, Kessler et al., 2017)
2. (Sara & Lappin, 2017)

What is **Complex Trauma?**

Complex trauma refers to exposure to multiple traumatic events, often of an interpersonal nature, that occur over an extended period of time.

Another way to understand complex trauma is as a system of power abuse where the side with power hoards resources and manipulates the side with less power, forcing them into a position of survival, physically, economically, or otherwise.





Our Mission

Complex trauma is both interpersonal and systemic. Quality care models require attention to both dynamics.

For over 20 years, CFTE has been a global leader in empirically validated, clinical interventions for complex trauma and PTSD. We established the original framework for trauma informed programming used by many other organizations today.

Our trainers and facilitators are in over 40 countries, territories, and First Nations.

*This is
who we are*

Trauma Informed
Human Oriented
Relationship Centered
Culturally Competent
Anti-Oppressive

CFTE is a 501(c)3 non-profit
based in Boston, MA, USA



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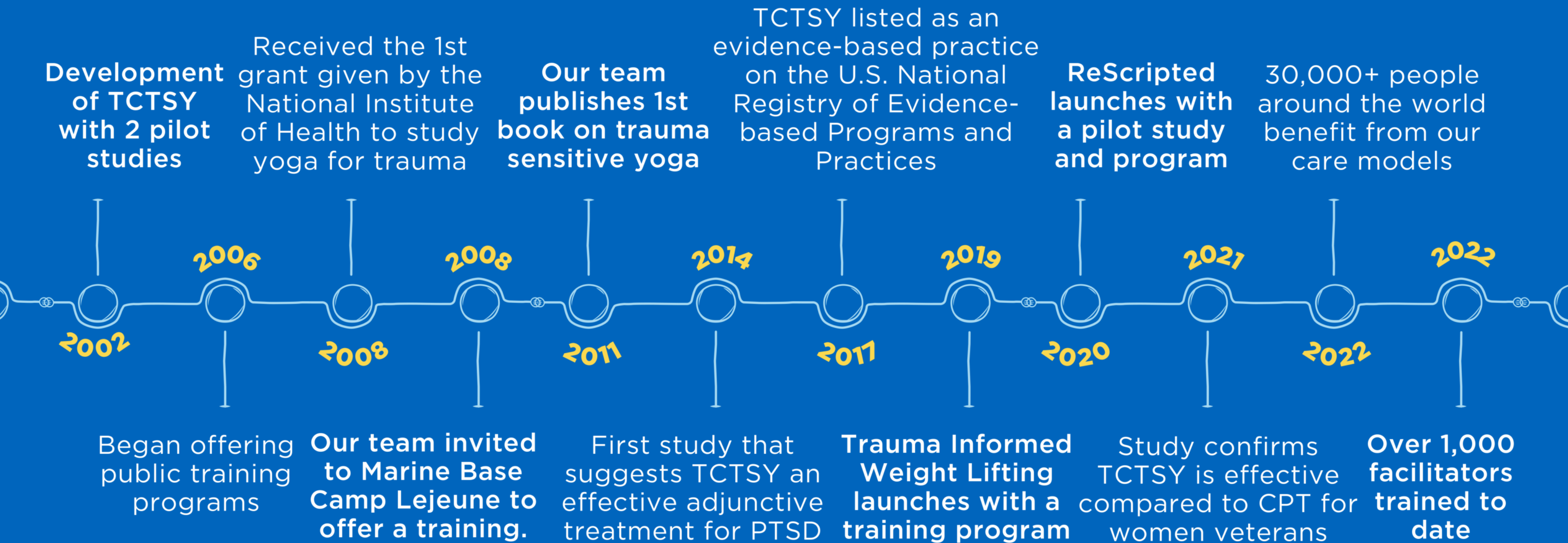


Sandra Mazur
Director of
Development



Mindy Levine,
TCTSY-F
Donor Engagement
Coordinator

Over 20 Years of *Leadership*



Our Care Models



TRAUMA CENTER
TRAUMA SENSITIVE YOGA

TCTSY is the only scientifically-validated, yoga-based treatment for complex trauma and PTSD, grounded in both trauma theory and yoga philosophy, with hundreds of certified facilitators around the world. We offer Foundational Trainings and an annual Certification Program in the model, with over 1,000 certified facilitators to date.



