

In Chapter 5 of our recently published book *Sensory Pathways to Healing from Trauma: Harnessing the Brain's Capacity for Change*, we explore the often-overlooked and underestimated vestibular system to answer this question:

Why and how is the sensory experience of balance critical in shaping how safe an individual feels in the world?

Here is what you will learn →

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In this chapter, we discuss with you:

1. What is the vestibular system, and how is it impacted by trauma?
2. Why is it important to incorporate knowledge of the vestibular system - and its impact on feelings of safety and balance- in trauma treatment?
3. What are two treatments that address differences in vestibular processing in therapy?

To apply this in practice, you will learn:



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In this chapter, we offer some **vestibular exercises** that you can do with your clients.

We also answer these questions:

1. What PTSD symptoms could improve by working through the vestibular system?
2. What types of vestibular exercises could you recommend for different nervous system states?
3. How can you identify what types of vestibular-based activities might be helpful for a given client?
4. How can you start integrating vestibular input into your therapy practice?

Interested in learning more?



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You can explore more in the book
Sensory Pathways to Healing from Trauma:
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