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Executive Officer/Clerk of Court,  
By A. Lopez, Deputy Clerk

Attorneys for Plaintiff OneTaste Incorporated

SUPERIOR COURT OF THE STATE OF CALIFORNIA  
FOR THE COUNTY OF LOS ANGELES, CENTRAL DISTRICT

OneTaste Incorporated,  
  
Plaintiff,  
  
v.  
  
Netflix, Inc.; and  
Does 1-100, inclusive,  
  
Defendants.

Case No. 23STCV27119

[Assigned to the Hon. Holly J. Fujie]

**ONETASTE INCORPORATED'S  
NEWLY ACQUIRED EVIDENCE IN  
SUPPORT OF OPPOSITION TO  
NETFLIX, INC.'S ANTI-SLAPP  
MOTION; SUPPLEMENTAL  
DECLARATION OF KEVIN  
WILLIAMS AND EXHIBITS 41-44**

Dept.: 56  
Date: April 26, 2024  
Time: 8:30 a.m.

**DECLARATION OF KEVIN WILLIAMS**

I, Kevin Williams, state and declare as follows:

1. I am General Counsel for Plaintiff OneTaste Incorporated, and a member in good standing of the State Bar of California. I submit this declaration in support of OneTaste’s concurrently filed Opposition to Netflix’s Anti-SLAPP Motion. Except as otherwise stated, I have personal knowledge of the facts set forth herein.

2. As set forth in OneTaste’s opposition to Netflix’s motion, Netflix relied on purported “journals” allegedly written by Ayries Blanck as the source of several of the false statements at issue, but Netflix did not submit the purported “journals” as evidence in support of its motion even though Netflix is in possession of the purported “journals.” As set forth in OneTaste’s Complaint and Opposition, the Film claims that Ayries’s sister, Autymn Blanck, allegedly came into possession of the purported “journals” when Ayries sent the purported “journals” to Autymn as “part of her therapy” after she left OneTaste in January 2015. The Film also claims that the purported “journals” are emails. (Complaint, ¶¶34-37; OneTaste’s Opposition to Netflix’s Anti-SLAPP Motion, p.11, ln.21-p.12, ln.6.)

3. On April 16, 2024, in the separate action entitled *OneTaste Incorporated v. Ayries Blanck*, Los Angeles Superior Court Case No., 22STCV33093, Autymn Blanck produced documents to OneTaste in response to a third-party subpoena. The documents, some of which appear to purport to be the purported “journals,” were produced as PDF files and were not produced as original native files or with metadata, and the documents produced by Autymn do not consist of evidence that the purported “journals” exist as emails or were transmitted by Ayries to Autymn as emails, as claimed by the Film. The purported “journals” contain numerous indicia confirming that they were not written by Ayries and that they were not written in 2015. OneTaste is still in the process of fully evaluating and analyzing the documents produced by Autymn and their contents.

4. At this time, OneTaste submits as **Exhibit 41** to its opposition, pages 42 and 43 of Autymn Blanck’s April 16, 2024 document production. Exhibit 41 is a purported “journal”

1 entry dated February 22, 2015, that references a book that was first published about five years  
2 later, in or about the end of 2019 or the beginning of 2020.

3 5. Attached hereto as **Exhibit 42** is a true and correct copy of a printout from the  
4 website for the United States Copyright Office, establishing a December 3, 2019 publication  
5 date and a February 24, 2020 registration date for *The Post-Traumatic Growth Guidebook*.

6 6. Attached hereto as **Exhibit 43** is a true and correct copy of excerpts from the  
7 book entitled *The Post-Traumatic Growth Guidebook*.

8 7. Attached hereto as **Exhibit 44** are true and correct copies of blog posts from the  
9 author of *The Post-Traumatic Growth Guidebook*.

10 8. OneTaste maintains that, separate from this newly acquired evidence, Netflix’s  
11 Film and motion and OneTaste’s opposition, all previously established the statements in the  
12 purported “journals” are in fact false and were published with actual malice. OneTaste  
13 submits the newly acquired evidence at this time because, again, prior to the release of the  
14 Film, Netflix did not disclose to OneTaste the purported “journals” or that the purported  
15 “journals” were the “source” for false statements published by Netflix, and Netflix did not  
16 submit the purported “journals” as evidence in support of its motion.

17 9. OneTaste believes the newly acquired evidence is relevant because the “defense  
18 showing” did not include any evidence supporting Netflix’s claim it “had no reason to doubt  
19 the account of Ayries’ experienced with OneTaste” (Motion, p.23, ln,9), and under the most  
20 current authority, as opposed to the outdated authority cited by Netflix, “Courts are required to  
21 accept the plaintiff’s evidence as true. The task is to evaluate the defense showing only to  
22 determine if it defeats the plaintiff’s claims as a matter of law. If the lawsuit has even minimal  
23 merit, the motion fails and the suit proceeds.” (*Collins v. Waters* (2023) 92 Cal.App.5th 70, 80

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(citing *Monster Energy Co. v. Schecter* (2019) 7 Cal.5th 781, 788) (emphasis added).)

I declare under penalty of perjury under the laws of the State of California that the foregoing facts are true and correct to the best of my information and belief.

Executed this 24th day of April 2024, at New York, New York.



Kevin Williams

# EXHIBIT 41

**EXHIBIT 41**

## February 22nd

I feel better today. I am learning compassion for myself. I have been taking walks with Noka every day. I missed her so much while I was in New York. I am not sure I could have gotten through this without her. The unconditional love of a dog is really the sweetest remedy. The long silent walks through the forest remind me there is something bigger than myself. That I am one small part of a much bigger world. That onetaste and New York and everything that happened was one small corner of the world and if I get through this I will be able to rebuild my life. My sister and I talk almost every day. My grief and numbness melted into rage. I know I do not want to stay in rage. To become it. But it feels good to be angry. To let myself feel. The body really does freeze under stress. Become solid and impenetrable and it feels like finally 2 months later I am thawing.

