Bessel A. van der Kolk, M.D., is a clinician, researcher and teacher in the area of post-traumatic stress. His work integrates developmental, neurobiological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment

Dr. van der Kolk and his various collaborators have published extensively on the impac of trauma on development, such as dissociative problems, borderline personality and self-mutilation, cognitive development, memory, and the psychobiology of trauma. He has published over 150 peer reviewed scientific articles on such diverse topics as neuroimaging, self-injury, memory, neurofeedback, Developmental Trauma, yoga, theater and EMDR.

He is founder and medical director of the Trauma Center in Brookline, Massachusett The Trauma Center consists of a well-trained clinical team specializing in the treatme of children and adults with histories of child maltreatment, that applies treatment models that are widely taught and implemented nationwide. He also created the Trauma Research Foundation, the non-profit arm of the Trauma Center, that is organized to promote clinical, scientific and educational projects.

His most recent 2014 New York Times best seller. The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma, transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, somatically based therapies, EMDR, psychodrama, play, yoga, and other therapies.

Dr. van der Kolk is the past president of the International Society for Traumatic Stress Studies, and professor of psychiatry at Boston University Medical School. He regularly teaches at conferences, universities, and hospitals around the world.

#### Speaker Disclosures

Financial: Bessel van der Kolk is a professor of psychiatry at the Boston University School of Medicine. He is the medical director of the Trauma Center in Boston. He receives a speaking honorarium from PESI, Inc.

Non-financial: Bessel van der Kolk has no relevant non-financial relationship to disclose

# OUTLINE

#### **Neuroscience & Brain Development**

- Neuroscience and brain development
- How children learn to regulate their arousal systems
- How the brain regulates itself
- Developmental psychopathology: The derailment of developmental processes & brain development due to trauma, abuse and neglect
- How the brain responds to treatment

#### **Early Life Trauma**

- Interpersonal neurobiology
- Adaptations to trauma early in the life cycle
- Loss of affect regulation
- Chronic destructive relationships towards self and others
- Dissociation and amnesia
- Somatization
- Self-blame, guilt and shame
- Chronic distrust and identification with the aggressor

#### Attachment, Trauma, and Psychopathology

 The breakdown of information processing in trauma

The World's Leading

Expert in the Field o

Traumatic Stress and

author of The New

York Times bestsell

The Body Keeps the

Score

- Mirror neuron systems and brain development
- How to overcome the destabilization and disintegration
- The compulsion to repeat origins and solutions
- Difference between disorganized attachment and traumatic stress

#### Neuroscience, Trauma, Memory and the Body

- The neurobiology of traumatic stress
- Learned helplessness and learned agency
- Restoring active mastery and the ability to attend to current experiences
- Somatic re-experiencing of traumarelated sensations and affects that serve as engines for continuing maladaptive behaviors
- How mind and brain mature in the context of caregiving systems

## **OBJECTIVES**

- people process information.
- 2. Determine how sensorimotor processing can alleviate traumatic re-experiencing.
- 3. Articulate the range of adaptations to trauma early in the life cycle.
- 4. Substantiate how trauma affects the developing mind and brain.
- 5. Communicate the recent advances in neurobiology of trauma
- 6. Differentiate between disrupted attachment and traumatic stress.

**Related Disorders** 

Affect and impulse dysregulation

• Distortions in self-perception and

• Disturbances of attention,

systems of meaning

dysregulation

Interpersonal difficulties

Somatization and biological

The development of DTD in the

DSM-5<sup>®</sup> as a diagnosis and its

implications for assessment,

diagnosis and treatment

cognition and consciousness

(DTD)

7. Breakdown how adverse childhood experiences effect brain development, emotion regulation & cognition.

- 1. Analyze & communicate how traumatized 8. Choose techniques of physical mastery, affect regulation and memory processing.
  - 9. Explore the development of Developmental Trauma Disorder.
  - 10. Critique the current DSM-5<sup>®</sup> position on DTD.
  - 11. Model how to integrate various treatment approaches in your practice.
  - 12. Through an understanding of the research, explore treatment strategy alternatives to drugs and talk therapy.

- The Diagnosis and Treatment of Trauma-The Latest Research on Trauma-Specific **Treatment Interventions**  Developmental Trauma Disorder
  - The role of body-oriented and neurologically-based therapies to resolve the traumatic past
  - Alternatives to drugs and talk therapy
  - EMDR
  - Self-regulation, including yoga
  - Mindfulness
  - Play and theatre
  - Dance, movement and sensory integration
  - Neurofeedback

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The World's Leading Expert in the Field of Traumatic Stress and author of The New York Times bestseller The Body Keeps the Score



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Norman Doidge, author of The Brain That Changes Itself

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Francine Shapiro, PhD, originator of EMDR therapy



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DAY ONE: 8:30 am Program begins **11:50-1:00** Lunch (on your own) 4:30 pm Program ends

HE BODY KEEP

THE SCORE

DAY TWO: 8:00 am Check-in/Morning Coffee & Tea 8:00 am Check-in/Morning Coffee & Tea 8:30 am Program begins **11:50-1:00** Lunch (on your own) 4:30 pm Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). - Actual lunch and break start times are at the discretion of the speaker. - A more detailed schedule is available upon request.

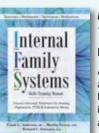
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#### The Body Keeps the Score

#### Bessel van der Kolk, MD - You're Presenter

A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing, renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In The Body Keeps the Score, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, The Body Keeps the Score offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.





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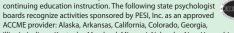
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#### By Manuela Mischke-Reeds, MA, MFT

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