

## Alexandra Cat

The Yoga Clinic (UK), The Trauma Centre (Boston, USA)

TCTSY-F, TCTSY-T, RYT, MA (Sussex), BA Hons (Oxf)

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- *The Trauma Centre, Boston Trauma Sensitive Yoga (TCTSY) teaching faculty*
  - *UK & Republic of Ireland Licensed Trainer (TCTSY-T)*
  - *Certified to facilitate Trauma Centre, Trauma Sensitive Yoga (TCTSY-F) as an adjunctive treatment for complex trauma.*
  - *Alex is in supervision with David Emerson and Jenn Turner, The Trauma Center at JRI, Boston, USA.*
  - *As a TCTSY-F, Alex's practice must comply with the IA-TCTSY Guidelines on Ethical Practice.*
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Originally trained in the Western approaches to psychology, philosophy & neuroscience (**Oxford** and **Sussex** Universities), Alex shifted her emphasis from the intellectual to the physical in her late 20's, exploring a body-based psychology through mountaineering/climbing, dance & the Yoga Sutras.

She later combined this experience with a range of trainings including, but not limited to **Psychodynamic Counselling, Dialectical and Cognitive Behaviour Therapy**, and is a graduate of the Trauma Centre's Certificate programme in **Trauma Centre, Trauma Sensitive Yoga**.

Alex's client base includes individuals who identify as living with a range of experiences, including:

- **depression**
- **insomnia**
- **anxiety**
- **complex & developmental trauma (sometimes labelled as a personality disorder or psychosis in the UK)**
- **addictions & compulsions**
- **abusive and/or neglectful relationships**
- **body dysmorphia and disorders of eating**

In both her individual and group work Alex's interests are in **early sexual assault, neglect, body dysmorphia, fantasy and shame**. She has a special interest in working with individuals with non-conforming identities of sex, gender and sexuality, and in developing a trauma informed group practice to work as an adjunct to psychodynamically informed group therapy.

Alex is a founding member of the **International Association of Trauma Centre, Trauma Sensitive Yoga (IA-TCTSY)**, co-convenes the **IA-TCTSY Ethics Committee** and delivers the **TCTSY Reflective Practice Group Program**.

Alex is a regular guest lecturer for [NHS Medical Education](#) programs; she presents nationally & internationally on the subjects of interoception, complex trauma and trauma informed yoga.

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## **PROFESSIONAL TRAININGS & QUALIFICATIONS**

- Trauma Center, Trauma Sensitive Yoga Facilitator, Certification Program - Boston Trauma Centre, USA
- ESTSS General Certificate in Psychotraumatology (pending)
- 200 hrs Yoga Teacher Training - Yoga Arts, Australia '08
- Introduction to Counselling & Psychotherapy, Certificate Program - WPF, UK
- MA Philosophy of Cognitive Science - Sussex University, UK
- BA(Hons) Experimental Psychology - Oxford University, UK
- Registered Exercise Professional Level 3 - National Academy of Sports Medicine, USA
- Mountain Leadership & Single Pitch Training - Mountaineering Council of Northern Ireland, N.I
- Dance Performance Foundation Training (Contemporary, Ballet, Modern Jazz) - International Society of Teachers of Dance, UK

## **CONTINUED PROFESSIONAL DEVELOPMENT**

- The Tree of Life (Advanced), The Black, African and Asian Therapy Network
- Trauma Informed Mental Health Services, University of East London
- Introduction to African Psychologies, Centre for Pan African Thought
- A Disorder for Everyone, Dr Lucy Johnstone & Jo Watson
- Attachment Theory in Clinical Practice, The Bowlby Centre
- Limbic Brain Anatomy, Dr Paul Johns, Neurocourses UK
- Brain Anatomy, Dr Paul Johns, Neurocourses UK
- PODS: Trauma, Dissociation & Recovery
- PODS: Child Sexual Abuse
- PODS: Trauma and the Body
- PODS (Positive Outcomes for Dissociative Survivors) : Working with Relational Trauma
- Trauma Focused Cognitive Behaviour Therapy - Centre for Anxiety Disorders & Trauma, Maudsley Hospital, London, UK
- Mindfulness Theory & Practice - Royal College of Psychiatry, UK
- Mindfulness & Group Analysis - Institute of Group Analysis, UK
- Transforming Shame & Self-Loathing - Sensorimotor Psychotherapy/Dr. Janina Fisher
- Cognitive Behaviour Therapy - Foundation Training, SDS Seminars, London, UK

