Dr. Arielle Schwartz, PhD

Resilience Informed Therapy

Introduction

Arielle Schwartz, PhD, is a clinical psychologist, internationally sought-out teacher, yoga instructor, and leading voice in the healing of PTSD and complex trauma. For over twenty years, Dr. Schwartz has guided therapists in the application of EMDR, somatic psychology, parts work therapy, and applied polyvagal theory interventions for the treatment of trauma.

Dr. Arielle Schwartz brings a depth of understanding, compassion, and a succinct way of speaking about complex topics to make trauma recovery and post-traumatic growth more accessible for practitioners and the general public alike.

Dr. Schwartz maintains a busy speaking schedule and is generally booked 3–12 months in advance. Because of this, we recommend a minimum of 3 months booking notice for short interviews and other online media engagements, and a minimum of 6 months notice for in-person events.

To inquire about having Dr. Schwartz speak at your event or organization, please complete the form here.

Topics

- Applied Polyvagal Theory
- Therapeutic Yoga for Trauma
- Somatic EMDR Therapy
- Integrative Mind Body Approach for Trauma Treatment & Complex PTSD Recovery
- Post Traumatic Growth

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Full Biography

Arielle Schwartz, PhD, CCTP-II, E-RYT, is a licensed clinical psychologist, author, mother, and wife with a private practice in Boulder, Colorado. She is a certified complex trauma professional, EMDR Consultant, and Kripalu yoga teacher. She is an internationally sought-out teacher and leading voice in the field of trauma recovery and the author of seven books including The Complex PTSD Workbook, EMDR Therapy and Somatic Psychology, The Post-Traumatic Growth Guidebook, and her latest Applied Polyvagal Theory in Yoga. She is dedicated to offering informational mental health and wellness updates through her writing, public speaking, social media presence, and blog. As the founder of the Center for Resilience Informed Therapy, she offers an integrative, mind-body approach to therapy that includes relational therapy, somatic psychology, EMDR Therapy, parts-work therapy, and therapeutic yoga for trauma. She specializes in applied polyvagal theory which focuses on addressing imbalances within the autonomic nervous system that underlie mental and physical health symptoms. Dr. Schwartz has a passion for hiking in nature combined with her love of photography. She believes that the journey of trauma recovery is an awakening of the spiritual heart. Learn more about Arielle at www.drarielleschwartz.com.

Short Biography

Dr. Arielle Schwartz is a clinical psychologist, internationally sought-out teacher, and leading voice in the healing of trauma. She is an internationally sought-out teacher, leading voice in the field of trauma recovery, and author of seven books including The Complex PTSD Workbook, The Post-Traumatic Growth Guidebook, and Applied Polyvagal Theory in Yoga. As the founder of the Center for Resilience Informed Therapy, she offers a mind-body approach to therapy for trauma and informational mental health and wellness updates through her writing, public speaking, social media presence, and blog. She believes that the journey of trauma recovery is an awakening of the spiritual heart.

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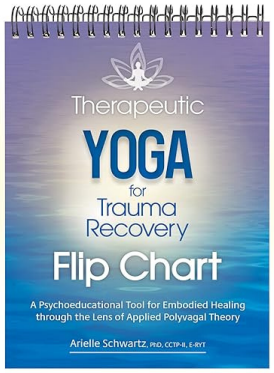
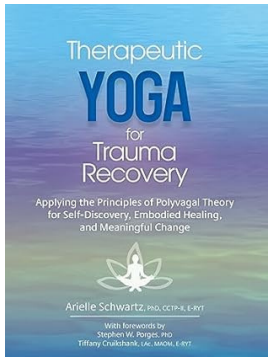
List of Talks

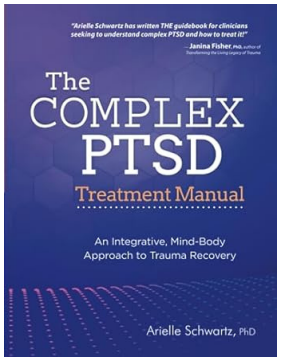
- EMDR and Somatic Psychology
- EMDR and Parts Work
- Treating Complex PTSD: Integrative Techniques for Dissociation, Fragmentation, and Somatization Symptoms
- Somatic Psychology Skills for Childhood Sexual Abuse Trauma: A Resilience Informed Approach
- Resilience Informed Therapy
- Applied Polyvagal Theory in Somatic Psychology: An Embodied Approach to Trauma Recovery
- Applied Polyvagal Theory in Yoga
- Vagal Toning
- Beyond Trauma: A Guided Journey of Resilience, Hope and Growth
- Post-Traumatic Growth: Mind-Body Tools to Foster Resilience and Awaken to your Potential
- Intergenerational Trauma and Ancestral Resilience