I was reading the book [Post Traumatic Growth Guide](#) and I used to believe I was a survivor, that I was stronger, more resilient, a better person because of the things I went through. That it was those things, those outside forces that defined me and made me who I was.

Now I know it is not because of them but in spite of them. I used to use it as a reason to define why I was strong. WHY I mattered.

Who we are, deep in our core is always there. Bad things happen to good people. I am no better off because of what I have suffered.

I think about this often. It is far simpler to believe in the idea that growth and positivity can come from terrible things. It lets us believe that the pain and suffering was not in vain. Where would I be in life or who I would be if I had never experienced any of this?

Even without these experiences I would still be me. I would be on a slightly different path but still me. I think we often believe we need pain or suffering to grow. That hardship is how we become deeper wiser versions of ourselves. That to know compassion, empathy and humility we need to experience the other side.

Onetaste used this to their advantage. The more pain I was in the more "growth" I was going to experience.

I often find it is easier to take the simpler path. To tell myself stories about what happened to make it more palatable. All those years, all that pain and wasted time goes down easier if I can believe that I got something out of it. It makes Onetaste the catalyst for my growth. It makes the rapist, abusive parents, and broken social system the catalyst for me to be a better version of myself. That I need pain and trauma to grow.

I survived, healed, and became better not because of them but in spite of them. It was my hard work, my integrity, my compassion that has made me who I am. That helped me survive.

We become transfixed on creating meaning and reason for the terrible things that happen because it is harder, and much more terrifying to admit that bad things happen to good people and that they didn't need to. If we claim "my soul chose this" or that it's karmic and in some way part of a larger grand plan

1. We then regain control because at some point we "chose it"

2. Pain, suffering, wasted time have meaning then and that desolate feeling that we wasted moments of this fleeting life or that others can invariably

# EXHIBIT 42

**EXHIBIT 42**



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### *The Post-Traumatic Growth Guidebook.*

**Type of Work:** Text

**Registration Number / Date:** TX0008960606 / 2020-02-24

**Application Title:** The Post-Traumatic Growth Guidebook.

**Title:** The Post-Traumatic Growth Guidebook.

**Description:** Book, 220 p.

**Copyright Claimant:** Arielle Schwartz. Address: 419 Omaha Pl, Boulder, CO, 80303, United States.

**Date of Creation:** 2019

**Date of Publication:** 2019-12-03

**Nation of First Publication:** United States

**Authorship on Application:** Arielle Schwartz; Citizenship: United States. Authorship: text.

**Rights and Permissions:** Arielle Schwartz, arielle-schwartz@comcast.net

**Names:** [Schwartz, Arielle](#)

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# EXHIBIT 43

**EXHIBIT 43**

# The Post- Traumatic Growth Guidebook

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Practical Mind-Body Tools  
to Heal Trauma, Foster Resilience  
and Awaken Your Potential



Arielle Schwartz, PhD

# The Post- Traumatic Growth Guidebook

...

Practical Mind-Body Tools  
to Heal Trauma, Foster Resilience  
and Awaken Your Potential

Arielle Schwartz, PhD

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## About the Author



**Arielle Schwartz**, PhD is a licensed clinical psychologist and EMDR consultant with a private practice in Boulder, Colorado. She is a certified yoga instructor offering therapeutic yoga for trauma recovery. Her integrative approach to therapy includes the synthesis of existential therapy, Gestalt, structural integration theory, somatic psychology, and EMDR therapy—all with a strong relational foundation of care. She is dedicated to offering informational mental health and wellness updates through her writing, public speaking, social media presence, and blog.

She is the author of *The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole* (Althea Press, 2016), *The Post Traumatic Growth Guidebook: Practical Mind-Body Tools to Heal Trauma, Foster Resilience, and Awaken Your Potential*. (PESI Publishing and Media, In Press), and co-author of *EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment* (Schwartz & Maiberger, 2018, W. W. Norton).

Dr. Schwartz is a teacher for the PESI 3-day Complex PTSD training, Certified Clinical Trauma Professional Level II: A

Comprehensive Approach to Accurately Assess and Effectively Treat Clients with Chronic, Repeated and/or Developmental Trauma. She teaches advanced workshops with the Maiberger Institute offering advanced workshops in EMDR therapy and somatic psychology, working with attachment injuries, treating chronic pain and illness. In her free time, Dr. Schwartz enjoys hiking in the Colorado mountains and relaxing with her husband and two children.

## CHAPTER 4

...

# Awakening: Blooming into Post-Traumatic Growth



The transformational process of working through traumatic events often provides an increased self-awareness and a greater recognition of your strengths. In this chapter, you will have an opportunity to focus on integrating the insights gained from the previous chapters. You can think of this as the time to attend to the new growth in your garden. The seeds which you planted may still be fresh, green sprouts that require protection and careful tending. It is important that you do not approach these tender shoots of growth aggressively. Rather, each season of the transformational process encourages self-compassion and nourishing rest so that you can stay rooted while you grow. With the sunlight of your awareness, you can guide yourself to bloom into your full potential by growing the thoughts and actions that support your best self. You get to choose what parts of your life you want to grow and flourish. You cultivate post-traumatic growth by actively exploring the meaning that you



make out of your life experiences. Perhaps you find profound self-discoveries that could never have been achieved without having faced losses or challenges. This chapter will help you focus on your strengths and build a life of purpose.

