

Mindful Body-Awareness and Therapeutic Yoga for Trauma Recovery: Video Course

Dr Arielle Schwartz

Video Course

CPD credits: 3/CE credits: N/A

Price: £65



Online video access remains available for 1 year from the date you receive the video course.

There is an undeniable correlation between complex PTSD and physical health problems as evidenced by research, including the Adverse Childhood Experiences (ACE) study (*Felitti et al., 1998*). It is common for **individuals with a history of trauma to have symptoms of chronic illness and pain conditions** including obesity, seizures, migraines, gastrointestinal problems, autoimmune disorders, fibromyalgia, chronic fatigue, and an array of medically unexplained symptoms.

Complementary and Alternative Medicine (CAM) is being increasingly sought out within mental health settings for the manifestations listed above. Common CAM treatments include the integrative or adjunctive use of exercise, massage therapy, bodywork, nutrition therapy, acupuncture, meditation, relaxation, yoga, Tai Chi, and Qigong.

At this engaging seminar, Dr Arielle Schwartz explains how, as therapists, **we can integrate CAM treatments within psychotherapy with an emphasis on mindful-body awareness and yoga** to benefit individuals with a history of trauma. Using these interventions and practical techniques, we can help our clients identify healthcare goals and work through barriers that might interfere with their ongoing health and wellbeing. We evaluate the ways in which trauma impacts our health, **comprehend how shame, belief blocking and self-sabotage create barriers to health** and get to grips with the CAM methodology that focuses on Sleep, Nutrition, Hydration and Digestion using practical skills including:

- **Natural Vagus Nerve Stimulation**
 - The Polyvagal theory
 - Heart Rate Variability (HRV) and vagal tone
- **Mindful Body-Awareness and Yoga**
 - Pranayama: Conscious Breathing



- The oculocardiac reflex (OCR)
- Therapeutic Chair Yoga

Learning Objectives:

- Understand the relationship between stress, trauma, and the immune system
- Discuss Heart Rate Variability (HRV) and the health of the autonomic nervous system
- Describe natural vagus nerve stimulation interventions that can be easily integrated into psychotherapy
- Recognize the benefits of therapeutic yoga and mindful-body awareness as related to trauma recovery
- Understand how to assess and compassionately discuss client's physical health symptoms and create realistic healthcare goals
- Explore the benefits of relaxation and yoga nidra for trauma recovery

About the speaker

Arielle Schwartz, PhD is a licensed clinical psychologist, EMDR Therapy consultant, and certified yoga instructor with a private practice in Boulder, Colorado. She earned her Doctorate in Clinical Psychology at Fielding Graduate University and holds a Master's degree in Somatic Psychology through Naropa University. She is the author of two books *The Complex PTSD Workbook: A Mind-Body Approach to Emotional Control and Becoming Whole* (Althea Press, 2016), *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (W. W. Norton, 2018), and *The Post Traumatic Growth Guidebook* (Pesi Publishing, in press). She offers Trainings and Workshops on topics of EMDR Therapy, Somatic Psychology, C-PTSD, and Chronic Pain. She is dedicated to offering informational mental health and wellness updates through her writing, public speaking, social media presence, and blog. Learn more at www.drarielleschwartz.com