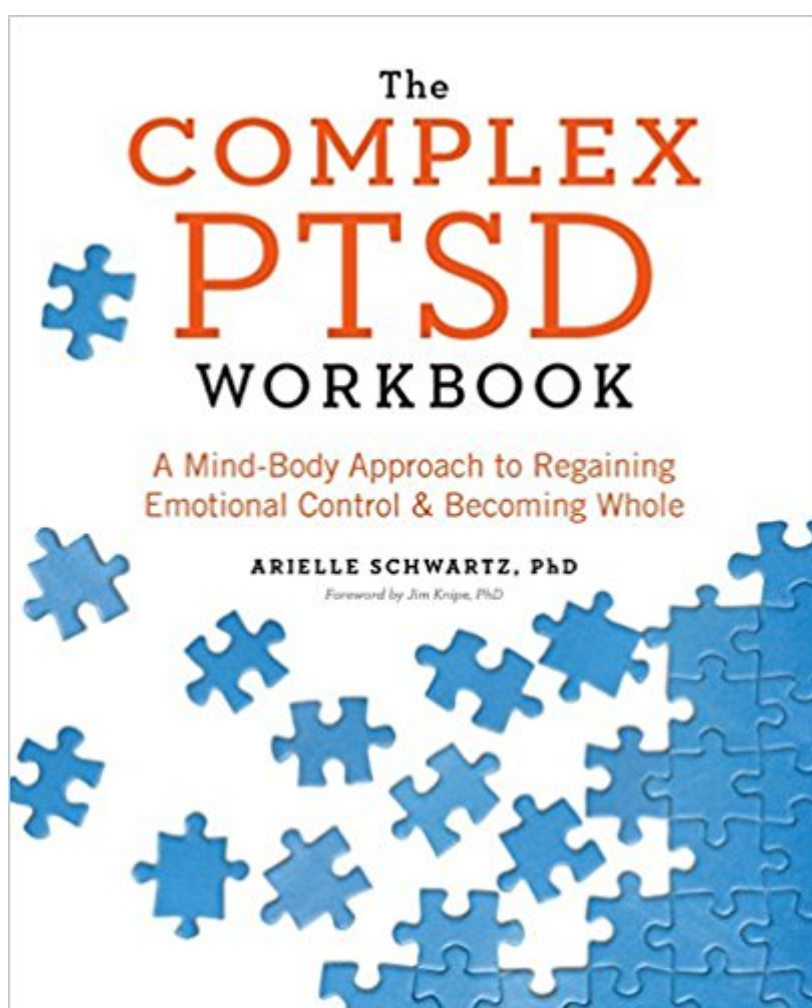


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# The Complex PTSD Workbook: A Mind-Body Approach To Regaining Emotional Control And Becoming Whole



## Synopsis

“This book is a valuable resource for all those affected by complex PTSD, allowing them to be informed and active as partners in the therapeutic healing process.”

—Jim Knipe, PhD, author of *EMDR Toolbox: Theory and Treatment of Complex PTSD and Dissociation*

Those affected by complex PTSD commonly feel as though there is something fundamentally wrong with them that somewhere inside there is a part of them that needs to be fixed. Though untrue, such beliefs can feel extremely real and frightening. Difficult as it may be, facing one’s PTSD from unresolved childhood trauma is a brave, courageous act and with the right guidance, healing from PTSD is possible.

Clinical psychologist Dr. Arielle Schwartz has spent years helping those with C-PTSD find their way to wholeness. She also knows the territory of the healing firsthand, having walked it herself. This book provides a map to the complicated, and often overwhelming, terrain of C-PTSD with Dr. Schwartz’s knowledgeable guidance helping you find your way. In *The Complex PTSD Workbook*, you’ll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors.

Useful features of *The Complex PTSD Workbook* include:

- Examples and exercises through which you’ll discover your own instances of trauma through relating to PTSD experiences other than your own, such as the following:  
[Example] Diane was very skilled at avoiding dealing with her traumatic past. To survive, she had learned to bury her painful feelings and memories, preferring not to talk about her childhood. It simply hurt too much.  
[Exercise] In what ways can you relate to Diane’s story? Take some time to write down any associations you have.
- Information about common PTSD misdiagnoses such as bipolar disorder, ADHD, anxiety disorders, major depressive disorder, and substance abuse, among others.
- Explorations of common methods of PTSD therapy including somatic therapy, EMDR, CBT, DBT, and mind-body perspectives.
- Chapter takeaways that encourage thoughtful consideration and writing to explore how you feel as you review the material presented in relation to your PTSD symptoms.