### **From Pain to Possibility**

One of the key ways that we grow from adversity lies in the ways that we interpret or make meaning about our life experiences (Tedeschi et al., 2018). In particular, post-traumatic growth is fostered by reflecting upon our experiences in a way that provides a sense of meaning or purpose. From this lens, **traumatic events can be catalysts for growth**. For example, we might realize that we are stronger than we previously believed, be more likely to accept ourselves as we are, have an increased appreciation of life, develop new interests or passions, or discover new spiritual perspectives (Tedeschi et al., 2018). Importantly, creating meaning out of trauma involves coming to terms with the lack of reason or overpowering senselessness that often surrounds acts of violence, abuse, or even natural disasters (Frankl, 1959/2006). It can feel nearly impossible to comprehend such events, especially when they are delivered by fellow humans. However, this is the task of trauma recovery: to reflect upon our losses and discover that which helps us derive a sense of meaning out of suffering.

Looking for meaning is not the same as saying, “All things happen for a reason,” which is a misused phrase that can be both confusing and hurtful. Rather, meaning comes from actively committing yourself to the task of working through despair until you feel a sense of hope for your future. Sometimes traumatic events can lead you to question existing belief systems that have provided you with a sense of meaning. You might question your spiritual beliefs, explore spirituality for the first time, or wonder how any divine presence (God, universal life force, infinite spirit) could allow atrocities or evil to exist in the world. Ultimately, how you answer these questions and make meaning out of the trauma is a very personal process. There is no universal meaning that can be generalized to all people or situations. You need to explore what

feels right to you, and only you will know when you have just the right words.

There are three common sources of meaning, each of which is connected to the values that you hold about yourself and for your life (Frankl, 1986). The first source of meaning is connected to having **creative values**, in which meaning is connected to an action of creation, such as expressing yourself musically, artistically, constructively, or intellectually. In other words, the act of building a house, writing a book, or completing a painting helps give meaning to your struggles. The second source of meaning comes from having **experiential values**, in which meaning is derived through inspiring, life-changing moments. Such moments might be found in feeling awe within the beauty of nature, sensing the miracle in the birth of a child, exploring world travel, or feeling deeply loved by another human being. The third source of meaning comes from having **attitudinal values**, which refers to the ability to reflect upon your life circumstances. You didn't choose what happened to you, but you do have the freedom to choose how you respond to those events. It is in the power of your beliefs and attitudes that gives you this freedom.

When you first embark on the journey of meaning making, it is helpful to do so within the context of a trusting and compassionate relationship, such as with a therapist. Engaging in a search for meaning with someone else can be especially important if you feel an ongoing sense of helplessness or despair, as the presence of another person can help remind you that change is achievable. Together you can arrive at new conclusions about the pain of your past and discover new possibilities for your future.

Meaning making is an ongoing process, so give yourself permission to adapt and change your story until you arrive at a satisfactory ending. The more difficult the trauma or loss, the harder you will have to work to find your inner strength, courage, and sense of hope. Once you have defined your story and come to an adequate conclusion, you might choose to share your story with others. Doing so can help you integrate your experience and realize a deeper sense of yourself.

# EXHIBIT 44

**EXHIBIT 44**

# Arielle Schwartz, PhD

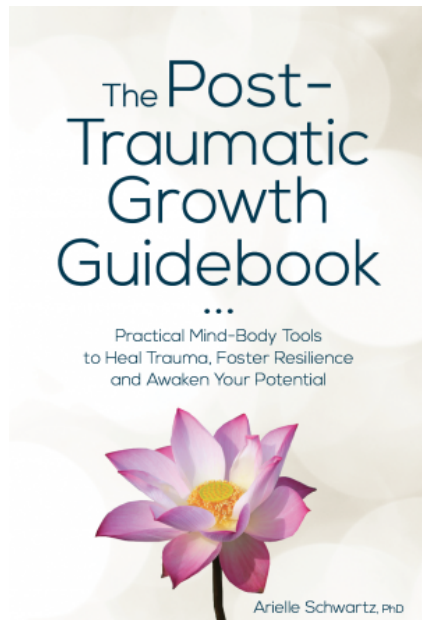


*Arielle Schwartz, PhD*  
**Licensed Clinical Psychologist**

# The Post-Traumatic Growth Guidebook | Dr. Arielle Schwartz

Posted on November 18, 2019 by Arielle Schwartz

## Practical Mind-Body Tools to Heal Trauma, Foster Resilience, and Awaken your Potential



Within the pages of [The Post-Traumatic Growth Guidebook](#), you will be guided through 60 practices that illuminate a path to trauma recovery with effective, research based strategies that facilitate resilience and enhance post-traumatic growth. Initially, you will find practices that encourage you to build resources that help you feel grounded, safe, and calm. Once you feel ready, you can begin to explore the practices that focus on releasing the painful impact of losses or traumatic events. You will also find practices that guide you to move beyond the pain of your past by helping you discover a sense of meaning and purpose to your life. You become the alchemist who is capable of turning the lead of difficult life experiences into the gold of self-awareness.

Through the lens of resilience and post-traumatic growth, I invite you to see yourself as the hero or heroine of your own life journey.

Resilience is defined as an ability to flexibly adapt to challenging, adverse, or traumatic life events. This ability to “bounce back” from traumatic events is deeply connected to having the opportunity to work through difficult life experiences. Resilience is not a trait that you either have or do not have; it is a set of strategies that can be learned and practiced.

Resilience is both a process and an outcome that involves practices help you to build a sense of strength and self-confidence. The deep, inner work of healing from trauma eventually allows you to emerge back into the world with your gifts—your unique contributions to the world. You might feel a yearning or longing to fulfill your potential by expressing more of your heart, sharing the knowledge you have gained, and bringing your gifts out to the world.

*“Within this book, you will be guided to explore the intersection between your personal transformation and your relationships within family, community, and the planet. This allows your growth and wisdom to serve the wellbeing of others.”*

-Dr. Arielle Schwartz

## Resilience as a Process



As a process, resilience involves engaging in behaviors that support your wellbeing each and every day. For example, you might go to therapy, learn to meditate, write in a journal, take daily walks in nature, or develop a creative practice. You have an opportunity to realize that feeling and expressing painful emotions is part of a path of self-discovery.

