



EM-BODY

Empowered Movement, Embodied Healing

A trauma-sensitive, yoga-based therapy group that invites participants to re-connect with themselves, their bodies and others, promoting safety, empowerment and overall healing through integration of body and mind.

***Private pay and insurance billing options available.**



TRAUMA CENTER
TRAUMA SENSITIVE YOGA
A PROGRAM OF THE CENTER FOR TRAUMA & EMBODIMENT AT JRI



Scan to learn more!

WHO

Female identifying individuals, age 15+.

WHERE

Center for Resilience
1400 Oregon Street Redding, CA 96001

WHEN

Mondays, 9:00 - 10:00am
Wednesdays, 5:30 - 6:30pm

***Open enrollment and closed group options available**

QUESTIONS AND REFERRALS

Call 530.232.0525 for more information or for help registering. Providers can mail referrals and releases to cfrreferral@archcollaborative.org.



SHELBY JONES, ACSW, TCTSY-F

Associate Clinical Social Worker #105568
Supervised by Jenni Gordon, LMFT
#90971

Shelby Jones is a Registered Associate Clinical Social Worker at Arch Collaborative's Center for Resilience. She completed her 300-hour TCTSY Facilitator (TCTSY-F) Certificate Training Program in March 2023.

Shelby is passionate about helping individual's impacted by trauma reconnect with their bodies, build resilience, and regain a sense of empowerment in their lives.



EM-BODY FAQs

Empowered Movement, Embodied Healing

WHAT IS EM-BODY?

EM-BODY is a trauma-sensitive, yoga-based therapeutic group based in **TCTSY**. It is designed to help clients with complex trauma, PTSD, dissociation, etc. safely reconnect with their bodies and cultivate **empowerment** through invitational movement, supported choice making, and present moment awareness all in a supportive, non-coercive, inclusive space. No prior yoga experience is needed.

WHAT IS TCTSY?

Trauma Center Trauma Sensitive Yoga (TCTSY) is the first scientifically validated, yoga-based clinical intervention for complex trauma and post-traumatic stress disorder (PTSD). By focusing on the felt sense of the body to inform decision-making, TCTSY enables participants to restore their connection between mind and body and cultivate a sense of agency that is often compromised as a result of trauma, loss, and other adverse experiences.

HOW IS EM-BODY DIFFERENT FROM A YOGA CLASS?

- Therapeutic, not recreational — developed specifically for trauma recovery.
- Clinically informed — grounded in research on trauma theory and neuroscience and guided by a trained clinician with a therapeutic curriculum.
- Therapeutic support for possible triggers during the group and collaboration with client's individual therapist.
- Choice-based, non-coercive approach— there is no “right” or “wrong” way to move; participants are invited to notice sensations and choose what feels best for them.
- Non-performance oriented — there are no physical goals, no focus on flexibility or strength and no prior experience is needed. All bodies are welcome.

WHAT CAN I EXPECT?

- Agency to direct your own practice
- Support through shared experience
- Non-judgmental, inclusive space

