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:
Trauma reshapes the nervous system to perceive ongoing threat even when danger has passed. The very mechanisms designed for survival—heightened vigilance, defensive mobilization, protective shutdown—can trap clients in patterns that prevent recovery. This creates a clinical paradox: healing requires engaging the system that learned to stay dysregulated.

This training equips mental health professionals with an integrative framework for trauma recovery grounded in polyvagal theory, neuroplasticity research, and somatic psychology. Drawing on Dr. Arielle Schwartz's Resilience-Informed Therapy model, the course bridges neuroscience and somatic-grounded clinical practice. The focus extends beyond symptom reduction to facilitating post-traumatic growth—the capacity to find meaning, strength, and renewed purpose after adversity.

The training will help you develop applied competencies along four axes: deepening understanding of neuroception and how the autonomic nervous system detects threat below conscious awareness; assessing and strengthening vagal tone through heart rate variability as a measurable resilience marker; integrating the 6 Rs framework — relating, resourcing, repatterning, reprocessing, reflecting, and resilience building — into clinical work; and implementing evidence-based vagal stimulation techniques such as breathwork, somatic interventions, and compassion practices.

Clinical applications address both psychological and physiological dimensions of recovery. The course clarifies how narrative follows nervous system state, informing when to work with cognition versus regulation.

Techniques support clients in moving from freeze, flight, or fight responses toward social engagement. Co-regulation strategies enhance therapeutic alliance, the strongest predictor of meaningful change in complex PTSD. The model integrates EMDR, parts work, and third-wave CBT approaches within a coherent treatment framework.

These skills translate directly to clinical effectiveness with trauma presentations. Practitioners gain precision in matching interventions to autonomic state. Assessment becomes more nuanced through attention to physiological markers alongside subjective report. The framework supports treatment planning that addresses both stabilization and growth, helping clients not only recover but discover capacities they didn't know they possessed.

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

Dr. Arielle Schwartz is a clinical psychologist and leading authority on integrative trauma treatment. She developed Resilience-Informed Therapy, a comprehensive model combining EMDR, somatic psychology, polyvagal theory, and mindfulness-based approaches for treating childhood trauma, PTSD, complex PTSD, and dissociation.

Dr. Schwartz has taught therapeutic yoga for trauma recovery since 2008 and authored multiple influential books including Therapeutic Yoga for Trauma Recovery, a widely referenced guide to applied polyvagal theory. Her work emphasizes strength-based, embodied approaches that facilitate post-traumatic growth rather than merely symptom reduction.

As an internationally recognized speaker and trainer, Dr. Schwartz has shaped modern trauma treatment standards across clinical settings. Her research and clinical innovations have elevated care quality by bridging neuroscience with practical therapeutic interventions. She integrates relational psychotherapy, interpersonal neurobiology, parts work, and third-wave CBT approaches within coherent treatment frameworks that address both psychological and physiological dimensions of recovery.

Dr. Schwartz's clinical approach emphasizes self-driven healing, helping clients discover capacities for meaning, strength, and renewed purpose after adversity.

Syllabus

PowerPoint

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

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).

Questions? Feel free to contact us at *contact@asadis.net*