Being resilient does not mean that you won't experience difficulty. Rather, it means that you can cultivate the skills needed to respond effectively to difficult experiences. You learn to break down overwhelming experiences into smaller, more accessible chunks, which allows you to gradually process painful events. You learn to attend to difficult life events of your past without allowing your history to define you. In this way, you expand your lens to focus on possibilities instead of just problems.

## Post-Traumatic Growth



As an outcome, resilience involves experiencing yourself as capable of handling life's challenges and the choices you've made that determine the outcome of your life. You are able to look at your most difficult events and say, "This happened to me—and it is over now."

Turning toward pain builds character. You have an opportunity to realize that you are stronger than you previously believed; which facilitates post-traumatic growth. As you feel stronger, you are more likely to see yourself as able to bring your gifts and contributions to the world. In turn, you are more likely to accept yourself as you are, have an

increased appreciation of life, develop new interests or passions, and discover a new spiritual framework for your life.

Post-Traumatic Growth is a reminder that just as the phoenix rises from the ashes, you have the capacity to rise again.

## Realistic Optimism



Resilience is not the same as optimism. In fact, being overly focused on positivity and happiness has its drawbacks. Sometimes, trying to stay positive results in overriding your authentic feelings and leave you feeling ashamed about the very symptoms that require compassionate care and attention.

Rather, resilience is grounded in realistic optimism; which involves maintaining a positive outlook on life while simultaneously acknowledging the challenges that will occur along the way. Too much realism can lead to skepticism or negativity, which can squash your dreams and hinder your ability to move forward. Similarly, too much optimism can result in fantasy or idealism, which can cause you to turn a blind eye to actual barriers that are present in your life.

In contrast, realistic optimism allows you to have your dreams while also setting attainable goals about how to achieve them. From here, you are better able to acknowledge any potential barriers that might get in the way without become immobilized. Having a hopeful perspective is invaluable in trauma recovery, and realistic optimism will help you take the necessary steps to walk the healing path.

## Build your Resilience



### Resilience by Arielle Schwartz

You can foster resilience by focusing your attention to that which supports your physical, mental, emotional, social, and spiritual wellbeing. You can build physical resilience by getting enough exercise, eating a healthy diet, and attending to the impact that traumatic life events have had on your body. You can build mental resilience by adopting a mindset that recognizes your capacity to grow, even through challenges. You can build emotional resilience by processing traumatic events in therapy and through personal journaling. You can build social resilience by staying connected to other people rather than isolating. You can build spiritual resilience by attending to a deeper sense of personal meaning and purpose.

Most importantly, you can support your resilience with the belief that your choices and behaviors make a difference in the outcome of your life. This gives you the confidence that you are in charge of actively creating opportunities that allow you to overcome barriers in your life.

## Giving your Gifts



The deep, inner work of healing from trauma eventually allows you to emerge back into the world with your gifts. Post-traumatic growth provides an opportunity to shift your focus away from yourself by exploring how you



might give back to others and the world. We become more human when we focus on loving another person or serving a cause that is greater than ourselves.

Though this experience, you might experience yourself in the flow of life. Flow can be thought of as an effortless engagement with your environment in which awareness and actions are fully integrated. Flow allows you to lose a sense of self and time. It is a feeling of rightness and of being fully awake. You can imagine yourself like water that is flowing downhill, following the path of least resistance. In this state, you are not held back by self-consciousness or self-criticism. Rather, your life is enriched with a sense of meaning.

This experience of flow is available to all of us; regardless of the challenges we have faced in our past or the circumstances in the present. Flow can be found in any activity in which we have the potential to achieve control and mastery over the mind, including doing dishes, folding the laundry, playing sports, or creating art, poetry, and music. However, flow is optimized when we overcome obstacles, speak out for what we believe, or find a previously undiscovered courage to rise up against all odds.

## Own Your Story



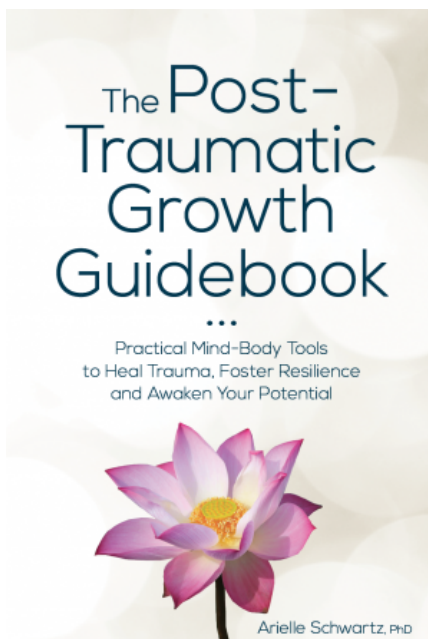
One of the most powerful components of a transformational journey into post-traumatic growth is that it allows you to take personal responsibility for the narrative that defines you and your life. By consciously attending to the voice or narrator of your personal story, you can discover whether your story is one of hope and optimism, or if it is a pessimistic story full of disappointment and resignation. You get to write the script. You are allowed to revise your story until you arrive at a satisfactory conclusion, one that supports your growth after trauma. This does not mean that you can change what happened in your past. However, you can work through the pain of your past until you find resolution in the here and now.

