

Outline

The Neuroscience of Trauma:
How trauma is held in the body and mind
When acute trauma turns into PTSD and the difference with complex PTSD
Early attachment wounds and the patterning of the nervous system
How transgenerational trauma, collective trauma, and epigenetics shapes the autonomic nervous system

Assessment and Differential Diagnosis:
Address co-morbidities in trauma treatment
How trauma might underlie other presenting diagnosis
Differentiation between bipolar, ADHD, major depressive disorder, personality disorders and trauma
How the autonomic nervous system shapes the health of our immune system

Applied Polyvagal Theory to Trauma Treatment:
Resource the client's nervous system
Psychoeducation on how the nervous system is wired to keep us safe
Key assessment tools for the applied polyvagal theory model
Strategies for co-regulation as a biological imperative
Strategies for proximity awareness and relational resourcing

10 Natural Vagus Nerve Stimulation Techniques
Promote regulation, relaxation, and calmness in the body
Promote regulation, relaxation, and calmness in the body
Enhance the tone of the vagus nerve to improve health outcomes
How heart rate variability (HRV) is related to stress management
Ways to measure health of the autonomic nervous system
How fascia or the connective tissue matrix is essential for mind-body communications
Conscious breathing for stress reduction

An Embodied Path for Trauma Recovery
Apply somatic and body psychotherapy principles
Safely prepare clients for the deeper work of trauma recovery with mind-body resourcing strategies
Bilateral stimulation techniques for brain-body integration
Help a client safely work through traumatic material at a pace they can tolerate
Research, risks, and treatment limitations

Consider Client's Internal Systems to Overcome Treatment Barriers
Navigate "resistant" parts of a client's inner system
Attend to competing biological needs for closeness and separateness
Polyvagal perspectives on approach-avoidance attachment dynamics
Work mindfully with rupture and repair cycles

Therapeutic Yoga for Trauma Recovery
Apply the principles of polyvagal theory with mind-body awareness
Intersection of neuroplasticity research applied to trauma treatment
Facilitate trauma sensitive mindfulness practices
Strategies for self-compassion and loving kindness
The science of neuroplasticity as applied to mindful mobilization
Trauma-informed meditation and yoga nidra practices
Empower growth post-trauma and help clients build resilience


Learning Objectives can be viewed at [pesi.com/webcast/89528](https://www.pesi.com/webcast/89528)

Live Webinar Schedule Both days
(Times listed in Eastern)
8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends
There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.

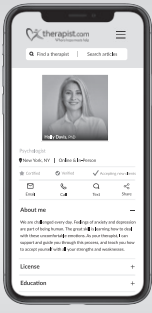
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Arielle Schwartz, PhD, CCTP-II, E-RYT,
International leading voice in the healing of PTSD and complex trauma, author of popular, *Therapeutic Yoga for Trauma Recovery*

"Arielle masterfully integrates therapeutic yoga and polyvagal theory, supporting recovery through re-embodiment, co-regulation, healing, and discovery."

—Stephen W. Porges, PhD, Creator of the Polyvagal Theory

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Polyvagal Theory for Embodied Trauma Recovery

Trauma recovery is as much about healing the body as it is the mind.

Yet, so often, the focus of healing involves retelling the story of the past without addressing the physiological imbalances that trauma leaves in its wake.

While you might recognize the value of bringing the body into trauma treatment, **you might not know how to do this effectively.**

Join Arielle Schwartz, PhD, CCTP-II, E-RYT, international leading voice in the healing of PTSD and complex trauma as she bridges the path of healing between the psyche and the body.

Grounded within the principles of polyvagal theory, affective neuroscience, and trauma-informed care, Dr. Schwartz will guide you through research-based somatic tools, yoga-based breath, movement, and awareness practices to **reduce the burdens of trauma, anxiety, obsessive thinking, and feelings of hopelessness from your client's body and mind!**

As your clients feel empowered by these changes, you can more successfully help them to heal from the pain of the past.

Attend and learn:

- Co-regulation strategies to resource client's nervous system
- Vagus nerve stimulation techniques to immediately regulate client's nervous system
- Mind-body strategies to safely prepare for deeper trauma recovery work
- Bilateral stimulation techniques to connect the brain and body
- Personalized embodiment and yoga-based practices to build resilience
- Client's internal systems to identify and overcome treatment barriers
- And so much more!

When you complete this training, you'll be immediately eligible to become a **Certified Clinical Trauma Professional (CCTP)***....

Giving you the opportunity to stand out from the crowd and let clients and colleagues know that you've invested the time and effort needed to provide treatment at the highest level.

AND your first year of certification is FREE (a \$99.99 value)!

Don't miss this chance to intensify and expand your trauma treatment to help your client release trauma from their body and create an increased sense of freedom and possibility for the future!

Target Audience:

Counselors • Social Workers • Psychologists • Case Managers • Addiction Counselors
Marriage and Family Therapists • Nurses • Other Mental Health Professionals



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*Professional standards apply. Visit www.evergreencertifications.com/CCTP for professional requirements.

Meet Your Speaker



Arielle Schwartz, PhD, is a psychologist, leading voice in the healing of PTSD and complex trauma, internationally sought-out teacher, and certified Kripalu yoga instructor. She is the author of six books based upon her integrative, mind-body approach to trauma recovery: *The Complex PTSD Workbook*; *The Post Traumatic Growth Guidebook*; *A Practical Guide to Complex PTSD*; *EMDR Therapy and Somatic Psychology*; *The Complex PTSD Treatment Manual*; and *Therapeutic Yoga for Trauma Recovery*.

Dr. Schwartz is an accomplished teacher who guides therapists in the application of EMDR, somatic psychology, parts work therapy, and mindfulness-based interventions for the treatment of trauma and complex PTSD. She has a depth of understanding, passion, kindness, compassion, joy, and a succinct way of speaking about very complex topics. Dr. Schwartz is the founder of the Center for Resilience Informed Therapy in Boulder, Colorado where she maintains a private practice providing psychotherapy, supervision, and consultation. She is core teacher with the Polyvagal Institute where she offers a course on Applied Polyvagal Theory in Yoga along with Dr. Stephen Porges. With over 20 years as a therapeutic yoga teacher, Dr. Schwartz believes that the journey of trauma recovery is an awakening of the spiritual heart.

Speaker Disclosure:

Financial: Dr. Arielle Schwartz maintains a private practice and is a trainer with Advanced EMDR Therapy Trainings. She receives compensation as an international presenter. Dr. Schwartz receives a speaking honorarium, recording royalties, and publishing royalties from PESI, Inc. She also receives publishing royalties from Norton Publishing, Sounds True, and Rockridge Press. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Arielle Schwartz has no relevant non-financial relationships.

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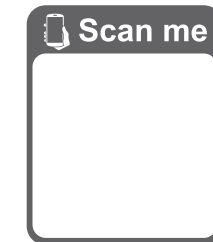
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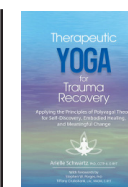


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