

The iRest Program for Healing PTSD: A Proven-Effective Approach to Using Yoga Nidra Meditation and Deep Relaxation Techniques to Overcome Trauma

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If you suffer from post-traumatic stress disorder (PTSD), you know how debilitating the symptoms can be. Many times, people with PTSD will suffer flashbacks, have intense nightmares and difficulty sleeping, and may feel angry, anxious, and constantly "on alert." Living with PTSD is extremely difficult, but there are ways that you can manage your symptoms and, in time, recover.

In *The iRest Program for Healing PTSD*, clinical psychologist and yogic scholar Richard C. Miller—named one of the top twenty-five yoga teachers by *Yoga Journal*—offers an innovative and proven-effective ten-step yoga program for treating post-traumatic stress disorder (PTSD). The deep relaxation meditations in this book will help you overcome the common symptoms of PTSD, such as anxiety, insomnia, and depression, and maintain emotional stability so that you can return to living a full, meaningful life.

The author's iRest protocol is an integrative approach that heals the various unresolved issues, traumas, and wounds that are present in the body and mind. It recognizes the underlying sense of calm that is always present, even amidst all changing circumstances of life. Extensive research has shown that iRest effectively supports the healing process across a broad range of populations. Currently, there are iRest programs in military hospitals across the US, as well as in correctional facilities, hospices, clinics, schools, and organizations supporting personal growth and well-being. iRest has been endorsed by the US Army Surgeon General and Defense Centers of Excellence as a complementary and alternative medicine (CAM).

If you are ready to start healing from your trauma and get back to living the life you once knew—a life free from fear, anxiety, and sleepless nights—this book will help you find your way. To find out more about Richard C. Miller and the iRest program, visit www.irest.us.

Richard C. Miller, PhD

is a clinical psychologist, author, researcher, scholar, and meditation teacher. For over forty years, he has devoted his life and work to integrating the teachings of Yoga, Tantra, Advaita, Taoism, and Buddhism with Western psychology. Miller is founding president of the Integrative Restoration Institute and cofounder of the International Association of Yoga Therapists. He was a founding member and past president of the Institute for Spirituality and Psychology, and serves as a senior advisor to the Baumann Foundation.

Foreword writer

Eric B. Schoomaker, MD, PhD

is a retired US Lieutenant General, as well as former US Army Surgeon General and Commanding General of the US Army Medical Command. He is an internal medicine physician with a PhD in human genetics. While in uniform, he held many assignments, including command of the Walter Reed Army Medical Center in Washington, DC, the Army's Medical Research and Materiel Command at Fort Detrick, MD, an Army academic medical center, a community hospital, deployable medical brigade, and two Army regional medical commands. Schoomaker is the recipient of numerous military awards, including those from France and Germany, the 2012 Dr. Nathan Davis Award from the American Medical

Association for outstanding government service, and an Honorary Doctor of Science from Wake Forest University.

Foreword writer

Audrey Schoomaker, RN

, is project coordinator for a research study in therapeutic yoga for the Defense and Veterans Center for Integrative Pain Management. She is an experienced yoga instructor with diverse experience in the field of healing as an Army nurse, nurse educator, and certified mind-body medicine practitioner.

"Richard Miller combines modern science and ancient yogic practices to give us a research-based, practical program for healing trauma. I highly recommend this comprehensive, heartfelt, and helpful book."

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Rick Hanson, PhD

, author of Buddha's Brain

"For six years, I taught iRest meditation at Walter Reed Army Medical Center with active duty service members suffering from acute post-traumatic stress disorder (PTSD). Despite my students' initial skepticism about a meditation-based approach, I witnessed enormous, life changing improvements in their mental and physical health as they practiced the iRest protocol during their three-week treatment program. Miller's book clearly articulates the fascinating theory and powerful methodology of iRest meditation for healing PTSD. iRest is a culture-neutral, trauma-sensitive, and evidence-based modality that I can't recommend highly enough for treating trauma-related conditions."

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Robin Carnes, MBA

, certified yoga and iRest meditation instructor

"This is a very important book, to say the least. More and more, we are learning in the West that meditative practices from the East have a deep and profound ability to heal the darkest and most painful aspects of our human experience. Richard Miller is leading the way in bringing these practices into the mainstream in an easy-to-understand and experiential way. Very highly recommended."

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Scott Kiloby

, author of Natural Rest for Addiction

"Richard Miller integrates Eastern and Western philosophies for modern trauma therapy. The protocols are written in accessible language to provide tools for professionals, as well as peace of mind for those experiencing PTSD. Miller opens the way for health, healing, and well-being."

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Mary Ellen Rose

, yoga and meditation instructor at Laurel Ridge Treatment Center, Mission Resiliency Unit.

San Antonio, TX

"Richard Miller is an exceptionally skilled practitioner-teacher of both psychotherapy and yoga. His iRest program is a powerful synthesis of both traditions that has proven effective in helping and healing diverse groups of people."

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Roger Walsh, MD, PhD
. author of Essential Spirituality

"Richard Miller's book is the fruit of his lifelong dedication to serve those with PTSD. This book is like having the most loving and compassionate friend with you every step of the way toward complete healing."

-Swami Dayananda

. integral hatha yoga teacher and trainer, as well as director of LOTUS Center for All Faiths

"Richard's teachings and the practice of iRest offer practitioners the heart of true healing. iRest uncovers the part of you that is untouched by trauma, the part of you that is whole, healthy, and complete-just as it is. I have personally witnessed iRest help thousands of service members, veterans, and military families discover meaning in their traumatic experiences."

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Molly Birkholm

. cofounder of Warriors at Ease and founder of Healing River Yoga

"Richard Miller's TheiRest Program for Healing PTSD is an engaging and interactive program for dealing with the underlying issues of PTSD, and not the just the symptoms. Practice and process for healing yourself-what a gift."

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Lee Rodrigues, MA

"I am grateful for the wisdom of this work and the depth of its practical application. There are useable tools and resources to act as a resilience inoculation to better prepare our military for the challenges they will face, as well as proven and researched practices to assist veterans and their families through the trials and phases of transition from military service. Thank you Richard C. Miller, for your generosity of spirit and for showing us a way forward."

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John Henry Parker

. behavioral assessment analyst and team development consultant in the field of personal, professional and transformational development, and cofounder of Purple Star Veterans and Families, a non-profit organization providing transition resources to veterans and their

immediate and extended family members

"What an offering Richard C. Miller has given us! The iRest Program for Healing PTSD presents ancient wisdom in an engaging, user-friendly way, and shows how to return to wholeness after being traumatized. This book is the perfect guide to help readers effectively release trauma and recover from PTSD. I highly recommend it."

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James Baraz

, coauthor of *Awakening Joy* and cofounder of Spirit Rock Meditation Center

Other Books

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