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, somati-cally based therapies, EMDR, psycho-drama, play, yoga, and sensory integration methods such as dance and movement. metnods such as dance and movement. He'll describe how movement affects mem-ory processing and how trauma affects time awareness.

By attending this workshop, you'll gain a new understanding of the neurosci-ence of traumatic stress and the research ence or 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 recieving rave reviews around the country and mg 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!

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.

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

- How the brain regulates itself Developmental psychonathology:
- trauma, abuse and neglect
- How the brain responds to treatment Interpersonal neurobiology
- Adaptations to trauma early in the life
- 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

Attachment, Trauma, and

- 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

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

· Learned helplessness and learned

- · 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

Treatment and Interventions of Trauma-Related Disorders

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

impact of trauma and its treatment.

Dr. van der Kolk and his various collabo-

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 at JRI in Brookline, Massa-chusetts; past President of the International

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 Society for Traumatic Stree Studies, and Professor of Psychiatry at Boston University Medical School. He regularly teaches at universi-ties and hospitals around the rators have published extensively on the impact of trauma on development, such as dissociative problems, borderline personality

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 arranges the oram's wiring—specinically area 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

Getting in touch with one's self WEBCAST!

- 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 whon
- Experiences with self regulation: breathing, moving, mindfulness, and Play and theatre
- Dance, movement and sensory inte-
- Applied Neuroscience: Rewiring the brain with Neurofeedback

REGISTER NOW! www.IBH.com/workshops

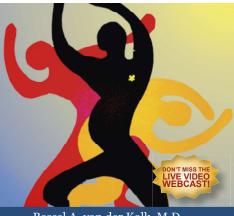
ANCES IN Treatment Trauma



IVE VIDEC

ADVANCES IN TRAUMA TREATMENT:

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



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!

VAN8A 2C.indd 1 1/5/2018 11:57:38 AM



☐ February 12-13 Portland, OR	☐ February 12-13 Live Webca
	Degree
Company	
Address	
City	State Zip
Phone ()	Fax ()
Email Address (required)	
Profession(s): Please provide your profession	and license number(s).
Profession	License(s)#
If you are physically challenged and have spe All meeting rooms are wheelchair accessible.	cial needs, please contact IBH as soon as possible.
\$230 Workshop aide (Please e-mail for ap LIVE WEBCAST REGISTRATION	proval. No other discounts apply.)
\$230 Workshop aide (Please e-mail for ap LIVE WEBCAST REGISTRATION	available) sproval. No other discounts apply.)
S230 Workshop aide (Please e-mail for ap LIVE WEBCAST REGISTRATIO) \$387 Webcast Registration: Feb. 12-13 (M DISCOUNTS Groups: Deduct \$50.00 per person (Thre	available) proval. No other discounts apply.) 4 FEES ust be received by noon the day prior to workshop) the or more registrations received together)
\$230 Workshop aide (Please e-mail for ap LIVE WEBCAST REGISTRATIO) \$387 Webcast Registration: Feb. 12-13 (M DISCOUNTS Groups: Deduct \$50.00 per person (Thre	available) proval. No other discounts apply.) 4 FEES ust be received by noon the day prior to workshop) we or more registrations received together) roof of student status must accompany registration deal nBH workshop during the past 12 months) LOSED (U.S. funds)
□ \$387 Webcast Registration: Feb. 12-13 (M DISCOUNTS □ Groups: Deduct \$50.00 per person (Thru □ Full-time Students: Deduct \$60.00 (P □ Alumni: Deduct \$75.00 (Must have attent TOTAL PAYMENT ENC	available) proval. No other discounts apply.) # FEES ust be received by noon the day prior to workshop) se or more registrations received together) roof of student status must accompany registration deal nBH workshop during the past 12 months) LOSED (U.S. funds)
□ S230 Workshop aide (Please e-mail for a LIVE WEBCAST REGISTRATION \$387 Webcast Registration: Feb. 12-13 (M DISCOUNTS □ Groups: Deduct \$50.00 per person (Thre □ Full-time Students: Deduct \$60.00 (M Alumni: Deduct \$75.00 (M sst have attem TOTAL PAYMENT ENC Payment must accompany re	available) proval. No other discounts apply.) # FEES ust be received by noon the day prior to workshop) se or more registrations received together) roof of student status must accompany registration deal nBH workshop during the past 12 months) LOSED (U.S. funds)
□ \$230 Workshop aide (Please e-mail for ap LIVE WEBCAST REGISTRATION \$387 Webcast Registration: Feb. 12-13 (M DISCOUNTS □ Groups: Deduct \$50.00 per person (Thir □ Full-time \$10 deduct \$50.00 (P □ Alumni: Deduct \$75.00 (Must have atten TOTAL PAYMENT ENC □ Payment must accompany re METHOD OF PAYMENT □ (check enclosed made payable to IBH	available) proval. No other discounts apply.) I FEES ust be received by noon the day prior to workshop) se or more registrations received together) rot obtained status must accompany registration led an IBH workshop during the past 12 months) LOSED (U.S. funds) gistration.
□ \$230 Workshop aide (Please e-mail for ap LIVE WEBCAST REGISTRATION \$387 Webcast Registration: Feb. 12-13 (M DISCOUNTS □ Groups: Deduct \$50.00 per person (Thir □ Full-time \$10 deduct \$50.00 (P □ Alumni: Deduct \$75.00 (Must have atten TOTAL PAYMENT ENC □ Payment must accompany re METHOD OF PAYMENT □ (check enclosed made payable to IBH	available) proval. No other discounts apply.) # FEES ust be received by noon the day prior to workshop) se or more registrations received together) roof of student status must accompany registration deal nBH workshop during the past 12 months) LOSED (U.S. funds)