## The Invitation



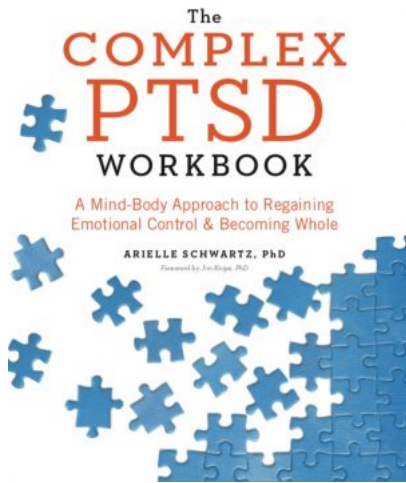
A healing journey is not linear. You might take a circuitous path, forging new trails as you loop around landmarks until they become familiar. While you may initially endeavor to find the end, you might discover that a healing journey is vast and unlimited. Nonetheless, you must start where you are. For, each step of this journey is accomplished by focusing on the present moment, bringing awareness to your sensations, attending to your inner experience, and remembering to breathe. With that in mind, we begin. You have received the invitation. Are you ready to embark upon your hero's journey?

## Read the Book



This blog offers a preview of *The Post Traumatic Growth Guidebook: Practical Mind-Body Tools to Heal Trauma, Foster Resilience, and Awaken your Potential*. Within the pages of this book, you will find an invitation to see yourself as the hero or heroine of your own life journey. A hero's journey involves walking into the darkness on a quest for wholeness. This interactive format calls for journaling and self-reflection, with practices that guide you beyond the pain of your past and help you discover a sense of meaning and purpose in your life. Successful navigation of a hero's journey provides opportunities to discover that you are more powerful than you had previously realized. [Click here to order the book on Amazon.](#) (As an Amazon Associate I earn from qualifying purchases)

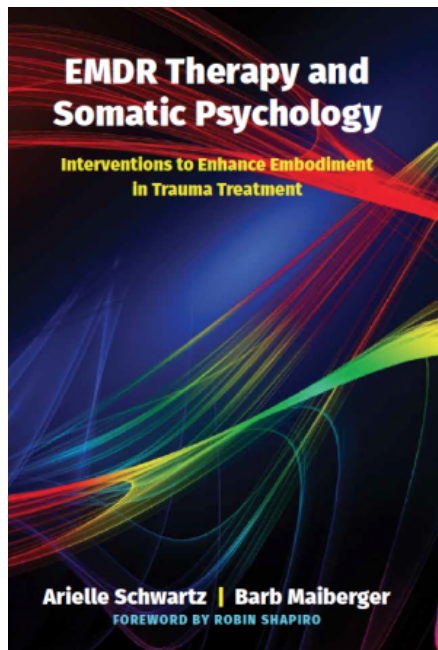
## Recovering from Complex PTSD?



In *The Complex PTSD Workbook*, you'll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviors. This is a great add-on with the Post Traumatic Growth Guidebook. [Click here to order on Amazon.](#)

(As an Amazon Associate I earn from qualifying purchases)

## Want to learn more about healing PTSD?



Connect to this post? **The EMDR Therapy and Somatic Psychology book**, [Click here to order this book on Amazon!](#) Increase your toolbox for healing. An integrative and effective approach to healing from trauma. (As an Amazon Associate I earn from qualifying purchases)

## About Dr. Arielle Schwartz



**Dr. Arielle Schwartz** is a licensed clinical psychologist, wife, and mother in Boulder, CO. She offers [trainings for therapists](#), maintains a private practice, and has passions for the outdoors, yoga, and writing. She is the developer of Resilience-Informed Therapy which applies research on trauma recovery to form a strength-based, trauma treatment model that includes Eye Movement Desensitization and Reprocessing (EMDR), somatic (body-centered) psychology and time-tested relational psychotherapy. Like [Dr. Arielle Schwartz on Facebook](#), [follow her on LinkedIn](#) and sign up for email updates to stay up to date with all her posts. Dr. Schwartz is the author of three books:

- [The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole](#) (Althea press, 2016)
- [The Post-Traumatic Growth Guidebook: Practical Mind-Body Tools to Heal Trauma, Foster Resilience, and Awaken your Potential](#) (Pesi Publications)
- [EMDR Therapy and Somatic Psychology: Interventions to Enhance Embodiment in Trauma Treatment](#) (Norton, 2018).

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# Arielle Schwartz, PhD



*Arielle Schwartz, PhD*  
**Licensed Clinical Psychologist**

# Trauma Legacies and Transgenerational Healing-Dr. Arielle Schwartz

Posted on [May 19, 2015](#) by [Arielle Schwartz](#)

## A Personal Healing Journey



When I was pregnant with my first child I felt the stirrings of the past burgeoning under the surface, calling for my attention. I could no longer ignore the pit of anxiety that I had carried in my stomach for as long as I could remember. As I listened, I discovered a family legacy that needed attention and healing that called me to turn towards my vulnerability as I prepared to become a first-time mother.

Looking back I reflect on stories of my grandfathers' traumas from both world wars, my grandmothers fearful for their husband's lives. I see the impact of the great depression. Looking further back, I see my ancestors who were forced to leave their homes in Eastern Europe due to the rise of anti-Semitism. These traumas translated into impaired attachments, deficiencies of touch and consistent care, between my grandparents and my parents. I feel the impact of these groundless, fearful moments in my being.

Turning towards the pain of traumas of my family history I breathe into the deeply familiar knot in my belly. I unwind the grief and anguish that has no name. Hot tears release down my face as I imagine my parents, grandparents, and great-grandparents standing behind me. I feel them standing behind smiling, nodding. I feel that they have my back. They encourage me to be free and to let go. Attending to these legacies becomes an invitation to open my heart. What was once a ground of uncertainty has transformed into a fertile earth; a place for the rooting of potentiality, for my life and the lives of my children.

