



Dr. Arielle SCHWARTZ

'BEYOND TRAUMA'

A GUIDED JOURNEY OF
RESILIENCE, HOPE AND GROWTH

1 - 9 April 2024



INTRODUCTION

This program is designed to help you move past trauma, liberate yourself from emotional burdens, and transform your life. Within this workshop you embark upon a healing journey aimed to guide you on the path toward post-traumatic growth. Dr. Schwartz's integrative approach brings you science-backed techniques for trauma recovery and practical vagus nerve stimulation techniques aimed to rewire your resilience. Not only will this course demystify trauma and the pain it causes, but it will empower you with resources to help you move past hopelessness as you reclaim your strength and courage. This mind-body workshop includes therapeutic writing, guided meditations, conscious breathing, and therapeutic yoga. Arielle will be your compassionate guide as you learn to strengthen your inner resilience, increase your understanding, and develop a deeper appreciation of yourself.

This workshop is based upon Dr. Arielle Schwartz's award winning book, *The Post-Traumatic Growth Guidebook* and guides the participant through healing journey that enhances resilience and inspire post-traumatic growth. It is inspired by Dr. Schwartz's resilience-informed-therapy and includes techniques drawn from Somatic (body-centered) psychology, EMDR Therapy, Parts-Work Therapies, and therapeutic yoga.

WHAT YOU'LL GET :

- Understand what trauma is and how to heal it.
- Receive a roadmap of the healing path as a guide for the journey ahead.
- Learn how to master self-awareness of your autonomic nervous system to enhance physical, emotional, mental, and spiritual wellbeing.
- Learn the 5 types of resilience and how to develop your own, unique resilience recipe to enhance your wellbeing.
- Explore the vagus nerve and its powerful influence on your body and emotions.
- Discover the keys to post-traumatic growth to unlock your optimal wellness.



PROGRAMME SCHEDULE

MODULE 1: STEPPING ONTO THE PATH

Choosing to engage in a course devoted to trauma recovery is in itself an act of courage and resilience. Experiencing a loss or traumatic event does not mean that you are destined to live a life of despair. You have the capacity to be resilient and courageous in the face of difficult life events. You can cultivate a meaningful, purposeful life. Together, we will explore key concepts such as what is resilience, post-traumatic growth, and understanding key definitions of trauma. We will discuss the stages of for trauma recovery that will help you orient to the path ahead. Neuroscience recognizes that we change and grow throughout our lifespan. Maximizing on the science of neuroplasticity and the 5 types of resilience, you will develop a Personalized Resilience Recipe that will set you up for a successful path to reclaim your wholeness.

In this session, you will receive/discover:

- Practice: Mindful-Body Awareness: 5-point check in.
- Receive a roadmap of the healing path as a guide for the journey ahead.
- Learn the 5 Types of Resilience gives which empowers your growth post-trauma.
- Discover the keys to post-traumatic growth to unlock your optimal wellness.
- Explore 6 Rs of Neuropsychotherapy as science-backed tools for positive growth.
- Practice: Reflections Upon Resilience and Create your own Resilience Recipe (guided journaling practice).



MODULE 2: SELF-DISCOVERY: A FOUNDATION FOR CHANGE

The definition of resilience is the ability to flexibly adapt to challenging, adverse, or traumatic life events. Importantly, resilience is not just a mindset or a set of behaviors. The human body is also equipped with an innate physiological resilience system, which is your autonomic nervous system. This week you will be guided to explore mind-body feedback about your nervous system states as a foundation for self-discovery. You will discover how mindfulness of your nervous system state helps you to make conscious choices to move out of a threat response by reorienting to cues of safety. Together, we will explore the Goldilocks principle as a baseline for navigating creating a ground of safe and social connection with yourself and others. You will learn and practice several valuable mind-body practices based in natural vagus nerve stimulation that will support the physiological rewiring of your resilience.

In this session, you will receive/discover:

- Learn how to cultivate safe and social states that soothe your body and mind.
- Since Self-Knowledge is the foundation for change, you will get to know your Nervous System.
- Discover the vagus nerve as the body's superhighway to health.
- Practice: Natural Vagus Nerve Stimulation to rewire your resilience.
- Practice: Enhance your Social Engagement System mindful body-awareness guided practice.
- Practice: Conscious Breathing for nervous system balance.