to IBH requesting a refund. Your money will be refunded upon receipt of your written request.

MAIL COMPLETED FORM TO:
IBH | P.O. Box 5627 | Santa Rosa, CA 95402
REGISTER BY PHONE, FAX OR ONLINE:
[800] 258-8411 | FAX (707) 755-3133 | www.IBH.co.

WORKSHOP INFORMATION

February 12-13, 2018 Hilton Portland Downtown 921 SW Sixth Ave. Portland, OR 97204 503-220-2565

February 12-13, 2018

LIVE WEBCAST
Streamed live Pacific Time
As outlined in the schedule.
For complete details,
Visit www.IBH.com/workshops

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

- GROUPS: Organize a group of three or more and save! Mail your registrations together and deduct \$50 from each.
- FULL-TIME STUDENTS: Deduct \$60 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.
- ALUMNI: If you have attended an IBH workshop in the last 12 months, you may deduct \$75 from your tuition.

CONTINUING EDUCATION

The brattant for little treath (1801) has been approach or offer
to have of contrating exaction and contraining medical education
(conspit where otherwise noted) by the followings:
ALCOHOLISM EMUCATION: CONSTRUCTIONS: IAVIB is
approved by the Validation Association of Alcoholism and Trug
(proved provider specify) for 12 CIBAS.

Admin Consulters Agenored Provided Programs (DAADAC Ageposited Provides are 2012 to 11 CERLS.)

The Consulter Agent Provides are 2012 to 11 CERLS.

The Department of the Provides Agent Provides are desirated confusion of Consultation (DAAP) (ACC) in Drown and IRA Agent Provides (and the Provides Agent P

CANCELLATIONS Requests must be in writing. Refunds

Requests must be in writing, Retunds will be given or requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No refund will be issued within 7 days of the workshop, If IBH cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. If you would like to be considered for an aide position, please email staff@BH.com to see if spots are still available. In the BBH.com to see if spots are still available. In the BBH.com to be seen if spots are still available. In the BBH.com to be attending. Act now; positions fill quickly.

PHYSICIANS: The Institute for the Advancement of Human (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACMSH) to provide continuing medical education for physicians. The Institute for the Advanced Accredit Continuing medical education for physician. The Institute for a maximum of 2 AMA FRA Category 2 Cordits **Physicians should only claim credit commensurate with the extent of their

should only claim or color comments with the extent of their PSNCTRIO GLOSTEN, Lillia is approved by the American Psychological Association (APA) to order continuing cluestion for psychological. AUDI SIGNATURE CONTINUING CONTINUING CONTINUING CONTINUING CONTINUING CON

NOTE: You must attend in full to earn CE credit. No partial credit will be awarded. Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licening board to determine whether the accreditations listed are accepted.