*"Trauma can be transmitted across generations. However, our transgenerational wounds are not the essence of who we are. How do we transcend our identification with history? Healing involves knowing that you are not alone, trusting that there is a path to greater freedom, and a willingness to feel your relationship to the suffering of your family lineage. Releasing the burdens of trauma, our own or those of our family history, we often feel lighter, a greater sense of choice, and an increased experience belonging in the world."*

*-Dr. Arielle Schwartz*

## Trauma across Generations



What one generation does not heal is likely to be passed onto the next generation. Research indicates that PTSD runs in families and children of trauma survivors with PTSD are more likely to develop PTSD. According to [Scientific American Article on transgenerational fear memories](#), there is an “intergenerational transfer of risk,” a cycle that is hard to break. You can read more about the complex combination of in-utero influences, epigenetics, and environmental factors associated with the transmission of trauma in my previous post on [the neurobiology of transgenerational trauma](#).

Secrets and silence within the family and at societal levels send powerful messages. For example, [Hiroshima and transgenerational trauma](#) and the inheritance of trauma in Japan, explains how the *hibakusha*, or “explosion-affected person” was considered to be a source of shame. She writes, “Even grandchildren have often feared telling romantic partners of their grandparents’ experience, worried that their genetic material would be perceived as spoiled goods.”

Not talking about the past is one form of wounding. In contrast, parents can inadvertently over-expose children with frequent retellings or re-enactments of traumas from the past. In such situations parents may give the message that the world is not a safe place or create role reversals in which children feel responsible for their parent’s pain.

Likely one of the strongest ways that the transgenerational transmission of trauma occurs is during early attachment. This is because early attachment communications are primarily non-verbal as parents and children connect through voice tone, facial expressions, and body language. Non-verbal communications are highly impacted by PTSD. Our earliest memory systems and are highly susceptible to exposure to facial expressions of anger or the unexpressive face that has shut down to cope with fear. You can read more about this in my previous post on [transgenerational attachment legacies](#).

## You Are Not Alone



There is a story about a woman who had lost her son. She visited the Buddha while deep in her grief and asked why this had happened to her. In response, the Buddha asked her to go and get a grain of rice from each house in the village in which no loss had occurred or tears had been shed. She went from house to house and after a week returned with an empty bowl. In realizing that she was not alone she was transformed. Her suffering which once caused her to feel isolated and hopeless now became the gateway to compassion and connection.

This anecdotal story reminds us that when we look honestly we can all find suffering in our personal and family histories. Perhaps within your family you have seen untimely deaths or the ravages of war. Maybe you find the pains of abuse, neglect, or addictions. Take the time to look back. What stories reside in your family history? What are the untold legacies hidden within the lives of your ancestors? Take a look around you. Each person you meet has a story under the surface. You are not alone.

## Why Focus on the Past?



Last week our family was invited to dinner with friends visiting from Russia for a dinner commemorating VE day, the day of Victory in Europe for the ending of WWII. They shared with us the tradition of honoring those lost in the war; saying that in Russia everyone has lost someone, this is the day we tell their stories. We lifted our glasses in honor and said, “good memory”.



We need traditions to honor those that lived before us, their accomplishments and their struggles. These traditions help us heal as individuals and as communities. Attending to your family stories enhances emotional health in both adults and children which you can read about in my post on how [transgenerational awareness facilitates resilience](#).

Attending to wounds of the past can bring us into connection with what Joan Halifax calls the “collective wound.” In her book, [The Fruitful Darkness](#), she writes, “We cannot eliminate the so-called negative forces of afflictive emotions. The only way to work with them is to encounter them directly, enter their world, and transform them. They then become manifestations of wisdom. Our weaknesses become our strengths, the source of our compassion for others, and the basis of our awakened nature.”

## A Healing Path



In his book [When Bad Things Happen to Good People](#), Harold Kushner writes, “The question we should be asking is not, why did this happen to me? What did I do to deserve this? That is really an unanswerable, pointless question. A better question would be, ‘Now that this has happened to me, what am I going to do about it?’”

There are many routes to healing transgenerational trauma. Profound changes can occur during individual therapy, in group process, within ceremony, or in personal meditations. One model for healing comes from [Bert Hellinger](#), a German psychologist, philosopher, and author, who developed a model for healing transgenerational wounds called Family Constellations. As a catholic missionary in South Africa in the 1950s and 1960s, his work was influenced by the Zulu People who called upon their ancestors within their indigenous healing traditions. Traditionally carried out in a group format, family constellations are considered a form of psychodrama and somatic psychology; a process of allowing the wisdom of your associations, sensations, and emotions to guide the healing journey.

Within individual psychotherapy, transgenerational healing involves reflecting upon your family lineage while mindfully attending to your body, mind, and emotions. We map out your family history and explore your place within your family tree. You can read more in this case study of transgenerational healing.

Many traditional cultures offer ceremonies to honor the ancestors recognizing that illness or disease can arise from unresolved patterns in our family histories. Rituals attend to the past to create freedom from the fates of our ancestors. No matter what approach to healing we take, releasing the burdens of traumas, our own or those of our family history, increases our experience of belonging in the world.

## A Healing Meditation



Recently I offered a transgenerational healing meditation to my therapeutic yoga class. Participants shared powerful transformational experiences that inspired me to share this practice to you. This “Healing Ancestral Karma” meditation comes from the tradition of Kundalini yoga as taught by Yogi Bhanan and is intended as a blessing for the ancestors and a healing for your family lineage. This meditation involves a visualization, a mantra (chant), and a mudra (hand placement) that when combined provides a powerful intention regarding healing our family history:

- **Visualization:** Imagine your ancestors lined up behind you; your parents, your grandparents, your great grandparents and so on. Then imagine lined up in front of you your children, your children’s children, and so on. If you do not have children then imagine the children of the world and the generations to come. Yogi Bhanan stated that we are affected and in turn we affect 7 generations back and 7 generations forward. See yourself as a bridge of transformation and healing.
- **Mudra:** Within yoga, a mudra refers to a specific posture and placement of the hands that represents or cultivates a particular state of mind. In this meditation the invitation is to sit in a comfortable position and place your right hand upon your heart, palm facing in. The left arm reaches around behind your back and the left hand rests upon the back side of your heart facing outward (or in a position behind you that you can comfortably maintain).
- **Mantra:** A mantra is a word or phrase that is repeated to focus our intention and energy often drawing upon a tradition or lineage. This meditation uses a mantra called Guru Ram Das, a chant that acts as a loving, healing, and protective prayer that can be sent to those we love, to the world, and to ourselves. The intention of this chant is to allow your mind to be guided by your heart and a felt experience of compassion. You can listen or sing along to [Snamam Kaur’s version of this chant](#).

