1st International Congress on Trauma Prevention Studies

"From Darkness to Hope: Healing from Trauma in a World Facing Violence and Poverty"

January 9–11, 2026
Istanbul, Turkey

	***Art, Memory, and Healing Practices:*** ***EXPERİENTIAL WORKSHOP*** **Instructor Name:** MSc Physiotherapist Ezgi Yaşar **Workshop Title:** Trauma-Informed Movement
Civil Society Organization Represented *(Name, Purpose, Mission, and Contact Information)*	Trauma-Informed Movement and Yoga Trauma-informed movement and yoga is a holistic, body-centered Approach grounded in current research in neuroscience, body awareness, and psychophysiology. Its foundations lie in neuroscience, trauma theories, and attachment theory. This approach supports individuals in rebuilding their capacity for self- Regulation, self-care, and a sense of bodily safety, while helping them develop more secure connections both with their own bodies and with their environment. Trauma-informed movement practices aid in regulating the nervous System, shifting the body from a state of perceived threat to a sense of Safety. In doing so, they create a restorative space within the physiological and emotional systems affected by trauma.

	In Türkiye, this approach has been promoted and implemented under the leadership of Ece Türkmut Dere since 2014. Today, it is practiced by a growing community of nearly 100 facilitators, most of whom come from the field of mental health. We now know that trauma is not just a matter of the mind. Healing Becomes possible when the body is included in the process. The future can be healed through approaches grounded in trauma-informed knowledge.
About the Instructor	Specialist Physiotherapist Ezgi Yaşar, MSc Ezgi Yaşar is a specialist physiotherapist working with a trauma-informed and holistic approach. She completed her bachelor's degree at Dokuz Eylül University and her master's degree at Pamukkale University in Physiotherapy. She has worked for many years in clinical and holistic health settings with both children and adults, specializing in DEI (diversity, equity, and inclusion), yoga, and sensory integration. She is an Accessible Yoga instructor and an assistant trainer in the Trauma-Informed Yoga Program. Currently based in the Netherlands, she provides individual sessions, trainings, and consultations. She is also the Turkish translator of Trauma-Informed Yoga: A Toolbox for Therapists – 47 Simple Practices to Calm, Balance, and Repair the Nervous System.
Workshop Content	This workshop, designed within a trauma-informed approach, consists of structured movement and breathing practices aimed at helping participants develop body awareness, regulate their nervous system, and strengthen their ability to stay present.
Topicsto be Addressed	Core Principles of the Trauma-Informed Approach Body Awareness and Regulation Standing and Seated Movement Practices Breath Awareness and Centering through Breath Group and Individual Practice Principles
Duration	1 hours 30 minutes

Maximum Number of Participants	25
Target Audience	Individuals who wish to strengthen their regulation skills Therapists, psychologists, psychiatrists, psychological counselors, social workers, and other mental health professionals Researchers working on trauma, neurophysiology, and the mind-body Connection. This workshop does not require advanced physical ability or prior yoga experience. Participation is entirely voluntary, and those who wish may attend as observers only.

utoc-ko@worldhumanrelief.org

www.utocko2026.whr.org

9-11 January 2026

Bahcesehir University