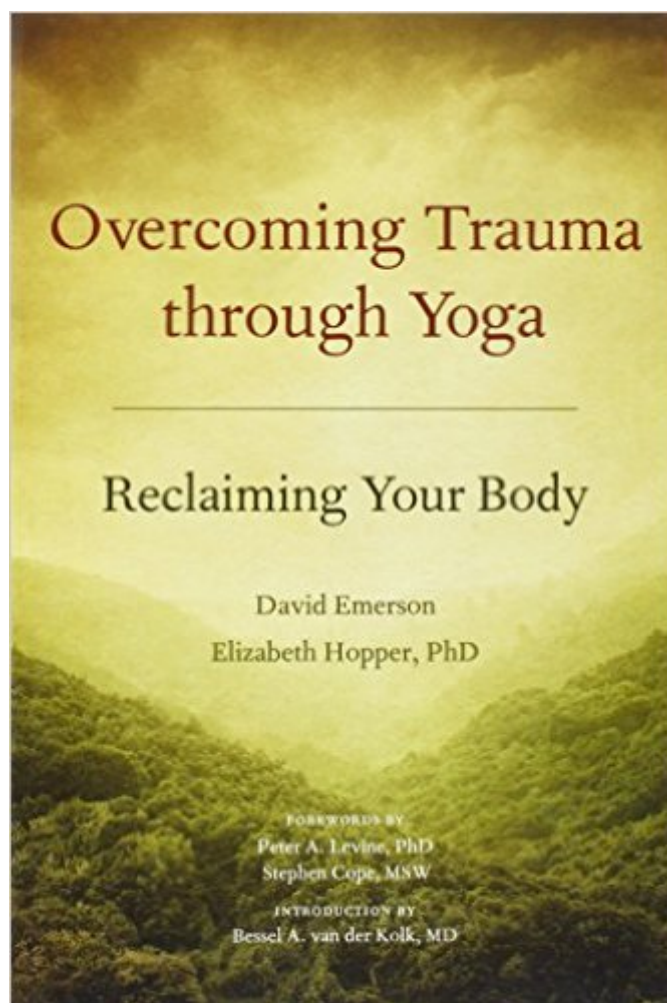


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# Overcoming Trauma Through Yoga: Reclaiming Your Body



## Synopsis

Survivors of trauma—whether abuse, accidents, or war—can end up profoundly wounded, betrayed by their bodies that failed to get them to safety and that are a source of pain. In order to fully heal from trauma, a connection must be made with oneself, including one's body. The trauma-sensitive yoga described in this book moves beyond traditional talk therapies that focus on the mind, by bringing the body actively into the healing process. This allows trauma survivors to cultivate a more positive relationship to their body through gentle breath, mindfulness, and movement practices. *Overcoming Trauma through Yoga* is a book for survivors, clinicians, and yoga instructors who are interested in mind/body healing. It introduces trauma-sensitive yoga, a modified approach to yoga developed in collaboration between yoga teachers and clinicians at the Trauma Center at Justice Resource Institute, led by yoga teacher David Emerson, along with medical doctor Bessel van der Kolk. The book begins with an in-depth description of trauma and post-traumatic stress disorder (PTSD), including a description of how trauma is held in the body and the need for body-based treatment. It offers a brief history of yoga, describes various styles of yoga commonly found in Western practice, and identifies four key themes of trauma-sensitive yoga. Chair-based exercises are described that can be incorporated into individual or group therapy, targeting specific treatment goals, and modifications are offered for mat-based yoga classes. Each exercise includes trauma-sensitive language to introduce the practice, as well as photographs to illustrate the poses. The practices have been offered to a wide range of individuals and groups, including men and women, teens, returning veterans, and others. Rounded out by valuable quotes and case stories, the book presents mindfulness, breathing, and yoga exercises that can be used by home practitioners, yoga teachers, and therapists as a way to cultivate awareness, tolerance, and an increased acceptance of the self.

## Book Information

Paperback: 184 pages

Publisher: North Atlantic Books; 1 edition (April 19, 2011)

Language: English

ISBN-10: 1556439695

ISBN-13: 978-1556439698

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (79 customer reviews)

Best Sellers Rank: #38,785 in Books (See Top 100 in Books) #45 in Books > Health, Fitness & Dieting > Mental Health > Post-traumatic Stress Disorder #69 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #95 in Books > Medical Books > Psychology > Neuropsychology

## Customer Reviews

Overcoming Trauma through Yoga: Reclaiming Your Body by David Emerson and Elizabeth Hopper, PhD Reviewed by Dawn Hamilton, LFYP - 2 This concise book is a helpful and uplifting reference work for clinicians, yoga teachers as well as survivors of trauma. As a LifeForce Yoga Practitioner, I can say that the book is completely aligned with the compassionate guidance I received at LFYP training. Using recent discoveries in neuroscience as well as their own clinical experience at The Trauma Center, the authors clearly demonstrate that yoga, when adapted to the unique sensitivities of trauma survivors, can help them manage the debilitating onset of triggers in their daily lives, assisting them forward on their healing journey. Emerson and Hopper provide a good framework for understanding the deep impact of trauma on the entire human being, with profound and compassionate descriptions of PTSD and trauma. The book includes an informative history of the treatment of people affected by various forms of trauma, whether it be war, abuse, violence or accident, and the evolution of that treatment. They reveal new scientific research which shows our sense of selves is deeply anchored in a vital connection with our bodies. This tells us the wounds of trauma are held deep within the human body, and therefore to fully heal, treatment must include somatic elements. The intrinsic mind/body connection of yoga provides the practitioner with the vital link between wounds stuck inside the body and the deep healing needed. The authors do an excellent job distinguishing specific needs of trauma-sensitive yoga practitioners from other yogis by sharing case studies of trauma survivors bravely attending classes.

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