

## Vagus Nerve Regulation and Trauma Recovery: Video Course

Dr Arielle Schwartz

Video Course

CPD credits: 2/CE credits: N/A

Price: £60



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

In the years since the Adverse Childhood Experiences study (Felitti, 1998), research has concluded that there is undeniable connection between childhood trauma and our health.

Importantly, complementary and alternative medicine (CAM) and mind-body therapies can help us to calm down anxiety, reduce chronic illness symptoms, support digestion, and improve our sleep. Such therapies include mindfulness, yoga, relaxation, breath practices, nutritional counseling, massage therapy, and acupuncture – these can help our clients to increase their resilience, allowing them to control unnecessary defenses and reclaim a sense of safety.

At this engaging seminar, psychologist and certified yoga instructor, Dr Arielle Schwartz, leads us through an interactive exploration of the mind-body therapies for vagus nerve regulation. We will learn about her approach to therapeutic yoga for trauma recovery and discover leading-edge strategies that allow us to successfully address dysregulated arousal states triggered by trauma. She explains practical tools to increase our client's resilience.

### 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 Masters degree in Somatic Psychology through Naropa University. She is the author of three books: *The Complex PTSD Workbook: A Mind-Body Approach to Emotional Control and Becoming Whole* (Althea Press, 2017), *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (W. W. Norton, 2018) and *The Post Traumatic Growth Guidebook*. She is a core teacher with The Maiberger Institute offering Advanced Workshops on topics of EMDR Therapy, Somatic Psychology, Attachment Trauma, and Chronic Pain. Her psychotherapy practice specializes in PTSD, Complex PTSD, grief and loss, resilience, and therapeutic yoga. 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](http://www.drarielleschwartz.com)