

**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.



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

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

**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*

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Nobody can “treat” abuse, rape, molestation, or any other horrendous event. What has happened cannot be undone.

But what *can* be dealt with are the imprints of the trauma on body, mind, and soul.

Join **Bessel van der Kolk, MD**, in a transformational clinical trauma training. Attend and learn from one of the most renowned trauma experts - one who has spent decades working both as a **researcher and clinician**. – and *NY Times* bestselling author of ***The Body Keeps The Score***.

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.

**Let Dr. van der Kolk show you how to apply** these proven methods and approaches to your clinical practice — so you can experience the satisfaction of helping even your toughest client **heal from deep-rooted trauma**.

**Sign up today for this sell-out event!**

## 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.
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 (Times Listed in Mountain)

**9:30am** Program begins  
**1:00-2:00pm** Lunch break  
**5:00pm** Program ends

## TARGET AUDIENCE

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



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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, WV

**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, WI, WV

**Nurses:** All States

**Psychologists:** AK, AR, AZ, CA, CO, CT, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, MD, ME, MI, MO, MS, MT, NC (Category B), NE, NH, NJ, NM, NV, NY, OH, OK, OR, PA, SC (Category B), SD, TN, TX, UT, VA, WA, WI, WV

**Physicians:** All States

**Social Workers:** AK, AL, AR, AZ, CA, CO, CT, DC, DE, FL, GA, HI, IA, ID, IL, IN, KS, KY, LA, MA, MD, ME, MI, MS, MT, NC, ND, NE, NH, NM, NV, OH, OK, OR, PA, RI, SC, SD, TN, TX, UT, VA, VT, WA, WI, WV

**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, WA, WI, WV, WY

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To inquire about credit in other states or home study credit, please contact [cepesi@pesi.com](mailto: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.

**ACE** 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.

**ACCREDITED** PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**ACCREDITED** PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 12.5 contact hours.

**ACE** 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, 2020 - January 27, 2023. 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.

**ACCREDITED** 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.

\*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. 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 Networker.

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

### QUESTIONS

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