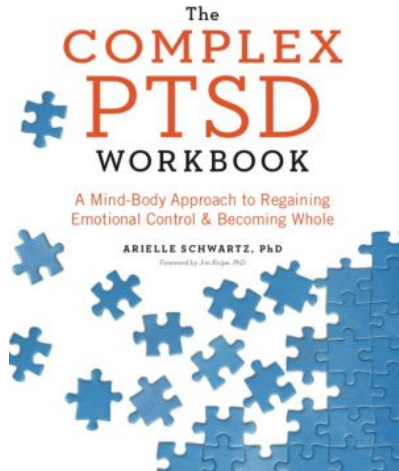
Typically this meditation is recommended to practice for 11 minutes a day for 40 days for maximum effect. However, discover what works for you. You can learn more about this meditation and receive guided instruction on the [Spirit Voyage website](#). If you practice the meditation and would like to share in the comments below I’d love to hear about your experience.

Our transgenerational wounds are not the essence of who we are. Healing involves knowing that you are not alone, trusting that there is a path to greater freedom, and a willingness to feel your relationship to the suffering of your family lineage. Releasing the burdens of trauma we feel lighter and an increased experience belonging in the world. This is a gift we can pass on to the next generation.

## Related Reading

- [Learn more about somatic psychology](#)
- [Therapeutic Yoga with Dr. Arielle Schwartz](#)
- [What is Resilience Informed Psychotherapy?](#)

## Want a min-body approach to healing PTSD?



Connect to this post? This wasps includes an excerpt from my book, **The Complex PTSD Workbook**, now available on Amazon! [Click here to check it out](#) and increase your toolbox for healing. Whether you are a client or a therapist this book will offer a guided approach to trauma recovery.

### About Dr. Arielle Schwartz



[Dr. Arielle Schwartz](#) is a licensed clinical psychologist, wife, and mother in Boulder, CO. She offers [trainings for therapists](#), maintains a private practice, and has passions for the outdoors, yoga, and writing. Dr. Schwartz is the author of [The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole](#). She is the developer of Resilience-Informed Therapy which applies research on trauma recovery to form a strength-based, trauma treatment model that includes Eye Movement Desensitization and Reprocessing (EMDR), somatic (body-centered) psychology and time-tested relational psychotherapy. Like [Dr. Arielle Schwartz on Facebook](#), [follow her on LinkedIn](#) and sign up for email updates to stay up to date with all her posts.

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# Arielle Schwartz, PhD



*Arielle Schwartz, PhD*  
**Licensed Clinical Psychologist**

# Embrace Your Shadow-Unlock your Creativity

Posted on [June 8, 2014](#) by [Arielle Schwartz](#)

## Shadow Integration



We all have parts of ourselves that are split off, hidden, or denied. Living in the world cut-off from these parts can leave us feeling empty, as if we are going through the motions of our lives rather than fully living. However, turning towards the “shadow”, a term first introduced by Carl Jung to describe these repressed parts of the self, allows us to feel more grounded, real, and whole. Just like the lotus that roots in the mud, we access our shadow to unlock our creative energy.

## Why Embrace the Shadow?



It takes a lot of energy to compartmentalize our disowned parts and it feels good to think of ourselves as strong, beautiful, and smart. However, we generally hold equal amounts of fear that we will be seen as weak, ugly, or stupid. In truth, neither the light nor the dark alone comprise our wholeness. The need to be “right” also leaves us at risk of getting stuck in comparison and in dichotomies of right-wrong and good-bad. Rather than being black or

white, the shadow lives in the grey and softens the boundaries between “me” and “not me.” Here’s a common theme:

*I was working with a woman who was speaking vehemently about her ex-husband and how controlling and selfish he was. We deepened this opportunity to explore her shadow as mirrored in her relationship. She revealed that felt tentative about taking up space and grieved events of her childhood when she felt powerless and resigned. She expressed the rage that had been suppressed behind her need to be “nice” and realized that her choice to marry her ex-husband was aligned with the part of her who felt safe staying small. As her process drew to completion she described feeling a deep sense of compassion for herself and even for her ex-husband. She described an experience of freedom and possibility that had previously been unknown. While there remained some fear about whether she could sustain this expansion she was willing to take the risk and committed to listen to that quiet voice inside that had so long been discounted.*

## Shadow as Access to Creativity



Attending to the shadow not only illuminates the darker parts of our personality but also gives us access to the disowned positive parts that we find too risky to bring out into the world. New possibilities awaken when working with the shadow. Now rather than “either-or” polarities we have access to a “both-and” reality. So an opposition of rage and niceness, for example, are no longer mutually exclusive contradictions. The energy that was previously expended towards managing the disowned self is now available and can be applied towards your creative endeavors.

## Psychotherapy and Shadow Process

One of the tricky parts about working with the shadow is that we generally cannot see it! This is where working with a psychotherapist comes in as an external witness to help you gain insight into the unknown parts of yourself. The initial phase of integrating the shadow can be very vulnerable, uncomfortable, and can even feel shameful. We often need some coaching and encouragement at the edge because it seems easier to turn away. By holding a safe place for curiosity and mindful exploration we can lean into the uncomfortable edges together.

