

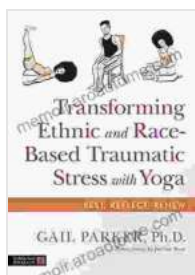
Transforming Ethnic and Race-Based Traumatic Stress with Yoga

A Comprehensive Guide to Healing and Empowerment

This groundbreaking book offers a comprehensive guide to understanding and healing the unique experiences of ethnic and race-based traumatic stress using yoga and mindfulness techniques. Written by a diverse group of experts in the field, the book provides practical tools and strategies for both individuals and professionals.

What is Ethnic and Race-Based Traumatic Stress?

Ethnic and race-based traumatic stress (ERBTS) is a type of trauma that results from experiences of racism, discrimination, and other forms of oppression. ERBTS can have a profound impact on mental health, physical health, and overall well-being.



Transforming Ethnic and Race-Based Traumatic Stress with Yoga by Gail Parker

★★★★☆ 4.9 out of 5

Language : English
File size : 17819 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 142 pages

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ERBTS can manifest in a variety of ways, including:

- Anxiety
- Depression
- Post-traumatic stress disorder (PTSD)
- Substance abuse
- Eating disorders
- Chronic pain
- Sleep problems

How Yoga Can Help Heal ERBTS

Yoga is a mind-body practice that has been shown to have numerous benefits for mental health, including reducing stress, anxiety, and depression. Yoga can also help to improve sleep, increase self-awareness, and promote a sense of well-being.

Yoga can be particularly helpful for healing ERBTS because it can provide a safe and supportive space for individuals to process their experiences and emotions. Yoga can also help to build resilience, which is essential for overcoming trauma.

What This Book Offers

This book offers a comprehensive guide to using yoga to heal ERBTS. The book includes:

- An overview of ERBTS, including symptoms, causes, and risk factors

- A discussion of the benefits of yoga for healing ERBTS
- Step-by-step instructions for yoga poses, breathing exercises, and meditations
- Stories from individuals who have used yoga to heal ERBTS
- Tips for professionals on how to provide trauma-informed care to clients who have experienced ERBTS

Who This Book Is For

This book is for anyone who has experienced ERBTS and is looking for a way to heal. The book is also for professionals who work with individuals who have experienced ERBTS, such as therapists, counselors, and social workers.

About the Authors

The authors of this book are a diverse group of experts in the field of ERBTS and yoga. The authors include:

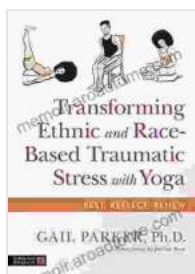
- Dr. Thema Bryant-Davis, a licensed psychologist and Associate Professor of Psychology at Pepperdine University
- Dr. Gail Parker, a licensed clinical psychologist and Associate Professor of Clinical Psychology at the University of California, Berkeley
- Dr. Michelle P. Maiden, a licensed clinical psychologist and Assistant Professor of Psychiatry and Behavioral Sciences at the University of Washington

- Dr. Ruth O. Carter, a licensed clinical psychologist and Assistant Professor of Psychology at the University of Illinois at Chicago
- Dr. Chandra Ghosh Ippen, a certified yoga therapist and Assistant Professor of Kinesiology at the University of Maryland

Free Download Your Copy Today

To Free Download your copy of *Transforming Ethnic and Race-Based Traumatic Stress with Yoga*, please visit our website.

This book is a powerful tool for healing and empowerment. It is a must-read for anyone who has experienced ERBTS or who works with individuals who have experienced ERBTS.



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