WORKSHOP OBJECTIVES

After attending this dynamic workshop, participants will be better able to:

- >> Examine & explain how traumatized people process information
- >> Describe how sensorimotor processing can alleviate traumatic re-experiencing
- >> Describe the range of adaptations to trauma early in the life cycle
- >> Explain how trauma affects the developing mind and brain >> Summarize the recent advances in neurobiology of trauma
- >> Describe how movement affects memory processing
- >> Identify the difference between disrupted attachment and traumatic stress
- >> Describe how adverse childhood experiences effect brain development, emotion regulation & cognition
- >> List and describe techniques of physical mastery, affect regulation and memory processing
- >> Summarize treatment strategies alternatives to drugs and talk therapy

IBH EDUCATIONAL MATERIALS

TO ORDER: Complete this form indicating your selections. Mail it with payment to IBH, PO BOX 5710, Santa Rosa, CA 95402. Please allow 1-2 weeks for delivery. Detailed descriptions of these and other IBH educational materials and homestudies may be found on our website, www.DHL.com. All products listed are videos. Information on how to obtain CE Credit for these products can also be found on our website.

Quantity Amount

		Quantity	Amount
EMDR and Beyond: The Trauma Power Therapies	\$59.99		
Bessel van der Kolk, M.D., and others* (CE Available*)			
Watch Laurel Parnell, David Grand, Bessel van der Koll expertsdescribe the tremendous power of EMDR and re treatments.			
Trauma and Attachment Bessel van der Kolk. M.D. (CE Available*)	\$59.99		
Learn why attachment theory is so critical to the effective treatment of trauma through the use of EMDR, neurofeedback, and a variety of other powerful interventions.			

 $^*\mbox{\it Please}$ see www.IBH.com for a complete list of speakers, CE info, and detailed descriptions of these programs.

	Quantity	Amount
The Impact of Early Life Trauma \$34.99 Bessel A. van der Kolk, M.D., and Judith Herman, M.D. (CE Available*) An in-depth look at shame, trauma, and how, once properly understood, their crippling effects can be treated effectively in psychotherapy.		
Trauma, Mindfulness & Neurobiology of Self \$39.00 Jon Kabat-Zin, Ph.D. (CE Available*) This workshop highlights work that constitutes the cutting edge on the enurobiological foundations of stress resilience, mindfulness, the effects of trauma on self-awareness and self-organization, and how mindfulness meditation and yoga can change the brain.		
Trauma, Attachment & Neuroscience \$169.99 Bessel van der Kolf, M.D. (CE Asutiable*) This special seminar recording represents current research findings about how people's brains, minds and bodies are affected by traumatic experiences and illustrate principles of post-traumatic therapy.		
Peter Levine on Trauma: How the Body Releases Trauma & Restores Goodness Peter Levine, Ph.D. (CEAstaible): Learn how sensation-based (as opposed to emotional or rational) treatment is the key inroad into the trauma, and how to slowly uncouple fear from the natural immobility state. This DVD includes and in depth-review of how trauma is related to the ethnological concept of tonic immobility, the importance of the so-called primitive Vagas system, and how its connections through the viscers and body are a key ally in trauma therapy.		
Please see www.IBH.com for a complete list of speakers and detailed descriptions of these programs.		

	Shipping and handling	: 1 item \$7.00, each add'l item \$2.00	
	Note: Not all boards	Subtotal	
educa	t home study for continuing tion. Please contact your own for more information.	CA residents add local sales tax	
VANS	4	Total (US dollars)	
		_	

Name	Degree				
Address					
City		State	Zi	P	
Phone ()	Email				
☐ Check payable to IBH					
Card #		Exp. date	/	CVV#	
Signature					
Cardholder					

VAN8A 2C.indd 2

