Kristen Pringle一日工作坊：創傷友善瑜伽原理及應用 議程

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| Time | Content |
| 09:00-09:50 | Introduction to Trauma Center Trauma-Sensitive Yoga (TCTSY) theory and development 創傷友善瑜伽 (TCTSY) 的理論基礎與發展 |
| 09:50-10:00 | Tea Break 休息 |
| 10:00-10:50 | Live TCTSY Practice 實作練習 (中文口譯)：「給予個案選擇」的練習 (choice-making)，友善環境建立(含開場及結束)之步驟講解、練習及討論 |
| 10:50-11:10 | Tea Break 休息 |
| 11:10-12:00 | Incorporating Trauma Center Trauma-Sensitive Yoga (TCTSY), or Trauma-informed Yoga principles in the work of body workers 創傷友善瑜伽及創傷知情瑜伽之實務應用：適合從事身體工作 (如運動/瑜伽/顱薦/整脊/推拿/按摩等專業人士) |
| 12:00-13:00 | Lunch Break 午餐  |
| 13:00-13:50 | Incorporating Trauma Center Trauma-Sensitive Yoga (TCTSY), or Trauma-informed body-based approaches in the work of healthcare professionals 創傷友善瑜伽及創傷知情瑜伽之實務應用：適合醫療專業人士 (如醫師/護理師/心理師/社工師/復健師等) |
| 13:50-14:00 | Tea Break 休息 |
| 14:00-14:50 | Live Practice 實作練習 (中文口譯)：「關於內感受」的練習 (interoception)，友善環境建立(含開場及結束)之步驟講解、練習及討論 |
| 14:50-15:10 | Tea Break 休息 |
| 15:10-16:00 | Where to from here: including an Overview of the 300-hour certification course in Trauma Center Trauma-Sensitive Yoga (TCTSY)? 職涯發展與專業發展：認識美國創傷中心創傷友善瑜伽師資培訓 |