Further Reading:

- [Seven steps to embrace your shadow](#)
- [Owning self-sabotage as shadow work](#)

- [Hanuman: A Shadow Story for Grief and Loss](#)

## About Dr. Arielle Schwartz



[Dr. Arielle Schwartz](#) is a licensed clinical psychologist, wife, and mother in Boulder, CO. She offers [trainings for therapists](#), maintains a private practice, and has passions for the outdoors, yoga, and writing. Dr. Schwartz is the author of [The Complex PTSD Workbook: A Mind-Body Approach to Regaining Emotional Control and Becoming Whole](#). She is the developer of Resilience-Informed Therapy which applies research on trauma recovery to form a strength-based, trauma treatment model that includes Eye Movement Desensitization and Reprocessing (EMDR), somatic (body-centered) psychology and time-tested relational psychotherapy. Like [Dr. Arielle Schwartz on Facebook](#), [follow her on LinkedIn](#) and sign up for email updates to stay up to date with all her posts.

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# Arielle Schwartz, PhD



*Arielle Schwartz, PhD*  
**Licensed Clinical Psychologist**

# Seven Steps to Embrace Your Shadow

Posted on [June 8, 2014](#) by [Arielle Schwartz](#)

## Embracing Your Shadow

The process of working with the shadow takes many different forms and ultimately broadens our range of available responses to the world. In my experience, there have been times I was called to put on boxing gloves to stand up to an inner bully, or I was dancing with a new found inner lover, or I bowed in reverence and awe to my soul. Your shadow process is unique to you; however, there are many common gateways to this profound process:

1. **Turn towards your shame:** You can either brace against shame or you can recognize that when shame presents itself you have access to deeper relationship with yourself. We want to reframe our relationship to shame as the invitation to enter the hero's or heroine's journey. When shame arises work to build tolerance for this highly uncomfortable emotional with the goal to accept and embrace the experience yourself just as you are.

2. **Get into your body:** Listening to your body and feeling your experience from the inside out provides ample opportunity to work with the shadow. If pain presents itself, explore asking "what are you here to teach me?" and "What do you need from me?" Perhaps experiment dancing with your shadow by turning out the lights and move knowing no one is looking. Afterwards take time to notice how you feel.

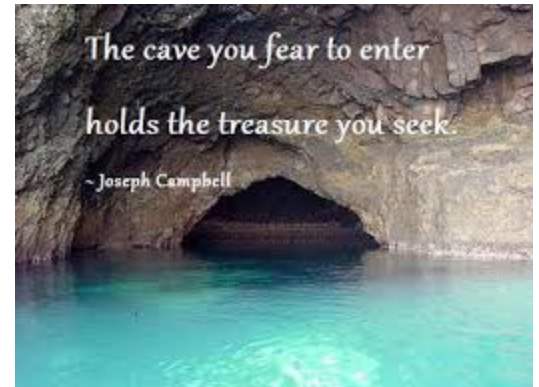
3. **Express yourself:** Paint your emotions, become a poet, make music. Don't worry that it looks or sounds good for anyone else; It is the process not the product that is important. Getting out of the linear left brain is a great way to get in touch with your shadow. Write or paint from the non-dominant side of the brain.

4. **Dream work:** Dreams have long been understood to be a valuable access to shadow material. Approach your dream with the assumption that all characters and symbols of your dream are parts of you. Bring these images to life through re-imagining them, writing them down, or acting them out and examine the feelings and associations that you have.

5. **Free the Fantasy:** Jung wrote in his autobiography, "[I] had to try to gain power over [my fantasies]; for I realized that if I did not do so, I ran the risk of their gaining power over me." Obsessive fantasies can rule our lives. Perhaps the obsession is about an ex-partner, a fascination with the stranger across the room, or the idea that one more piece of piece of chocolate will do the trick. One trick to freeing up the shadow that is bound in fantasies is to reclaim what this object or person represents for you. Try saying, "you are the part of me that..." Maybe you find your unexpressed rebel, your playful self, or your longing for sweetness. Recognize that reclaiming your obsession may feel scary or sad at first because we often project our shadow on another person when we don't know yet how to hold it yet on our own.



6. **Invite your shadow off the pedestal.** One unexpected place to find your shadow is in the people we deem can do no wrong. When someone is on the pedestal it is sign that there may be valuable shadow material for you. Perhaps by keeping someone in a position of greater wisdom or power this is a way of avoiding stepping into our own. What messages did you get about staying small? What will really happen if you were to step your of your "lesser-than" box? Seeing your heroes as human may also allow your human experience to be heroic!
7. **Embrace Your Enemy:** Extend loving kindness towards the people in your life who challenge you the most. We spend a lot of time avoiding or feeling hatred towards those who have hurt us. One of most powerful and transformational shadow integration moments I have experienced was practicing loving kindness for a person in my life that I struggled with. I breathed into my own hard-heartedness and found that the more compassion I felt towards this person the softer my heart became. The tears flowed and I felt love that softened the boundaries between us. In our next interaction I felt that the pain that had once left me feeling trapped and hopeless had shifted. I had more choice in how I acted rather than feeling stuck in reaction. In the words of Carl Jung "when an inner situation is not made conscious, it appears outside of your as fate."



## Support for Shadow Integration

While there are many ways to integrate shadow material on your own; there are times when we need professional support to process those parts of us that are split off, hidden, or denied. There are vulnerable and uncomfortable edges in all of us that benefit from the compassionate presence of another. It is an honor to support you. [Click here to read more about the work of Dr. Arielle Schwartz, PhD.](#)

Further Reading:

- [Embrace your shadow-Unlock your Creativity](#)
- [Somatic Psychology](#)

## About Dr. Arielle Schwartz



[Meet Dr. Arielle Schwartz](#)

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