MODULE 3: THE FERTILE GROUND FOR RESILIENCE

You must build a strong foundation of resources to support your growth. You create a solid foundation when you have a realistic understanding of yourself that takes into account your unique life experiences, current vulnerabilities, and existing strengths. With this solid foundation, you can better orient to your future. To create a well-kept garden, you must always begin by tending to the soil—adding in the right amount of nutrients, sun, and water that create an optimal environment for growth. It is within this fertile ground that you plant the seeds for your personal transformation. Remember that within the acorn is the potential of the oak tree. While this may be difficult to believe at this time, I encourage you to trust that you already hold within you the potential for your own full bloom.

In this session, you will receive/discover:

- Practice: Mindful Body Awareness Centering Practice.
- Explore essential resources that support your post-traumatic growth.
- Cultivate the fertile ground of your resilience to enhance your mental and emotional wellbeing.
- Learn the seasons of change as a foundation for personal growth and tailor your healing journey to be support your personal season of change.
- Attend to the garden of your mind to foster mental resilience.
- Tend to your tree of life. When you know your roots, your strengths, and your values, you can attend to your growth from the ground up.
- Practices: Inner retreat & Tree of Life.



MODULE 4: EMPOWERMENT AND EMBODIMENT

It is time to come home to your body. A practice of embodiment helps you discover a rich connection to your intuition. Unfortunately, trauma can lead you to feel disconnected, numb, or cut-off from your sensations. When this occurs, you also become disconnected from your intrinsic source of wisdom. Like a personal pilgrimage, an embodiment practices invites you to descend your awareness into your body as an invitation to reconnect to yourself in body and soul. With a trauma-informed approach, you will be guided to cultivate somatic resources of grounding, mindful mobilization, embodied self-protection so that you can ultimately soften your defenses and be nourished by a connection to your innermost self.

In this session, you will receive/discover:

- Discover the 5 stages embodiment to support your journey of trauma recovery.
- Learn the science of embodiment and cultivate your own somatic intelligence to enhance your intuition.
- Experience the power of grounding and embodied self-protection as resources to help you handle ongoing challenges and adversities.
- Explore a guided, mindful-mobilization practice for mind-body health.
- Practice: Embodiment Practice—Joint rotations, Pandiculation, Grounding, and empowering Movements.



MODULE 5: TRANSFORMATION: PLANTING THE SEEDS OF POTENTIAL

Walking a transformational hero's journey invites you to gather your resources as you turn toward the inner work of emotional healing. Your emotions are "energy in motion." They are meant to surge, be fully felt, and then subside. When you remain cut off from your emotions, you might start to feel rigid and constricted or you might feel numb and disconnected. Riding the waves of change isn't always easy, but the end result is that you have an opportunity to feel lighter and discover an increased sense of freedom in body and mind. As a result, it becomes easier to feel positive emotions of joy, pleasure, happiness, or excitement. Most importantly, this process awakens your authentic presence. Set an intention to ride the waves of your inner experiences as set your sails for a journey of self-discovery.

In this session, you will receive/discover:

- Explore your own hero/heroine's journey to facilitate a deeper dive into your own personal history.
- Learn the tools that allow you to safely attend to your emotional burdens.
- Cultivate your allies.
- Discover the transformational practice of self-compassion as the roots that allows for the flowering of your heart.
- Practice: Build your allies.
- Practice: Hero's Journey Art project (need large paper, art supplies).
- Practice: Self-Compassion.

