

“... Bessel van der Kolk leads the way in understanding the impact of trauma and helping people heal from overwhelming life experiences.”

- DANIEL J. SIEGEL, M.D., Clinical Professor,
UCLA School of Medicine

REGISTRATION FORM

☐ April 16-17, 2018 | Berkeley, CA ☐ April 16-17, 2018 | Live Webcast

Name _____ Degree _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone (_____) _____ Fax (_____) _____

Email Address (required) _____

Profession(s): Please provide your profession and license number(s).

Profession _____ License(s) # _____

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact IBH at 650-851-8411 if special accommodations are required. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 with discount code IBH10.

- ☐ \$347 Early Registration (Must be postmarked at least 14 days prior to workshop)
- ☐ \$377 Regular Registration (Must be received by noon the day prior to workshop)
- ☐ \$397 On-Site registration (If space is still available)
- ☐ \$200 Workshop aide (Please e-mail for approval. No other discounts apply.)

LIVE WEBCAST REGISTRATION FEE

- ☐ \$337 Webcast Registration: (Must be received by noon the day prior to workshop)

DISCOUNTS

- ☐ Groups: Deduct \$50.00 per person (Three or more registrations received together)
- ☐ Full-time Students: Deduct \$60.00 (Proof of student status must accompany registration)
- ☐ Alumni: Deduct \$75.00 (Must have attended an IBH workshop during the past 12 months)

_____ TOTAL PAYMENT ENCLOSED (U.S. funds)
Payment must accompany registration.

METHOD OF PAYMENT

- ☐ Check enclosed made payable to IBH

☐ Card # _____ Exp. date ____/____/____ CVV# _____

Cardholder name _____

Signature _____

REGISTER NOW- WWW.IBH.COM/WORKSHOPS

GUARANTEE: If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IBH requesting a refund. Your money will be refunded upon receipt of your written request.

NOTE: Speaker/planner conflict-of-interest disclosures, course agenda, and complete course details are available on our website. Please check prior to registering.

Recording of this workshop is not permitted.



Mail Completed Form To:
IBH | P.O. Box 5527 | Santa Rosa, CA 95402
Register by Phone, Fax or Online:
PHONE (800) 258-8411 | FAX (707) 755-3133 | www.IBH.com

New Workshop Material!

The latest neuro-scientific research has shown that how we experience our bodies impacts how we process sensations and memories, and how we heal from traumatic experiences. Participants will be guided through awareness experiences with the goal of integrating an embodied orientation to clinical practice.



Bessel van der Kolk, MD



Licia Sky, BFA, LMT

“... [this work] unites the evolving neuroscience of trauma research with an emergent wave of body-oriented therapies and traditional mind/body practices... they go beyond symptom relief, and connect us with our vital energy and here-and-now presence.”

- PETER A. LEVINE, PhD,
Founder of Somatic Experiencing

**LIVE VIDEO
WEBCAST!**
April 16-17

Institute for the Advancement of Human Behavior
Institute for Better Health
P.O. Box 5527
Santa Rosa, CA 95402

Non-Profit Org.
U.S. Postage
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Bessel van der Kolk, MD and Licia Sky, BFA, LMT

THE BODY KEEPS THE SCORE:

*Integration of Mind, Brain, and
Body in the Treatment of Trauma*



INSTITUTE FOR BETTER HEALTH
Formerly IAHB

THE BODY KEEPS THE SCORE:

*Integration of Mind, Brain, and
Body in the Treatment of Trauma*



**DON'T MISS THE
LIVE VIDEO
WEBCAST!**



**Bessel van der Kolk, MD and
Licia Sky, BFA, LMT**

April 16-17, 2018 | Berkeley, CA

12 CE/CME Credit Hours

DISCOUNTS AVAILABLE! SEE REGISTRATION PAGE

WORKSHOP DESCRIPTION

Transform your understanding of traumatic stress. Dr. Bessel van der Kolk will present the latest research showing that our experience of our body impacts how we process sensations and memories, and affects how we heal from traumatic experiences. It reveals how trauma literally changes the connectivity of the brain, affecting brain areas including those that allow us to know pleasure, engagement, control, and trust. His research shows that these areas can be reactivated through many innovative treatments, including neurofeedback, somatic therapies, EMDR, psychodrama, yoga, dance, and play. Dr. van der Kolk will share data explaining these interventions, show videos of clinical case studies, and discuss the integration of these approaches during different stages of treatment.

