

Outline

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|---|--|--|
| Neuroscience & Brain Development <ul style="list-style-type: none">• Neuroscience and brain development• How children learn to regulate their arousal systems• How the brain regulates itself• Developmental psychopathology:<ul style="list-style-type: none">• The derailment of developmental processes & brain development due to trauma, abuse and neglect• How the brain responds to treatment | Attachment, Trauma, and Psychopathology <ul style="list-style-type: none">• 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 | The Diagnosis and Treatment of Trauma-Related Disorders <ul style="list-style-type: none">• 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 |
| Early Life Trauma <ul style="list-style-type: none">• 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 | Neuroscience, Trauma, Memory and the Body <ul style="list-style-type: none">• 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 Latest Research on Trauma-Specific Treatment Interventions <ul style="list-style-type: none">• 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 |

Meet Your Speaker

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.



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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!

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.

Live Webcast Schedule *(Times listed in Eastern)*

THURSDAY SCHEDULE

8:30 am Program begins

11:50-1:00 Lunch *Break*

4:30 pm Program ends

FRIDAY SCHEDULE:

8:30 am Program begins

11:50-1:00 Lunch *Break*

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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