

Somatic Repatterning and Trauma Reprocessing: Mind-body Approach to Trauma Treatment: 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.

Without interventions that incorporate somatic awareness and movement, many therapeutic approaches are limited in their ability to help clients fully release the impact of traumatic events. In other words, we cannot simply think our way out of traumatic activation. This seminar with Dr Arielle Schwartz, which is part of the *nscience* Somatic Psychology Series, is aimed at **psychotherapists, psychologists and counsellors across modalities, who are interested in learning how to integrate somatic psychology interventions into their work with clients.**

The approaches explained in this webinar will allow you to work effectively with clients who have experienced single incident traumatic events or prolonged trauma exposure.

This experiential seminar with Dr Arielle Schwartz focuses on a mind-body approach to trauma reprocessing; specifically, through **the integration of somatic psychology into cognitive behavioral therapies such as cognitive processing therapy (CPT) and Eye Movement Desensitization and Reprocessing (EMDR) Therapy.** Together, these approaches allow us to work effectively with both episodic and recurring trauma.

Through case vignettes and examples, Dr Schwartz explains that unless we tap into the potential offered by somatic awareness and movement, our therapeutic attempts at helping clients fully release the impact of traumatic events may often be thwarted. In other words, **we cannot simply think our way out of traumatic activation.** Through the therapeutic interventions shared in this seminar, we will learn to help clients discover new movements that allow them to resolve the wounds of their past. This body-centered approach to care is integrated into cognitive behavioral therapy to allow clinicians to address preverbal trauma memories, attachment trauma and somatization symptoms. Specifically, we will:

- **practice at least three interventions for working with somatic symptoms** in trauma therapy
 - Holding patterns and Character strategies



- Sequencing
- Titration
- Pendulation
- understand how to work with preverbal memories by attending to somatic sensations
 - Implicit Memory
 - Attachment Trauma and the Body
 - Attending to Legacy Trauma
- understand neural networks and the formation of traumatic memories
- comprehend neuroplasticity and trauma recovery
- describe an integrative model for trauma reprocessing, especially looking at **Somatic Repatterning**
 - Working with Numbness
 - Interventions to Enhance Embodiment
 - Addressing to Chronic Pain

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) and *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (W. W. Norton, 2018). Her next book is *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