## Book Information

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## Customer Reviews

“This is a practical guide for all those who have experienced childhood trauma. Drawing upon her extensive practice as a body-centered psychotherapist, Dr. Schwartz has created a self-care plan that includes reflective questions and easy to use mindfulness exercises that can be implemented immediately.”  
—Barb Maiberger, author of EMDR Essentials: A Guide for Clients and Therapists and founder of the Maiberger Institute, an EMDRIA-approved provider of EMDR Trainings  
“Dr. Arielle Schwartz combines simplicity, compassion, humility, and deep knowledge of the field in this book for sufferers of Complex PTSD. The Complex PTSD Workbook is an immensely useful guide to negotiating the turbulent waters of this all too common human malady.”  
—Betty Cannon, Ph.D., author of Sartre and Psychoanalysis and Founder of Applied Existential Psychotherapy (AEP)  
“I highly recommend this book to anyone who struggles with childhood trauma and neglect, and their painful aftermath. Step-by-step, you will find rich resources to help yourself on your journey to wholeness. Therapists who work with both mind and body will also find this a welcoming and integrative book.”  
—Kathy Steele, MN, CS, private practice and co-author of Treating Trauma-related Dissociation, Coping with Trauma-Related Dissociation, and The Haunted Self  
“The Complex PTSD Workbook offers powerful somatic therapy tools for deep healing, complemented by mindfulness strategies to increase stabilization and enhance overall wellbeing. Dr. Schwartz’s emphasis on finding wholeness will strengthen your resilience wherever you are in your life.”  
—Donna Roe Daniell, LCSW, Balance Your Life Coaching & Psychotherapy, creator of the “Midlife Transition Healing Wave” and toolbox for Women in Midlife Transitions  
“Those who suffer from traumatic stress sometimes find beginning a personal practice intimidating. The Complex PTSD Workbook, with Dr. Arielle Schwartz as a compassionate guide, helps readers create a personal practice using yoga and mindfulness in the service of

healing trauma. — Rob Schwart, Executive Director, The Give Back Yoga Foundation — “Healing from trauma is a profound process, one that undoubtedly involves confronting outstanding pain and suffering. In this book, Dr. Arielle Schwartz offers a unique emphasis on resilience and growth as related to Complex PTSD by providing a profoundly supportive and essential method for healing from trauma and grief. — Wendy Stern, Founder and Executive Director, The Grief Support Network — “This is a comprehensive and usable guide to understanding and transforming complex trauma. Through relatable vignettes, The Complex PTSD Workbook explores trauma and treatment methods in accessible language suited for everyday use. Readers are invited to use journaling and self-reflection exercises to review and integrate what they’ve learned, so that the journey through the workbook is not only informational but experientially relevant as well. — J. Ryan Kennedy, PsyD, Executive Director, Noeticus Counseling Center and Training Institute

ARIELLE SCHWARTZ, PHD is a licensed clinical psychologist, EMDR therapy consultant, and certified yoga instructor with a private practice in Boulder, Colorado. She earned her masters in somatic psychology through Naropa University and her doctorate in clinical psychology at Fielding Graduate University. Her strength-based approach to psychotherapy is called Resilience Informed Therapy, which integrates a mind-body approach to healing. She is a core teacher with the Maiberger Institute, offering therapist trainings in EMDR therapy and somatic psychology. She specializes in PTSD, complex PTSD, grief and loss, resilience in child development, therapeutic yoga, and healing chronic pain and illness. She believes all people deserve to be empowered by knowledge and is dedicated to offering informational mental health and wellness updates through her heartfelt community presentations, social media presence, and blog.

Dr. Schwartz’s book offers a golden thread of hope to help guide individuals through healing from childhood trauma. Individuals struggling with C-PTSD often have spent much of their lives shrouded in fear, isolation, anxiety, depression, and hopelessness. If I had to pick one key takeaway from this workbook, it would be validation. Through accessible education, affirmation, and gentle prompts toward self-exploration, Dr. Schwartz validates the often confusing and overwhelming experience of those that who have experienced childhood trauma and empowers them to take part in their healing. For the professional, Dr. Schwartz’s workbook could be considered a physical manifestation of the hope that we hold for our clients in their most troublesome of times. It is a guide that provides concrete information about the etiology, symptoms,

possible barriers, and pathways to healing from C-PTSD. Dr. Schwartz's warmth and compassion are evident in her writing, offering an extension of the healing relationship experienced in the therapist's office. Aesthetically, this workbook is different from what you might expect from a self-help workbook. The cover has a lovely softness that invites you to hold it in your hands and just notice. The size of this workbook is smaller than the usual 8.5 x 11 where you might feel compelled to sit at a desk and "do your homework." Rather, Dr. Schwartz's book feels more like a book that you might curl up with on the couch, along with your favorite pen, to reflect at the end of chapters and note the passages that resonate with your experience. Each chapter begins with an image, a window into nature, a place of simple but profound beauty. Brief passages of wisdom and reassurance are easily accessible by just flipping through the book and noticing the orange text near your fingertips. Passages in blue text convey the real experiences of individuals healing from C-PTSD and thus, reminding the reader that they are not, in fact, alone. This workbook is empowering and a companion for individuals who have experienced childhood trauma, a comprehensive overview for those interested in understanding more about C-PTSD, and a valuable tool for professionals to share with their clients as they partner on the journey toward healing from C-PTSD.

Very helpful

very helpful

Good info on a tough topic

Excellent and thought provoking. Lots to learn helpful.

Comprehensive explanation and treatment of complex PTSD. Useful for clients and clinicians.

this book is giving me much needed hope

This is a great book for therapists who work with trauma clients!

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