

Trauma Video Suggestions - HRV, SE, TRE
Heart Rate Variability, Somatic Experiencing &
Trauma/ Tension Release Exercises

Relevance graded by A, B, C

Copy and paste address to view if link does not work

A <https://www.youtube.com/watch?v=9nwFUKuJSE0>

HRV Training and its importance - Richard Geviertz, Ph.D. Pioneer in HRV Research & Training

A <https://www.youtube.com/watch?v=IR0cV9vOIRM&list=PL71071B2B21986B4C>

Trauma Therapy- Treating PTSD

A <https://www.youtube.com/watch?v=SIZVJ1RrphU>

2014 Merle Jordan Conference- Dr. Bessel van der Kolk

A <https://www.youtube.com/watch?v=XU91BhcPqnM>

Speaker Series: Dr. Bessel van der Kolk

B <https://www.youtube.com/watch?v=6fVwufEZi2Y>

How the Heart-Brain Connection Works

B <https://www.youtube.com/watch?v=UxPAAt-Esv8Q>

The Treatment of Trauma: How Childhood Trauma is different from PTSD

C

https://www.youtube.com/watch?v=styCHHDf0_4&list=PLDNWeXdpoPqxq1q6FbCh1KJGgABR3IWDq

Heart Math collection

C

https://www.youtube.com/watch?v=eoU6juenhnU&index=3&list=PLOKRZly_XhEQ6eH_vEMQ3JUSxTosaPkR

Popular Heart Rate Variability & Heart videos

<https://www.youtube.com/watch?v=N2NTADxDuhA>

General- Dr. Bessel Van der Kolk- this applies to many treatments mentions in this paper

Trauma Video Suggestions - HRV, SE, TRE
Heart Rate Variability, Somatic Experiencing &
Trauma/ Tension Release Exercises

SE and the Prevention of Childhood Medical Trauma

<https://www.youtube.com/watch?v=EO1XO77sB7k>

SE and Ray's story

<https://www.youtube.com/watch?v=bjeJC86RBgE>

TRE Basic Introduction

<https://www.youtube.com/watch?v=67R974D8swM>

TRE Introduction

<https://www.youtube.com/watch?v=a0NooNBBro0>

TRE Exercises Best A grade

<https://www.youtube.com/watch?v=27VgK0LrR3Q>

TRE Exercises B grade

<https://www.youtube.com/watch?v=ScveyzSN1Pk>

TRE Richmond Heath Good overview

<https://www.youtube.com/watch?v=4e99UPrkoWk>

Trauma Video Suggestions - HRV, SE, TRE
Heart Rate Variability, Somatic Experiencing &
Trauma/ Tension Release Exercises

TRE Specific Psoas release

<https://www.youtube.com/watch?v=wWUXQRqoT6Q>

Psoas Stretching

<https://www.youtube.com/watch?v=R9nHxDigGOI>

TRE Navy Seal

<https://www.youtube.com/watch?v=Wv2XFrinOlo>

TRE Army Vet

<https://www.youtube.com/watch?v=NbbaFTTvxU0>

TRE Myofascial Unwinding: Beautiful body movement

<https://www.youtube.com/watch?v=WysHRgQFIlo>

Bioenergetic Stress Relief Tip 1 - Shaking (a simplified, jounior version of TRE) https://www.youtube.com/watch?v=Nui5_SYCpDo