TIWL explores the power of weight lifting to heal by establishing an evidence base for weight lifting as an adjunctive treatment for trauma, and by providing education and support to the weight lifting community around how to make this modality trauma informed. We offer Foundational and Certificate trainings in the model, with over 500 trainees to date.



ReScripted is a theatre-based, therapeutic trauma intervention that utilizes the power of play & movement with children and teens to promote the development of a whole, healthy self. Students are invited to remain connected to their embodied experience as they explore the choices they are making in the scenes that are developed.

How Our Care Models Help

Empowerment

Trauma occurs in the context of abusive relationships where power is hoarded. We focus on sharing power in healthy relationships.

Interoception

We adapt to danger by dampening internal sensations. Regaining a felt sense of self vastly improves trauma response.

Choicemaking

Healing is founded on reclaiming a sense of agency by being able to make choices in the present moment.

Relational Care

Recovery cannot take place in isolation. Shared, authentic relationships help survivors heal.



We've Done Our Research

TCTSY Trauma Sensitive Yoga

Since 2003, more than 50 studies have been conducted on TCTSY around the world. In a 2023 study published in JAMA Network Open, TCTSY showed an equally sustained effect yet quicker symptom reduction than "talk" therapy (CPT), a traditional treatment for PTSD. Participants also were more likely to continue treatment with Trauma Sensitive Yoga over CPT.

Zaccari, B., Higgins, M., Haywood, T. N., Patel, M., Emerson, D. J., Hubbard, K., Loftis, J. M., & Kelly, D. A. (2023). Yoga vs Cognitive Processing Therapy for Military Sexual Trauma-Related Posttraumatic Stress Disorder. *JAMA Network Open*, 6(7), e2344862. <https://doi.org/10.1001/jamanetworkopen.2023.44862>

Trauma Informed Weight Lifting

A 2019 research study suggests that 30 adults with PTSD and anxiety who were assigned to 3 weeks of high intensity resistance exercise experienced clear benefits. A 2023 study revealed that weight lifting heals trauma through the felt sense of the mind-body connection, which created a healthier, more empowered, and connected trauma survivor.

Whitworth JW, Nosrat S, SantaBarbara NJ, Ciccolo JT. Feasibility of Resistance Exercise for Posttraumatic Stress and Anxiety Symptoms: A Randomized Controlled Pilot Study. *J Trauma Stress*. 2019 Dec;32(6):977-984. doi: 10.1002/jts.22464. Epub 2019 Nov 19. PMID: 31743507.

Nowakowski-Sims, E., Rooney, M., Vigue, D., & Woods, S. (2023). A grounded theory of weight lifting as a healing strategy for trauma. *Mental Health and Physical Activity*, 25, 100521. <https://doi.org/10.1016/j.mhpa.2023.100521>

ReScripted

Participants in a 2022 pilot study of our improv-based program for trauma-impacted youth self-reported improvement in at least one of the following areas: Interoception; Self Regulation; and Active Choicemaking.

Study collaborators include Viann Nguyen-Feng, PhD and the Mind-Body Trauma Care Lab at University of Minnesota Duluth.

Our Research Partners



HARVARD
MEDICAL SCHOOL

VA



U.S. Department
of Veterans Affairs



Georgia State
University

SCHOOL OF
PUBLIC HEALTH

**THE NEW SCHOOL
FOR SOCIAL RESEARCH**



EMORY

NELL HODGSON
WOODRUFF
SCHOOL OF
NURSING



BARRY
UNIVERSITY



Colorado State University



Healing on a Global Scale

In 2023 alone, more than 30,000 people in over 40 countries, territories, and First Nations participated in at least one of our care models by way of individual or group sessions, trainings, or research studies.

Participants include transgender and gender expansive youth, First Nations and Indigenous folks, refugees in Syria and Lebanon, United States veterans, and more.

Trainees include indigenous healers, social workers, clinicians, educators, yoga teachers, mental health professionals, physical trainers, and community leaders.





Cross- Cultural Models for Body-Based *Healing*

VETERANS

We have worked with homeless vets in Massachusetts, Marines at Camp Lejeune, and veterans of war in Colombia, the Middle East and elsewhere. We have trained over 100 staff members of the Carribbean VA and conducted our largest study at the VA in Atlanta, GA.

