**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 of the Trauma Center in Brookline, Massachusetts and President of the Trauma Research Foundation, which promotes clinical, scientific and educational projects.

His 2014 #1 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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# OUTLINE

arousal systems

# Neuroscience & Brain Development • How children learn to regulate their

• How the brain regulates itself

to trauma, abuse and neglect

- Developmental psychopathology: The derailment of developmental processes & brain development due
- 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

Chronic distrust and identification

- · Dissociation and amnesia
- Somatization
- Self-blame, guilt and shame

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 traumarelated 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

# 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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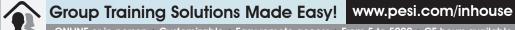
As clinicians, the challenge is to help clients reestablish ownership of their bodies and minds — to feel without becoming overwhelmed, enraged, ashamed, or collapsed.

It takes specific methods, like neurofeedback, EMDR, meditation, yoga, mindfulness, and sensory integration. Dr. van der Kolk has used every one of these methods extensively to successfully treat his own clients, and has also experienced them himself.

This 2-day conference will serve as both a guide and an invitation – an invitation to dedicate yourself to the pursuit of helping trauma clients with the best treatment approaches proven to alleviate suffering.

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# **OBJECTIVES**

- 1. Analyze and support how traumatized clients process information.
- 2. Determine how sensorimotor processing can alleviate traumatic re-experiencing.
- 3. Theorize the range of adaptations to trauma that occur early in the life cycle.
- 4. Investigate 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 and cognition.

5:00pm

- 8. Integrate techniques that promote affect regulation and memory processing.
- 9. Defend the criteria of the proposed Developmental Trauma Disorder within the DSM®.
- 10. Propose treatment strategy alternatives to drugs and talk therapy.
- 11. Plan how to integrate various treatment approaches in your practice discussed during the workshop.
- 12. Support the rationale for using dance, movement, play and theatre in treating trauma.

# **Live Webcast Schedule - Both days**

Program ends

(Times Listed in Mountain)

**Program begins** 9:30am

**1:00-2:00pm** Lunch break

Visit our FAQ page at www.pesi.com/faq or contact us at www.pesi.com/info

### **TARGET AUDIENCE**

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Counselors: AK, AL, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, ND, NE, NH, NJ, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WI, WY

Marriage and Family Therapists: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NC, NE, NH, NJ, NM, NV, NY, OH, OR, PA, RI, SC, SD, TN, TX, UT, VA, WY

### Nurses: All States

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### Physicians: All States

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### School Psychologists: CA

Occupational Therapists: AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KY, LA, MA, MD, ME, MI, MN, MO, MS, MT, NC, ND, NE, NH, NJ, NV, NY, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT,

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To inquire about credit in other states or home study credit, please contact cepesi@pesi.com or 800-844-8260 before the event.

### National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$79.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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