

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

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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TARGET AUDIENCE

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

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: Dr. Bessel van der Kolk is a professor at Boston University School of Medicine, the Director of the Trauma Center, and the National Complex Trauma Network. He receives royalties as a published author. Dr. van der Kolk receives a speaking honorarium, recording royalties, and book royalties from PESI, Inc. He has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Bessel van der Kolk has no relevant non-financial relationships.

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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Rare Live Workshop with Bessel van der Kolk

2-DAY TRAUMA CONFERENCE

THE BODY KEEPS THE SCORE

TRAUMA HEALING WITH



Bessel van der Kolk, M.D.

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

Columbia, MD

November 17 & 18, 2022

Live Webinar

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2-DAY TRAUMA CONFERENCE

THE BODY KEEPS THE SCORE

TRAUMA HEALING

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 and 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. Analyze the recent advances in neurobiology of trauma.
6. Differentiate between disrupted attachment and traumatic stress.
7. Demonstrate how adverse childhood experiences affect brain development, emotion regulation and cognition.
8. Choose techniques of physical mastery, affect regulation and memory processing.
9. Assess how traumatic imprints can be integrated using techniques drawn from yoga, theater, neurofeedback, and somatic therapies.
10. Appraise the current DSM-5® position on DTD.
11. Integrate various trauma treatment approaches in your practice.
12. Defend treatment strategy alternatives to drugs and talk therapy through an understanding of current research.

LIVE SEMINAR & WEBINAR SCHEDULE

(Webinar TO BE AIRED AT 8:30 AM - EASTERN TIME)

THURSDAY SCHEDULE:

8:00 am Check-in/Morning Coffee & Tea
8:30 am Program begins
11:50-1:00 Lunch (*on your own*)
5:30 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*)
3:30 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.

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

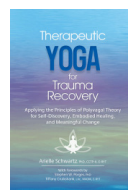
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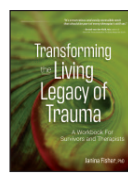
Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact **Jon Olstadt** at jolstadt@pesi.com or call **715-855-5215**.

Recommended Reading:

Purchase this training for these exclusive savings!



Therapeutic Yoga for Trauma Recovery
Applying the Principles of Polyvagal Theory for Self-Discovery, Embodied Healing, and Meaningful Change
Arielle Schwartz, PhD, CCTP-II, E-RYT
~~\$29.99~~ **\$22.99***



Transforming The Living Legacy of Trauma
A Workbook for Survivors and Therapists
Janina Fisher, PhD
~~\$29.99~~ **\$22.99***

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Please see “live seminar schedule” for full attendance start and end times. For the in-person event, after attendance has been verified, pre-registered attendees will need to log into their on-line account to access the online evaluation and certificate of completion. For those in partial attendance (arrived late or left early), a letter of attendance will be available in the attendee online account after completion of the evaluation. An adjusted certificate of completion reflecting partial credit will be sent within 30 days (if your board allows). 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 cepesi@pesi.com or 800-726-3888 before the event. Materials that are included 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 in accordance with and in compliance with your profession’s standards. For planning committee disclosures, please see the “credit approvals and details” URL below. For speaker disclosures, please see speaker bios. PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, PESI Kids, PESI UK, PESI AU, and Psychotherapy Networker.



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.

Chaplains/Clergy: This activity is designed to qualify for 12.5 continuing education hours.

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.

Maryland Counselors: CE credit is available. This course is approved for 12.5 clock hours of continuing education instruction for Maryland Counselors. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board. 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.

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.



Nurses, Nurse Practitioners, and Clinical Nurse Specialists: 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. Partial contact hours will be awarded for partial attendance.

Occupational Therapists & Occupational Therapy Assistants: PESI, Inc. is an AOTA Approved Provider of professional development. Approved provider# 3322. This Live activity is offered at 1.25 CEUs Intermediate, OT Service Delivery . The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Psychologists & Physicians:

Physicians
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.

Maryland Psychologists: CE credit is available. This course consists of 12.5 continuing education credit hours for Maryland Psychologists. Pursuant to COMAR 10.36.02, the Maryland Board of Examiners of Psychologists accepts continuing education programs relevant to psychology from providers approved by the American Medical Association (AMA). This live activity is certified for a maximum of 12.5 AMA PRA Category 1 Credits™ by PESI as an accredited ACCME provider authorized to award credit by the AMA. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



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, 2020 - January 27, 2023. Social Workers completing this live course receive 12.5 Clinical continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance.

Social Workers (NASW): This live program is approved by the National Association of Social Workers (Approval #886759332-2837) for 12.5 Clinical Social Work continuing education contact hours.

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.

SIGN UP TODAY!

2-Day Trauma Conference: The Body Keeps the Score - Trauma Healing with Bessel van Der Kolk, M.D.

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☐ **On-Demand Digital Seminar \$439.99*** POS047325
☐ **DVD \$439.99**** RNV047325

* plus applicable sales tax, visit www.pesi.com/faq for more information

4 Recommended Reading

☐ **\$29.99 \$22.99** Therapeutic Yoga for Trauma Recovery** book
PUB087285
☐ **\$29.99 \$22.99** Transforming The Living Legacy of Trauma** book
PUB086530

**Discount included with purchase of this training. Attendees add applicable state and local taxes except in AK, DE, MT, NH, OR and \$6.95 shipping

5 Select Payment Method

All registrations must be prepaid.

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