

**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

<p><b>Neuroscience &amp; Brain Development</b></p> <ul style="list-style-type: none"><li>• How children learn to regulate their arousal systems</li><li>• How the brain regulates itself</li><li>• Developmental psychopathology: The derailment of developmental processes &amp; brain development due to trauma, abuse and neglect</li><li>• How the brain responds to treatment</li></ul> <p><b>Early Life Trauma</b></p> <ul style="list-style-type: none"><li>• Interpersonal neurobiology</li><li>• Adaptations to trauma early in the life cycle</li><li>• Loss of affect regulation</li><li>• Chronic destructive relationships towards self and others</li><li>• Dissociation and amnesia</li><li>• Somatization</li><li>• Self-blame, guilt and shame</li><li>• Chronic distrust and identification with the aggressor</li></ul>	<p><b>Attachment, Trauma, and Psychopathology</b></p> <ul style="list-style-type: none"><li>• The breakdown of information processing in trauma</li><li>• Mirror neuron systems and brain development</li><li>• How to overcome the destabilization and disintegration</li><li>• The compulsion to repeat – origins and solutions</li><li>• Difference between disorganized attachment and traumatic stress</li></ul> <p><b>Neuroscience, Trauma, Memory and the Body</b></p> <ul style="list-style-type: none"><li>• The neurobiology of traumatic stress</li><li>• Learned helplessness and learned agency</li><li>• Restoring active mastery and the ability to attend to current experiences</li><li>• Somatic re-experiencing of trauma-related sensations and affects that serve as engines for continuing maladaptive behaviors</li><li>• How mind and brain mature in the context of caregiving systems</li></ul>	<p><b>The Diagnosis and Treatment of Trauma-Related Disorders</b></p> <ul style="list-style-type: none"><li>• Developmental Trauma Disorder (DTD)</li><li>• Affect and impulse dysregulation</li><li>• Disturbances of attention, cognition and consciousness</li><li>• Distortions in self-perception and systems of meaning</li><li>• Interpersonal difficulties</li><li>• Somatization and biological dysregulation</li><li>• The development of DTD in the DSM-5® as a diagnosis and its implications for assessment, diagnosis and treatment</li></ul>	<p><b>The Latest Research on Trauma-Specific Treatment Interventions</b></p> <ul style="list-style-type: none"><li>• The role of body-oriented and neurologically-based therapies to resolve the traumatic past</li><li>• Alternatives to drugs and talk therapy</li><li>• EMDR</li><li>• Self-regulation, including yoga</li><li>• Mindfulness</li><li>• Play and theatre</li><li>• Dance, movement and sensory integration</li><li>• Neurofeedback</li></ul>
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**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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## 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 Webinar Schedule - Both days (Times Listed in Mountain)

<b>8:30am</b>	Program begins
<b>12:00-12:40pm</b>	Lunch break
<b>4:00pm</b>	Program ends

## TARGET AUDIENCE

Counselors • Social Workers • Physicians • Psychologists • Psychotherapists • Therapists  
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For specific credit approvals and details, visit [www.pesi.com/bessel3B](http://www.pesi.com/bessel3B)

**National CE Credit Approvals For Live Webinar**  
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). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.



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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This activity is pending approval from the National Association of Social Workers.



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.



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.

**Self-study credit:** To check availability for your profession, go to [www.pesi.com](http://www.pesi.com) or call 800-844-8260 with your licensing board to verify acceptance of self-study credit for license renewal.

\*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.

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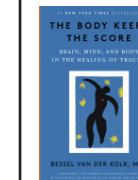
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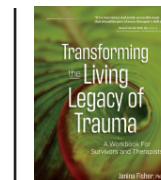
## Recommended Reading:



SAM084085

***The Body Keeps The Score***  
*Brain, Mind, and Body in the Healing of Trauma*

Bessel A van der Kolk, MD  
~~\$19.00~~ **\$14.99\***



PUB086530

***Transforming The Living Legacy of Trauma***  
*A Workbook for Survivors and Therapists*

Janina Fisher, PhD  
~~\$29.99~~ **\$22.99\***

**\* Discount Included with purchase of the Webinar**

#### OTHER WAYS TO REGISTER

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#### QUESTIONS

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