



## **Course: resilience and post-traumatic growth: an integrative mind-body approach to trauma recovery**

**Address:** <https://asadis.net/en/course/resilience-and-post-traumatic-growth-an-integrative-mind-body-approach-to-trauma-recovery/>

**Duration:** 3h

**Type of course:** Continuing education

**Location:** Online course

**Individual price:** \$120.00

### **Overview:**

#### **Learning objectives:**

1. Identify the psychological factors associated with resilience after trauma exposure
2. Describe how to enhance neuroplasticity within trauma treatment
3. Recognize physiological markers of resilience and how is related to both physical and mental health
4. Understand the markers of post-traumatic growth

#### **Learning material:**

A theoretical course illustrated with clinical examples. This course consists of videos of 5 to 15 minutes each. The course PowerPoint is available for download.

**Audience:** This course is intended for all mental health professionals.

#### **The expert**

Renowned speaker, author, and esteemed clinical psychologist, Dr. Arielle Schwartz has been widely recognized for her research and clinical advancements in trauma treatment, which have shaped the landscape of trauma recovery and elevated the standard of care all across therapeutic settings. Dr. Schwartz promotes a strength-based, embodied approach to trauma recovery that emphasizes self-driven healing to facilitate post-traumatic growth. Drawing on the principles of EMDR, somatic psychology, mindfulness-based therapies, and relational psychotherapy, she developed Resilience Informed Therapy—an integrative model

of care for facilitating recovery from childhood trauma, PTSD, complex-PTSD and Dissociation. Dr. Schwartz has been teaching therapeutic yoga since 2008, and she is the author of *Therapeutic Yoga for Trauma Recovery*, a widely referenced guide to applied Polyvagal Theory for trauma recovery. She has also authored numerous books covering extensive research and guiding techniques in trauma treatment.

## **Syllabus**

Introduction

### Understanding Trauma and Resilience

Defining Trauma

Defining Resilience and Post-Traumatic Growth

Factors of Resilience

Resilience-Informed Therapy

Neuroplasticity and the 6 Rs of Neuropsychotherapy

Applied Polyvagal Theory and Trauma Recovery

The Vagus Nerve and Polyvagal Theory

The Social Engagement System and the Tiered Response to Threat

### The 6 Rs: A Clinical Framework for Trauma Recovery

Relating

Resourcing

Resourcing: Practice Exercises

Repatterning: Embodiment and the Body-Mind Connection

Repatterning: Fascia, the Vagus Nerve, and the Psoas

Repatterning: Posture, Movement, and Somatic Interventions

Reprocessing

Reflecting

Resilience

Conclusion

PowerPoint

## **Evaluation:**

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

**Access timeline:** Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

**Accessibility support:** This training is offered as a pre-recorded video format, without subtitles. If you have a disability, we can provide an adapted alternative (technical assistance for viewing or individual supervision).

For any request, please contact our disability coordinator at the following address: [contact@asadis.net](mailto:contact@asadis.net)

**Questions?** Feel free to contact us at [contact@asadis.net](mailto:contact@asadis.net)