FIRST NATIONS

We were able to support access to TCTSY training for 30 First Nations members and folks working with their communities. Those who completed our Certification Program are working with us around their critique of the model so we can continue to grow and adapt.

TRANSGENDER YOUTH

We received a \$59,000 Tower Grant to support access to our programming for transgender and gender expansive youth and their providers. Providers with a lived experience just completed our TCTSY Certification Program and will be given a yearlong stipend to build trauma sensitive yoga programs for their community.

REFUGEES

A TCTSY pilot project is training refugees in Syria and Lebanon to support other refugees in exploring their bodies through yoga, which is benefitting hundreds of displaced adults and children.

RESEARCH

Our research partners conduct ongoing studies on the evolving impact and usefulness of our models for survivors of complex trauma and PTSD.

FUNDRAISING

We receive grants, foundations, donors, sponsors, and partners to help us fund operations and increase accessibility to our programming and resources via scholarships.

TRAINING

Since 2002, we have trained over 1,000 facilitators from all backgrounds in our proprietary care models who in turn have provided trauma care to hundreds of thousands of people around the world.

How We Work

OPERATIONS

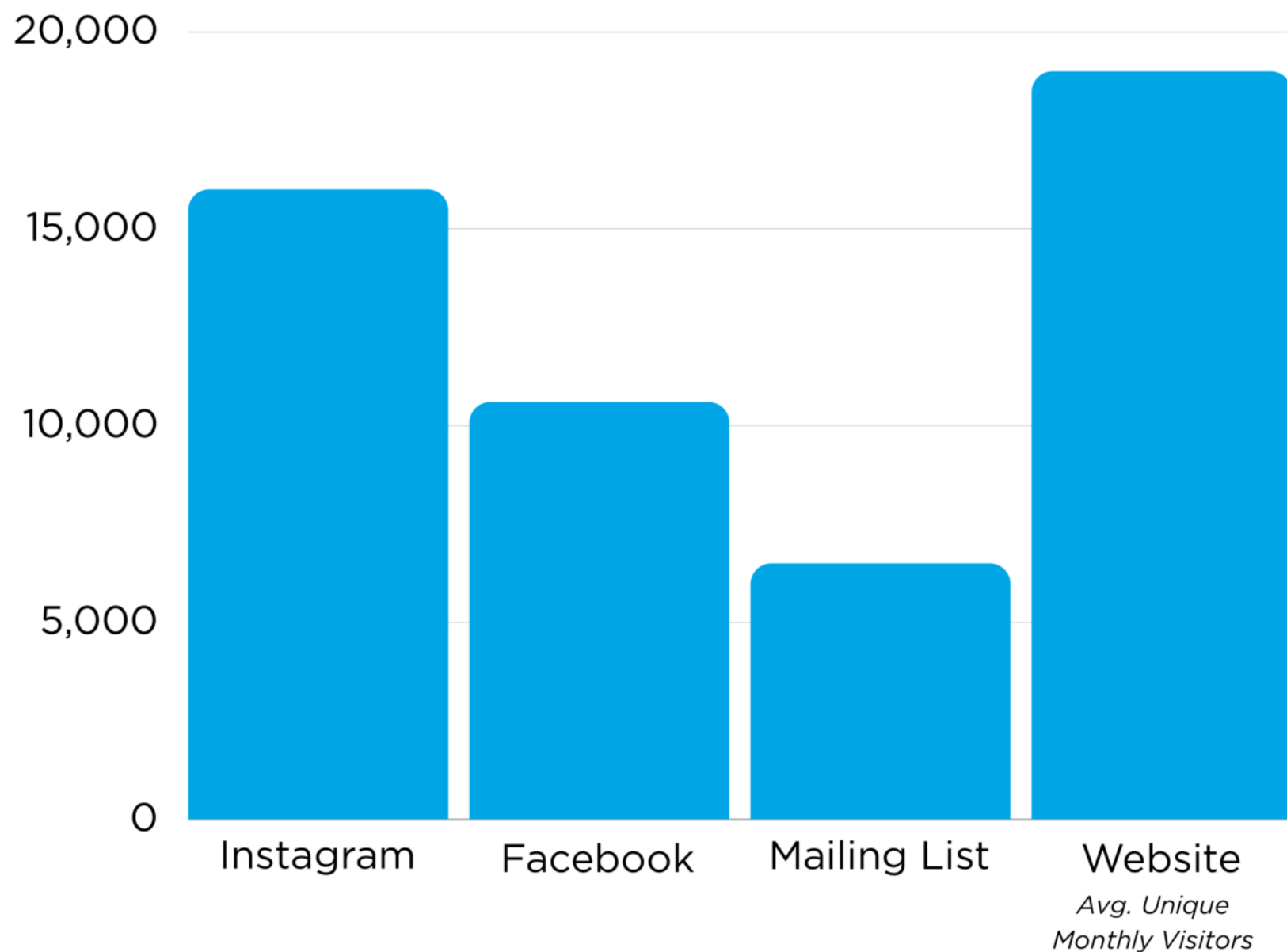
Our diverse team of professionals, from Leadership to Development to Communications, comprises educators, social workers, mental health counselors, yoga teachers, and fitness professionals.