## POSTER PRESENTATIONS, LECTURES, WORKSHOPS & TRAINING DAYS

- Lecture: **Trauma Sensitive Yoga, Theory, Principles & Practices**, Medical Education Teaching Program, Worcestershire Health & Care NHS Health Trust, '18
- Lecture: **Trauma Sensitive Yoga, Theory, Principles & Practices**, Medical Education Teaching Program, Camden & Islington NHS Health Trust, '18
- Training Day: **Trauma Sensitive Yoga, Theory, Principles & Practices** - Tees, Esk & Wear Valley, NHS Trust, Trauma Informed Care Project & ARCH Recovery College, '18
- Lecture: **Complex Trauma and Interoception, The Missing Link?** - Medical Education Teaching Program for Psychiatry of Intellectual Disability, Central & North West London, NHS Mental Health Trust '17
- Training Day: **I Feel Therefore I Am** - Hackney Children & Family Services, '17
- Workshop: **I Feel Therefore I Am** - International Society for Psychological and Social Approaches (ISPS) to Psychosis, International Congress, Making Real Change Happen '17
- Lecture: **Complex Trauma and Interoception, The Missing Link?** - Medical Education Teaching Program, Barnett, Enfield and Haringey NHS Mental Health Trust (St Anne's, Chase Farm & Edgware Community Hospitals) '17
- Poster: **Complex Trauma and the Relational Body** - International Society for Psychological and Social Approaches to Psychosis UK '16 (ISPS UK)
- Lecture: **Complex Trauma and the Relational Body** - Medical Education Teaching Program, Goodmayes Hospital, North East London Foundation Trust '16
- Workshop: **Trauma Sensitive Yoga & Ball-Room Dancing** - London Speciality School of Psychiatry/Royal College of Psychiatry, Trainee Conference '15
- Workshop: **Trauma Sensitive Yoga, A Tool for Everyday Stress** - London Speciality School of General Practice/Royal College of General Practitioners, Trainee Conference '15
- Poster: **Yoga, Trauma & Interoception** - London Speciality School of Psychiatry/Royal College of Psychiatry, Trainee Conference '14
- Workshop: Somatic Psychotherapy, **An Ancient Practice for an Anxious New Age** - Time to Think, NHS Practitioner Health Programme '14

## CURRENT RESEARCH

In partnership with Dr Patsy Fuller, [North Essex Partnership Foundation Trust](#), Pilot Study - Trauma Centre, Trauma Sensitive Yoga, An Adjunctive Treatment for Complex Trauma

## PROFESSIONAL MEMBERSHIP

- [International Society for Psychological & Social Approaches to Psychosis](#)

- [Positive Outcomes for Dissociative Survivors \(PODS\)](#) - Dissociation Friendly Therapists
- European Association of Trauma Center, Trauma Sensitive Yoga (EA-TCTSY)
- International Association of Trauma Center, Trauma Sensitive Yoga (IA-TCTSY)
- Trauma Center, Trauma Sensitive Yoga, Ethics Committee
- Trauma Center, Trauma Sensitive Yoga, Reflective Practice Group

## **SUPERVISION & ACCOUNTABILITY**

Alex is in supervision with David Emerson and Jenn Turner, The Trauma Center at JRI, Boston, USA.

As a Trauma Center, Trauma Sensitive Yoga Facilitator (TCTSY-F), Alex's practice must comply with the International Association of Trauma Center, Trauma Sensitive Yoga (IA TCTSY) Guidelines on Ethical Practice.