

Applied Polyvagal Theory in Somatic Psychology: *An Embodied Approach to Trauma Recovery* Dr Arielle Schwartz

Day 3 of An Online Conference

Zoom Webinar

15 November 2023, Wednesday

Times:

6:00 pm – 9:00 pm, London UK

1:00 pm – 4:00 pm, New York, USA

CPD hours: 3 /CE credits: N/A

Limited number of early bird tickets at £59 only

Regular price: £69



Location: Online streaming only

(all our webinar tickets now include complimentary access to a video recorded version for 1 year)

The mind alone cannot fully heal the symptoms of stress or trauma. For true healing to occur, the body must be an active participant in the process. Polyvagal theory, a transdiagnostic approach to therapy, offers a powerful framework for addressing the physiological roots that underlie a wide range of physical and mental health conditions. By compassionately understanding and treating imbalances within the autonomic nervous system, therapists and clients can find lasting relief from mood disorders, anxiety, and traumatic stress-related conditions.

While traditional talk therapy often focuses on narrating specific life events or losses, it may not be sufficient to facilitate the rebalancing of the autonomic nervous system. In contrast, **research-based and time-tested somatic tools, along with yoga-based breath, movement, and awareness practices, can swiftly reduce anxiety, obsessive thinking, and feelings of hopelessness.** When integrated with applied polyvagal theory in psychotherapy, these techniques lay a powerful foundation for lasting changes that promote physiological balance and psychological wellness.

Guided by Arielle Schwartz, PhD, CCTP-II, E-RYT, an internationally sought teacher, therapeutic yoga instructor, and a leading voice in PTSD and complex trauma healing, **this programme empowers therapists to incorporate applied polyvagal theory into somatic therapies.**



Throughout the programme, we will:

- Discover how to fine-tune the nervous system moment-by-moment, aiding clients in releasing chronic stress
- Address clients' well-being through yogic-based breath, movement, and awareness practices, promoting a holistic healing approach
- Learn rapid stress-reduction techniques and effective nervous system regulation methods
- Equip clients with tools to safely release stress and trauma from their bodies, fostering embodied healing
- Teach clients natural ways to stimulate their vagus nerve, enhancing physical and emotional health

Applied Polyvagal Theory in Somatic Psychology provides a comprehensive and transformative approach to trauma recovery. By harnessing the power of somatic intelligence and integrating it with polyvagal theory, therapists can facilitate profound healing and foster resilience in their clients. Join us on this transformative journey and unlock the potential of an embodied approach to trauma recovery.

Webinar Schedule:

6.00pm: Essentials of Polyvagal Theory

- Polyvagal theory as a tiered response to threat
- **Recognize Hybrid nervous system states**
- Neuroception of cues of threat and safety in the body
- Learn key assessment tools for the applied polyvagal theory model
- Co-Regulation through **Proximity Awareness and Relational Resourcing**

7:30- 7:45 pm: Break

7:45 pm: Applied Polyvagal Theory in Therapy

- Apply somatic and body psychotherapy principles
- Dual Attention State in trauma recovery
- Window of Tolerance
- “Top-down” and “bottom-up” interventions
- Mind-Body Resourcing Strategies
- Guide Mindful Body-Awareness
- Learn How to offer Natural Vagus Nerve Stimulation
- Explore **Heart Rate Variability (HRV), vagal tone, and vagal efficiency**
- Guide Conscious Breathing Practices
- Discover how self-compassion and loving kindness enhance vagal tone

9:00pm: Close

Learning Objectives:

- Explain how to fine-tune the nervous system moment-by-moment, aiding clients in releasing chronic stress
- Apply rapid stress-reduction techniques and effective nervous system regulation methods
- Teach clients natural ways to stimulate their vagus nerve, enhancing physical and emotional health



About the speaker

Arielle Schwartz, PhD, is a licensed clinical psychologist, EMDR Therapy consultant, somatic psychotherapist, and Registered-Experienced Yoga Teacher (R-EYT) 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 six books on trauma recovery. She is an internationally sought out teacher in collaboration with the Polyvagal Institute, AGATE Institute, PESI & PESI UK, Sounds True, Psicologia Italia, Leading Edge Seminars, The Embody Lab, EMDR Integrative, nscience, and the Integrative Psychiatry Institute. Her presentation topics include somatic psychology, EMDR Therapy, complex PTSD, attachment trauma, and treating chronic pain and illness. She is an R-EYT offering courses on applied polyvagal theory in therapeutic yoga for trauma recovery. Her integrative, mind-body approach to therapy includes relational therapy, parts-work therapy, somatic psychology, EMDR Therapy, and yoga therapy.

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There is no known commercial support for this program

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