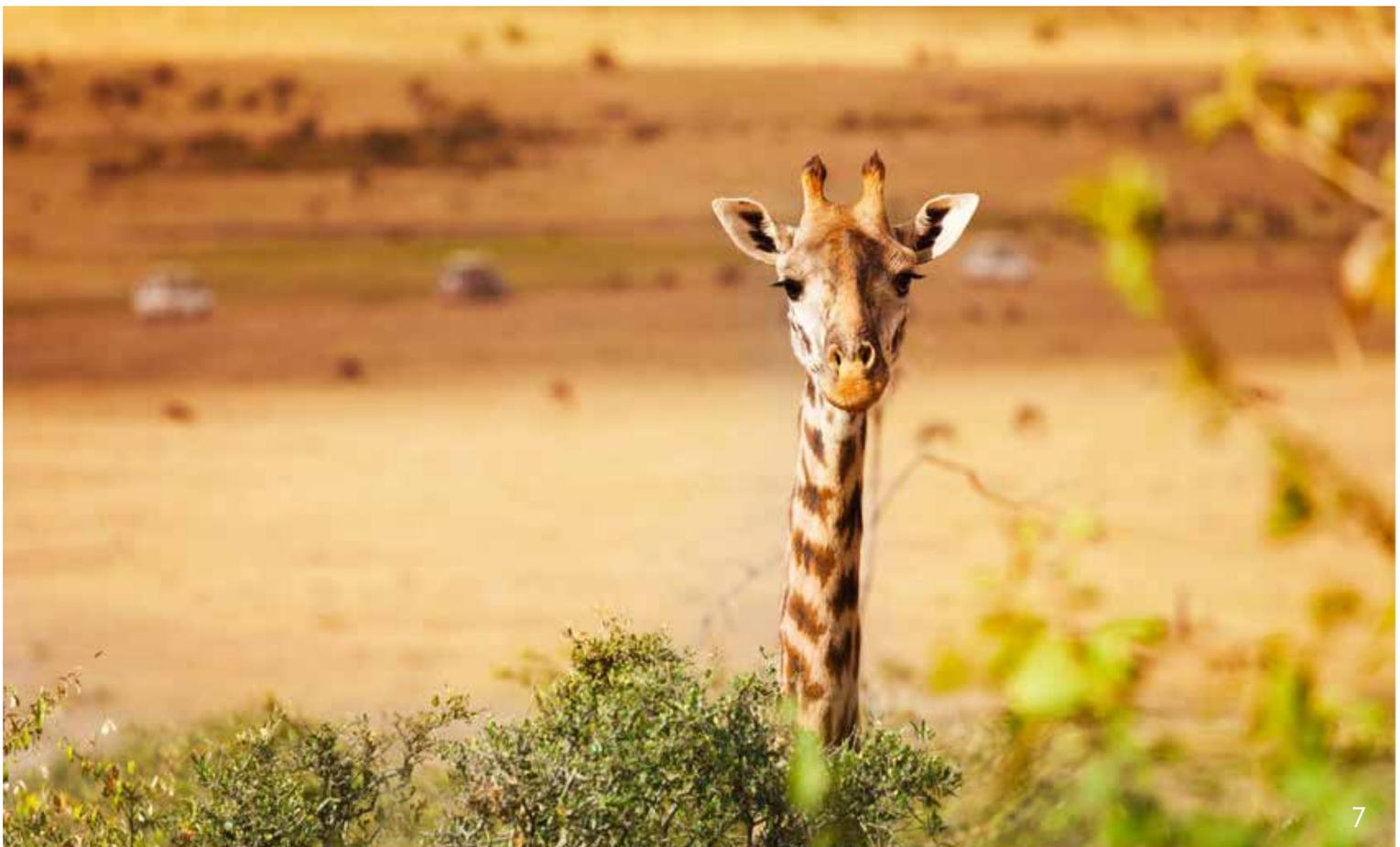


MODULE 6: ALCHEMY: HEALING COLLECTIVE AND INTERGENERATIONAL TRAUMA

When the wounds of one generation remain unresolved, they can be passed on as a legacy. Healing from trauma often invites us to attend not only to our personal wounds, but also to the impact of collective trauma that might linger from events that have impacted our community or our ancestors. Attending to your family history awakens the “ancestor effect” which is a key to your resilience. Any story can either bind you or free you, depending on how it is told. Once you recognize that you are carrying a family legacy, you get to choose how this story ends. You have an opportunity to let go of the burdens of the past. It is time for you to be the best possible version of yourself.

In this session, you will receive/discover:

- Recognize collective trauma and legacy burdens and how this can be carried across generations.
- Cultivate your resilience through the “ancestor effect”.
- Attend to your ancestral lineage as you gather your cultural, and spiritual, and legacy resources.
- Awaken a deep connection to your soul as the seat of a meaningful life.
- Practice: Create Coherence through a generational inquiry (Guided Journaling Practice).
- Practice: Loving Kindness Meditation.



