

Sageman, S., and Brown, R. 2006. Free at Last, in DSM-IV-TR Case Book Volume 2, edited by R.L. Spitzer, M.B. First, J.B.W. Williams, M. Gibbon. American Psychiatric Publishing, Inc. Washington, DC. 2006. pp.109-121.

This chapter describes the use of natural and conventional treatments in a complex case with multiple psychiatric diagnoses. Sudarshan Kriya yoga (SKY) breathing provided the patient with a means of self-soothing that increased her resilience so that she no longer became despondent when confronted by painful reminders of past trauma. SKY was credited with breaking the link between past trauma and negative emotions.