

Bessel A. van der Kolk Martin H. Teicher Cathy Malchiodi and more! - Dr. Bessel van der Kolk on How the Body Keeps the Score

Trauma is horrendous.

It overwhelms its victims and often the people who try to treat it. It reshapes one's sense of self, bodily experience, and brain organization — leaving people stuck in terror, isolation, and shame.

My life's work has been to find the most effective pathways to healing trauma. It's why I **founded the Trauma Center**, have been part of **groundbreaking research**, and wrote the **#1 New York Times bestselling book *The Body Keeps the Score***.

Along the way, I have collaborated with many of the most sought-after pioneers and researchers in our field. Together, we have **successfully treated thousands of traumatized children and adults**: victims of child abuse, natural disasters, wars, accidents, and human trafficking.

Now we collectively offer this exclusive online course as an authoritative guide toward trauma healing. Together, we will help you discover how incorporating methods such as **EMDR, meditation, neurofeedback, yoga, mindfulness, sensory integration, and the arts** can deepen your therapeutic skills and lead to deep, lasting healing.

Join us and we will show you how the helplessness, rage, and collapse from past trauma imprints can be transformed through physical experiences — restoring your client's hope for a brighter future filled with joy, purpose, and meaning.

Yours in healing,
Dr. Bessel van der Kolk

When you accept your invitation to join our devoted gathering of trauma treatment professionals, you will:

1. Discover how to build stronger connections with your clients
2. Deepen your understanding of trauma and its effects
3. Master innovative treatment options to fill your toolbox
4. Learn to go beyond standard talk therapy to customize treatment for deep-rooted trauma
5. Stay on the leading-edge of diagnosing trauma-related issues

6. Learn how to create unique treatment interventions that maximize your therapeutic outcomes
7. Join an elite group of peers from around the globe, all focused on enhancing their therapeutic skills and improving client outcomes

Your registration today shows your commitment to alleviate suffering, end the cycles of violence, and help people live their lives to the fullest. It also supports the Trauma Research Foundation in their mission to conduct innovative treatment and research—because no child or adult should suffer the consequences of trauma.

What will I learn?

The Body Keeps the Score: Trauma Healing **with Bessel van der Kolk, MD**

The vast increase in our knowledge about the basic processes that underlie trauma has opened new possibilities to lessen or even reverse the damage.

Through intriguing videos, case studies, and masterful explanation, you will learn how to apply the latest findings from research to your trauma treatment protocols in practical, effective ways.

This intensive session will provide you the knowledge you need to give your clients:

- A way to find words that describe the deep and painful effects of trauma
- Tools to regulate their emotions, even when they're unexpectedly triggered
- The ability to trust other human beings after the shameful and horrific details of their trauma
- The opportunity to be fully alive in the present, not stuck in the past
- ...*And so much more*

Program Outline

The Body Keeps the Score: Trauma Healing

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 of 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

Featuring Today's Leaders in Trauma Treatment...



Bessel A. van der Kolk, MD, 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 #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.



Martin H. Teicher, MD, PhD, Associate professor of psychiatry at Harvard Medical School; director of the Developmental Biopsychiatry Research Program and Laboratory of Developmental Psychopharmacology at McLean Hospital. His research studies range from inquiries into the molecular mechanisms of brain development to brain-imaging studies of the effects of childhood maltreatment on brain development.



Cathy Malchiodi, PhD, ATR-BC, LPCC, LPAT, REAT, is a psychologist and expressive arts therapist, and founder and director of the Trauma-Informed Practices and Expressive Arts Therapy Institute. She writes the Arts and Health column for Psychology Today Online, with a following of more than 5 million readers. She is also the author of *Handbook of Art Therapy*, *Expressive Therapies*, and *Art Therapy Sourcebook*.













Stephan Wolfert, MFA, Playwright, performer; executive director, De-Recruit. Founding artistic director of Shakespeare & Veterans and the Veterans Center for the Performing Arts. Company member, Bedlam Theater, NYC. Combining his own personal story of leaving the army with Shakespeare's writings on war, he created Cry Havoc!, which he has performed around the world to critical acclaim.



Tarana J. Burke, Founder, “Me Too” movement. Activist and advocate at the intersection of sexual violence and racial justice. Fueled by commitments to interrupt sexual violence and other systemic inequalities disproportionately impacting marginalized people, particularly black women and girls. She is the recipient of the 2018 MIT Media Lab Disobedience Award.

Proof Content

	1. Session 1 The Body Keeps Score-Trauma Healing with Bessel van der Kolk, MD	 ...	1.9 GB
	2. Session 2 The Body Keeps Score-Trauma Healing with Bessel van der Kolk, MD	 ...	1.9 GB
	3. Session 3 The Body Keeps Score-Trauma Healing with Bessel van der Kolk, MD	 ...	1.9 GB
	4. Session 4 The Body Keeps Score-Trauma Healing with Bessel van der Kolk, MD	 ...	2 GB
	5. Bonus Content	 ...	1.2 GB