MODULE 7: AWAKENING AND ACTUALIZING: BLOOMING INTO POST-TRAUMATIC GROWTH

The later stages of a hero's journey involve reengaging with the world. You emerge from the inner work of trauma recovery with a deepened understanding of yourself. As you arrive at this point in your transformational journey, you may be sensing that there is a way through to the other side of your pain. The challenge of this stage is to learn to live in two worlds—that is, to maintain a connection to your inner, spiritual self while simultaneously living in the outer world. There is a great maturity in being able to hold the truth that hurtfulness and happiness can coexist around and within you. Moreover, the deep, inner work of healing from trauma eventually allows you to emerge back into the world with your gifts—your unique contributions. Now, you can explore how to bring your gifts into the world in a realistic manner that honors you and supports the world around you. Now it is time for you to create a meaningful, vision for the future.

In this session, you will receive/discover:

- Receive valuable information and practices that enhance self-actualization and self-transcendence.
- Discover your unique gifts for the world because we become more human when we focus on loving another person or serving a cause that is greater than ourselves.
- Explore your passion and your purpose to ignite a meaningful life.
- Write your personal manifesto that will serve as a reflection of your deepest self.
- Practice: Write your Personal Manifesto (guided Therapeutic journaling).

NB: Therapeutic Yoga for Trauma practices will be integrated throughout the program.



TESTIMONIALS:

"Finally, the course I have been waiting for, the culmination of decades (from 1974), of work, study, growth in understanding and treatment of complex trauma. Arielle is a master teacher bringing state of the art knowledge and skills together with deep caring and compassion."

Patricia T, course participant

"This course is a gold mine of tools for healing. I am so happy to have these materials to comeback to over time to help integrate the work from each session to continue my healing journey. The Deepening Practices and journaling exercises are something I will continue to work with. I love that there are so many opportunities for growth with these valuable tools that will continue to shift my story from trauma, to a story of growth, and healing, helping me to share my gifts in this world."

Karen L., Course Participant

"There were many insights gained from Arielle and this program, though the most helpful is having a proven and easy-to-understand post-traumatic growth framework, including specific healing practices, that I can use with myself and my clients navigating grief and loss."

Kimberley, course participant

"There was a profound sense of 'being held' throughout the course, and a vital sense of community created through Arielle's wisdom and loving embrace."

Jaime, T. Cape Town, South Africa, Course participant

"I have tools to help bring my nervous system into balance and be calm much more of my time! Thank you - I feel hope!"

Donna M, B.C. Canada, course participant

"There are too many shifts to mention - the course was truly amazing. One of the best i've ever done."

Ann B, UK Course participant

"Arielle's presence creates such warmth and safety for me. That experience alone is so very valuable as I heal from PTSD. The vagal toning exercises she taught will be finding their way into daily practice for me."

Anonymous, course participant

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“Embodiment practices and the health of the nervous system are key components of contemporary psychology and physical well-being. Dr. Arielle Schwartz does it all well. She is a brilliant cartographer of the nervous system and she shows us, through her deft integration of ancient yoga practices and contemporary polyvagal theory, that choice and safety can be cultivated through embodied breath, conscious movement, and stillness. There are many wise clinical that I regularly use with my patients to soothe trauma imprints, which so often show up as neurologic patterns such as cognitive decline or chronic illness. One of the root causes of trauma is disconnection, and Arielle shows us how to reconnect with ourselves and with each other, even more so if you have the opportunity to practice trauma-informed yoga with her. How fortunate we all are that Arielle shares her highly evolved mastery with us as a path to waking up and healing the nervous system of the world.”

Ilene Naomi Rusk, PhD, clinical psychologist, neuropsychologist, and director of the Healthy Brain Program at the Brain and Behavior Clinic, course participant and assistant

“Trauma: a tale as old as human life on this planet. Over thousands of years, many powerful healing modalities have emerged to guide people back to an experience of wholeness. Therapeutic Yoga for Trauma Recovery brilliantly illuminates these modalities by weaving together major systems of trauma recovery: yoga, embodiment, and polyvagal theory. Dr. Schwartz offers an empowering holistic guide to reclaiming your deepest sense of belonging: to yourself, to others, and the world around you. I highly recommend this book for those currently on their personal journey, as well as anyone working as a practitioner.”

Scott Lyons, founder of The Embody Lab, Course host

“There were many insights gained from Arielle and this program, though the most helpful is having a proven and easy-to-understand post-traumatic growth framework, including specific healing practices, that I can use with myself and my clients navigating grief and loss.”

Anonymous, course participant

“There was a profound sense of 'being held' throughout the course, and a vital sense of community created through Arielle's wisdom and loving embrace.”

Anonymous, course participant