

ABOUT THE WORKSHOP

Dr. van der Kolk's research 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 sensory integration methods such as dance and movement. He'll describe how movement affects memory processing and how trauma affects time awareness.

By attending this workshop, you'll gain a new understanding of the neuroscience of traumatic stress and the research demonstrating the efficacy of mind-body treatment approaches. Dr. van der Kolk will present research data evaluating each set of interventions, show videos of clinical examples, and discuss the integration of these approaches during different stages of treatment.

Dr. van der Kolk's course has been receiving rave reviews around the country and we hope you can join us -- You will leave the workshop feeling transformed and equipped with new tools and techniques to use with your clients immediately!

Note: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.

Registration opens at 7:30AM
The workshop runs from
8:30AM-4:30PM daily.
There will be two 30 minute
breaks around 10AM and 2:45PM
with an hour lunch.

Please Note: Workshop content has been updated to include additional information on neuroimaging and brain plasticity, and implications for treatment. This workshop is constantly evolving.
Any last-minute changes in onsite handouts will be made available online.

*Taping of this workshop is not permitted. Room temperature varies; please dress in layers.
Eligibility: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.*

TOPICS OF THIS WORKSHOP INCLUDE: Neuroscience, Brain Development, and Early Life Trauma

- 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
- Interpersonal neurobiology
- Adaptations to trauma early in the life cycle
- Challenge of affect regulation
- Chronic destructive relationships towards self and others
- Dissociation and amnesia
- Self-blame, guilt and shame
- Chronic distrust and identification with the aggressor
- Instinct of purpose

Attachment, Trauma, and Psychopathology

- How to overcome the destabilization and disintegration
- The compulsion to repeat -- origins and solutions
- Difference between disorganized attachment and traumatic stress
- Attachment and attunement

Neuroscience, Trauma, Memory and the Body

- The neurobiology of traumatic stress

- Learned helplessness and learned agency
- Coming to stillness
- 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 the body keeps the score and how trauma is played out in the theater of the body
- How trauma affects the way you experience yourself and your surroundings
- Trauma and fragmentation of the self
- Dealing with parts: managers and fire fighters

Treatment and Interventions of Trauma-Related Disorders

- Affect and impulse dysregulation
- Disturbances of attention, cognition and consciousness
- Distortions in self-perception and systems of meaning

- Getting in touch with one's self
- Somatization and biological dysregulation
- The development of DTD in the DSM-5® as a diagnosis and its implications for assessment, diagnosis and treatment
- The role of body-oriented and neurologically-based therapies to resolve the traumatic past
- Alternatives to drugs and talk therapy
- Memory processing: EMDR -- how it works and for whom
- Experiences with self regulation: breathing, moving, mindfulness, and yoga
- Play and theatre
- Dance, movement and sensory integration
- Applied Neuroscience: Rewiring the brain with Neurofeedback

REGISTER NOW!
www.IBH.com/workshops

WORKSHOP LEADER

Bessel A. van der Kolk, M.D. is a clinician, researcher and teacher in the area of posttraumatic 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 psychology 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 at JYRI in Brookline, Massachusetts; past President of the International

Society for Traumatic Stress Studies, and Professor of Psychiatry at Boston University Medical School. He regularly teaches at universities and hospitals around the world.

His most recent 2014 New York Times Science 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.

LIVE VIDEO
WEBCAST!

ADVANCES IN Trauma Treatment

Trauma, Memory, and the Restoration of One's Self

Bessel A. van der Kolk, M.D.



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Institute for Better Health
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NEW MATERIAL FOR 2018!

Bessel van der Kolk, MD is an internationally recognized leader in the field of psychological trauma and the founder and Medical Director of the Trauma Center. Highlights of this new program include:

- Neurofeedback & Brain Plasticity therapy
- EMDR, Sensory Motor Integration, Theater, & Yoga
- Agency & Sense of Self
- Self-experience in space & time
- Dealing with Chronic PTSD

LIVE VIDEO
WEBCAST!

LIVE VIDEO WEBCAST FEB 12/13

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ADVANCES IN TRAUMA TREATMENT:

Trauma, Memory, and the Restoration of One's Self



DON'T MISS THE
LIVE VIDEO
WEBCAST!

Bessel A. van der Kolk, M.D.
WORKSHOP LEADER

February 12-13, 2018 | Portland, OR

Earn 12 CE/CME Credit Hours | Space is Limited. Register Early!

