

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 impact 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, Massachusetts. The Trauma Center consists of a well-trained clinical team specializing in the treatment 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 receives a speaking honorarium from PESI, Inc.

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



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

OBJECTIVES

1. Analyze & communicate how traumatized 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.
7. Breakdown how adverse childhood experiences effect brain development, emotion regulation & cognition.
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® 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.

BECOME CERTIFIED!



This seminar meets ALL the education hours when applying for certification as a Certified Clinical Trauma Professional Level I (CCTP-Level I).

Visit traumapro.net for the full certification requirements.

OUTLINE

Neuroscience & 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
- 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 trauma-related sensations and affects that serve as engines for continuing maladaptive behaviors
- How mind and brain mature in the context of caregiving systems

The Diagnosis and Treatment of Trauma-Related Disorders

- Developmental Trauma Disorder (DTD)
- Affect and impulse dysregulation
- Disturbances of attention, cognition and consciousness
- Distortions in self-perception and systems of meaning
- Interpersonal difficulties
- Somatization and biological dysregulation
- The development of DTD in the DSM-5® as a diagnosis and its implications for assessment, diagnosis and treatment

Seminar on CD or DVD Package: If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

The Latest Research on Trauma-Specific Treatment Interventions

- 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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Details Inside

Join renowned trauma expert and *NY Times* bestselling author, Bessel van der Kolk, MD, for this transformational 2-day intensive workshop on the latest research and drug-free treatment techniques for your trauma clients.

Dr. van der Kolk will give you a new understanding of the neuroscience of traumatic stress and the research demonstrating the efficacy and possible limitations of mind-body treatment approaches. He will detail the benefits of neurofeedback, EMDR, mediation, yoga, mindfulness, and sensory integration methods such as dance and movement.

Through intriguing videos, case studies, and masterful explanation, you will learn how to give your clients:

- A way to find words that describe what is going on
- Ways to regulate their emotions
- The ability to trust other human beings after the shameful and horrific details of their lives
- The research on the latest tools to process traumatic memories
- Transformation! – to be fully alive in the present, not stuck in the past

This is a “don’t miss” workshop that is based on Dr. van der Kolk’s own research but also that of other leading specialists.

Reserve your seat today!

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on Thursday & Friday, January 9 & 10, 2020, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$99.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/74575

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Sit at your own computer or gather your coworkers and watch and participate in the live video webcast as a group!

• Watch and participate in the seminar in real time

• Your whole office can attend for one low price!

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Psychotherapists • Therapists • Marriage and Family Therapists
Psychiatrists • Addiction Counselors • Occupational Therapists • Case Managers • Nurses
Other Helping Professionals



Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

Praise for the work of Dr. Bessel van der Kolk and *The Body Keeps the Score*

“This book is a tour de force...deeply empathic, insightful, and compassionate perspective promises to further humanize the treatment of trauma victims...”

Jon Kabat-Zinn, professor of medicine emeritus, UMass School of Medicine; author of Full Catastrophe Living

“Van der Kolk, the eminent impresario of trauma treatment...”

Norman Doidge, author of The Brain That Changes Itself

“A fascinating exploration of a wide range of therapeutic treatments...”

Francine Shapiro, PhD, originator of EMDR therapy

LIVE SEMINAR & WEBCAST SCHEDULE

(WEBCAST TO BE AIRED AT 8:00 AM - PACIFIC TIME)

THURSDAY SCHEDULE:

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

FRIDAY SCHEDULE:

8:00 am Check-in/Morning Coffee & Tea

8:30 am Program begins

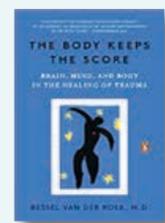
11:50-1:00 Lunch (on your own)

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.



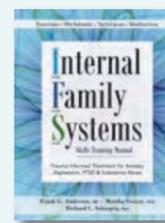
PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**



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.



Internal Family Systems Skills Training Manual

Trauma-Informed Treatment for Anxiety, Depression, PTSD & Substance Abuse

By Frank G. Anderson, M.D., Martha Sweezy, Ph.D. and Richard Schwartz, Ph.D.

A revolutionary treatment plan for PTSD, anxiety, depression, substance abuse, eating disorders and more. Using a non-pathologizing, accelerated approach – rooted in neuroscience – the IFS model applies inner resources and self-compassion for healing emotional wounding at its core. This new manual offers straight-forward explanations and illustrates a wide variety of applications, including step-by-step techniques, annotated case examples, unique meditations and downloadable exercises, worksheets.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cespi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Network.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc. as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

CALIFORNIA COUNSELORS: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 12.0 clock hours of continuing education instruction.

NEVADA COUNSELORS: This program has been submitted to the State of Nevada Board of Examiners for Marriage and Family Therapists for review. Credit is pending.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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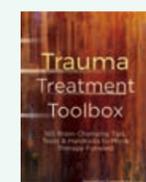
NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

Have a seminar idea? A manuscript to publish?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at czelasko@pesi.com or call 715-855-8194.

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Trauma Treatment Toolbox

165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward

Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.



Somatic Psychotherapy Toolbox

125 Worksheets and Exercises to Treat Trauma & Stress

By Manuela Mischke-Reeds, MA, MFT

From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind.

CALIFORNIA NURSES: PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 7118 for 12.5 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS & PSYCHIATRISTS:

PSYCHIATRISTS: PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 12.5 AMA PRA Category 1 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 12.5 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

CALIFORNIA SOCIAL WORKERS: The California Board of Behavioral Sciences accepts CE programs that are approved by other approval agencies, including several that approve PESI and its programs. A full list of approval agencies accepted by the BBS can be found at www.bbs.ca.gov/licenses/cont_ed.html under "Where to find CE Courses." This Intermediate level activity consists of 12.0 clock hours of continuing education instruction.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

• **Groups of 5 or more:** Call 800-844-8260 for discounts.

• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form.

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___ ***The Body Keeps the Score*** book* \$18.00 (SAM084085)
___ ***Trauma Treatment Toolbox*** book* \$34.99 (PUB085910)
___ ***Internal Family Systems Skills Training Manual*** book* \$29.99 (PUB085175)
___ ***Somatic Psychotherapy Toolbox*** book* \$34.99 (PUB085450)

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