A WAY OF BEING

We believe that trauma sensitivity is not a product to be transferred but a way of being that we can share and practice authentically. It's an ethos and an ethic.

Our Global Reach

Combined audience across our programs' websites, social media profiles, and email subscribers



With an ever growing network of practitioners and survivors, we are able to connect with thousands of people around the world in an instant. Donors to CFTE can benefit from our followers, subscribers, and website visitors as they explore our services and learn about how we are able to sustain our growth and services with support like yours.



Help We've Received

Center for Trauma and Embodiment has been the beneficiary of numerous grants and donations that have made it possible to fulfill our mission. Here's a few:

Lululemon "Here to Be" Foundation
\$50,000 (October 2021)
The grant award included:

\$21,000 – (6) full Diversity, Equity, & Inclusion scholarships to our 300-hour TCTSY Online Certification program.

\$10,000 – (2) Latinx TCTSY Certification Supervisor salaries

\$4,000 – (2) American Sign Language interpreter salary for our 300-hour TCTSY Online Certification Program

\$15,000 – (2) Trauma Informed Weight Lifting (TIWL) Program Developer salaries

Directly served 161 people
Indirectly served 1,100 people

Peter and Elizabeth C. Tower Foundation -
\$58,421.00 (June 2022)
The grant made possible:

TCTSY **foundational training** for anyone from NAGLY and CFFS who wants to attend

Full TCTSY **certification scholarships** for 5 transgender, gender queer or gender non-conforming adults, 18+

\$4,000 stipend for each of the new TCTSY facilitators to bring TCTSY to transgender, gender queer or gender non-conforming youth in MA for one-year.

Served over **100 youth**

How You Can Help

CFTE counts on your generous donations to help us support access to our programming and resources for survivors of complex trauma and PTSD.

Much of our fundraising is earmarked for scholarships to our trainings for individuals and providers from underserved populations so that they might facilitate our care models within their communities.

Donors are welcome to support one of our programs or projects of their choice that might be closer to their missions or hearts.

Since 2019, we have awarded \$175,000 in scholarships to our programs. With your help, we can offer even more.



Support Our Programs

Trauma Center Sensitive Yoga

\$10,000: Support Our Research Initiatives

\$15,000: Bring TCTSY to Indigenous Communities through Scholarships and Programming

\$20,000: Bring TCTSY to Transgender and Gender Expansive Youth via Scholarships and Programming

\$25,000 - Fund 5 Full Certification scholarships

ReScripted

ReScripted works with trauma impacted youth and their care teams in residential or group home care settings. Sessions are facilitated by 4+ clinicians.

\$8,000: Supports a 10-week Course for 10 Youth

Trauma Informed Weight Lifting

\$5,000: Acquire Weight Lifting Equipment for Youth Program

\$10,000: Support Research Efforts on Bringing Trauma Informed and Culturally Responsive Weight Lifting Programs to LGBTQIA+ Folks

\$15,000: Fund a Foundations in TIWL Training for 30+ Trainers & Coaches

\$20,000: Fund 10 Full Certificate Program Scholarships for Marginalized Folks Within the Fitness Industry

\$25,000: Support Our Strategic Partnerships initiatives for 1 year - allows us to work with non-profits, mission-driven companies, & gyms around the world to foster new TIWL programs and contribute to significant culture shifts within the industry



Connect With Us

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