

Venue:	Doody's Book Review Service
Title:	Book Review: Trauma healing in the yoga zone: a guide for mental health professionals, yoga therapists and teachers, Joann Lutz
Date:	2021
Type:	Book Review
Author(s)/ Presenter(s):	Barbara Gosse
Abstract (or Book Review):	<p>Description</p> <p>This book thoroughly describes the brain's function and sympathetic/parasympathetic responses to trauma. It is structured in a way that teaches therapists, yoga instructors, educators, and practitioners of natural medicine through a process of assessing and guiding their clients/patients into a natural process along their healing path of trauma.</p> <p>Purpose</p> <p>This book is a guide for practitioners working with clients/patients experiencing a history of trauma. It introduces natural tools and techniques using yoga practices to assess, teach, and guide the client/patient to identify and practice techniques that aid in their healing, growth, and development. The book is a welcome and needed set of tools that can empower the client/patient to take an active role in their health. The inclusion of brain function along with the articulate descriptions of yoga poses does a comprehensive job of meeting the objectives of providing a natural option to one's health.</p> <p>Audience</p> <p>The book is written for all practitioners who have an interest in building natural tools to help guide their clients/patients to health. The author gives a warm and comprehensive process guiding practitioners through assessing and teaching their clients/patients natural tools to aid in healing psychological trauma. She is both a psychotherapist and yoga instructor. These combined skills provide highly credible skill sets for training practitioners in providing natural options of care.</p> <p>Features</p> <p>The beginning of the book describes the biochemical effects of trauma and gracefully weaves the historical concepts of yoga poses to help intervene in the sympathetic/parasympathetic responses to trauma. The author provides a complete guide to assessing the yoga poses along with the potential cautions of the individual poses for a particular</p>

individual's case. The book introduces gentle to complex poses and provides both clear images as well as articulate descriptions of how and when to use a particular pose or series of poses. The book is comprehensive, and the author properly cautions practitioners on its use. My only concern might be a practitioner assuming they are versed at assessing an individual's trauma experience and provide incorrect recommendations. This is not the fault of the author, but rather the over simplified assumptions of a practitioner.

Assessment

This is a great introduction to guiding clients/patients and practitioners through the science of brain function as it relates to trauma, as well as introducing applicable ancient yoga concepts and practices to modern science. The book is well thought through. It is one of very few sources that incorporates both science and historical practices to augment healing.