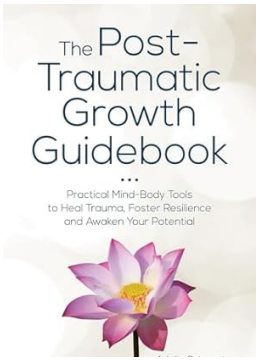
Recent Audiences

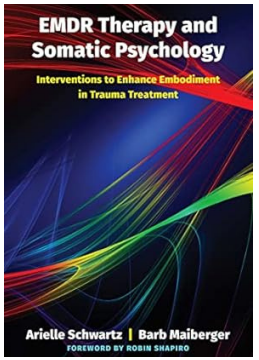
Books By Dr. Arielle Schwartz

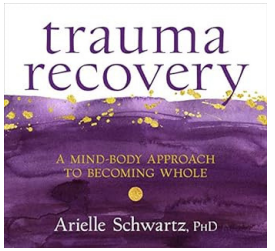


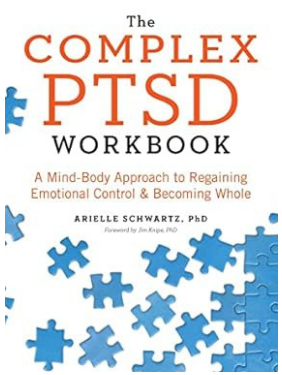


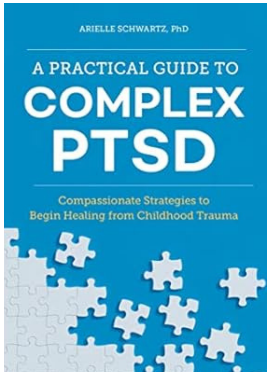


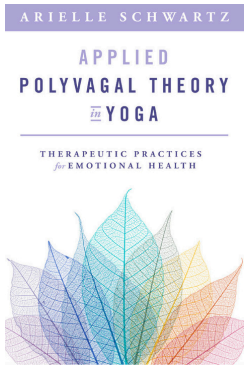


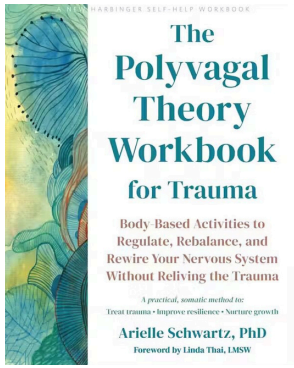


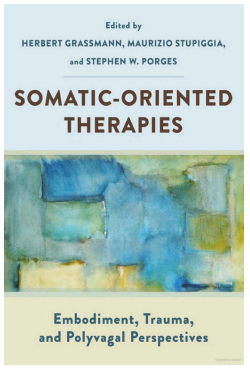


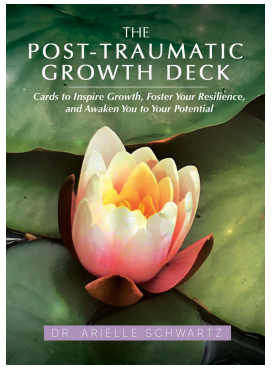












Learn More About Dr. Schwartz's Books

Testimonials

Dr. Arielle is an amazing teacher! Having experienced trauma and grief in my past, she offered new, practical and gentle practices along with her kind understanding, vulnerability and intelligence. Thank you for this wonderful program!

— Cecelia, Castle Rock, Colorado

Dr Schwartz, I want to take a moment to express my gratitude for your study and compassion, and for making your yoga videos readily accessible. Incorporating this practice into my existing healing program is yielding tremendous benefits in my post-traumatic growth and I am so appreciative. If you ever have doubts as to the value of your purpose, let me stand in testimony to the fact that you are making a profound contribution to my healing.

— Maggie

“Dr. Schwartz creates space in the truest sense of the word - room to breathe, room to grow, and room for curiosity and compassion. Spending the last two years in her EMDR consultation group has been life-changing for me personally and professionally. I am grateful to experience her leadership, immense knowledge of the impact of trauma, and most importantly, how to walk alongside my clients toward healing while caring for myself.”

— Mark Strubler, MA, LPC EMDR Consultant-in-Training

“Learning from Arielle as my consultant, has had a profound impact on my work with clients. Her integrative approach has increased my skill level and confidence a hundred-fold. I now work effectively with highly traumatized and dissociative clients in safe and transformative ways while also feeling internally resourced as a clinician. Thank you, Arielle!”

— Karee Powers, MSW, LCSW

“Arielle has many talents and gifts, notably her depth of knowledge regarding trauma and its most up-to-date treatments. Her biggest gift is her heart which she brings to every consultation, supporting and guiding towards the best solution for the clinician and the client. I cannot recommend her highly enough.”

— Paula Schild, PhD

Contact

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If you have submitted a Speaker Request and have additional questions not addressed in the Media Kit or FAQs, contact info@drarielleschwartz.com.

Speaking Fees

- $1500 per hour*
- $5000 per day*

*Dr. Schwartz is able to provide a limited number of pro bono services each year to organizations and programs that feel in alignment with her values and expertise. Submit a Speaker Request to learn more.