Verbally oriented therapists may wonder how this knowledge can be applied to bring an embodied approach to therapeutic sessions. This workshop will go beyond lecturing on the latest research and treatment options to show the how and the why of his treatment approaches. From the moments before a session starts with a client through the closing moments, what is happening from an interpersonal neurobiological perspective? How can that information inform the process of the session? Directly explore the paradigm shift from the conversation being exclusively cognitive to including embodied awareness.

From videos, case studies, engaging discussion, and exercises,

- ◆ Learn how the body keeps the score.
- ◆ Learn embodied awareness exercises that inform Dr. van der Kolk's approach to trauma treatment and are fundamental to his message.
- ◆ Learn attention-focusing methods to foster self-regulation, agency, and higher organization.
- ◆ Learn to notice and track physical cues that help make sense of what is happening inside.
- ◆ Recognize and reframe what you are already doing that works, examine why it's working, and expand your choice points to include the awareness of what is actually happening in the body.

Practicing these research informed exercises in a safe, supervised environment, experiencing their effects, and receiving detailed instructions on how to integrate them into your own treatment protocols will renew and empower your own professional work.

Albert Einstein once said, "Learning is experience. Anything else is just information." This exciting new workshop will inform you and help you learn interventions that could permanently change the way you practice therapy.

WHO SHOULD ATTEND

This advanced workshop in the treatment of trauma will benefit mental health professionals, including social workers, physicians, psychologists, addiction counselors and other professionals who work with patients who suffer from trauma, as well as students seeking advanced degrees in health-related professions. It is not open to the general public and is open to those with a beginner-advanced knowledge base in this field.

REGISTER NOW – www.IBH.com/workshops

WORKSHOP LEADERS



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 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, 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.



Licia Sky, BFA, LMT, is a Boston based artist, singer-songwriter, and bodyworker who works with traumatized individuals and trains mental health professionals to use mindful meditation in movement, theater exercises, writing and voice as tools for attunement, healing and connection. She is a regular instructor in trauma healing workshops at Kripalu, and Esalen and also teaches workshops on these subjects around the US, UK, Italy, the Middle East and New Zealand. Licia is co-author of the upcoming release, *Body Keeps the Score Workbook*.

Licia leads songwriting retreats for self-discovery and embodied voice. Within retreats and workshops, she guides awareness experiences for building safety, community, and therapeutic attunement. Her dynamic observational exercises integrate music, movement, vocalizing, enhanced noticing, listening, and touch, to foster safe, transformative inner and interpersonal connection.

She developed methods of vocalizing for embodiment in physical and emotional healing when she began using her voice with her bodywork clients by vocalizing and toning – to help them release the constriction from repressed vocal expression. She found that breathing, toning and vocalizing led to profound beneficial changes of physical and emotional state.

Her methods are informed by over 25 years as an artist, musician, bodywork therapist, yoga practitioner, and dancer; and integrate poly-vagal theory, parts work, and the latest research on trauma and the body.

WORKSHOP OBJECTIVES

At the end of this workshop, participants will be better able to:

- ◆ Discuss what brain science teaches us about how traumatic memories are processed
- ◆ Explain how early childhood trauma impairs relational ability and social functioning
- ◆ Identify sensory integration techniques that help trauma patients live more fully in the here-and-now
- ◆ Discuss how theater and role-playing can help release people from a trauma-based identity
- ◆ Discuss how neurofeedback can rewire the fear-driven brain
- ◆ Describe mind-body techniques used for shifting affective states
- ◆ Identify and practice 3 exercises to facilitate embodied self-awareness

REGISTER NOW – 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.

CANCELLATIONS

Requests must be in writing. Refunds will be given on 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. Register as an aide by emailing staff@ibh.com to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

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WORKSHOP HIGHLIGHTS

- ◆ Understanding the window of tolerance and the capacity to know what is inside
- ◆ Opening new possibilities through psychodrama & theater
- ◆ How to use rhythm and synchrony for arousal regulation and safety
- ◆ How to focus body awareness and ground experiences in present time
- ◆ Methods of arousal regulation using breath, movement, mindfulness, and play, that restore a sense of time, physical awareness, imagination, and agency

“We’ve known that psychological trauma fragments the mind. Here we see not only how psychological trauma also breaks connections within the brain, and between mind and body, and learn about the exciting new approaches that allow people with the severest forms of trauma to put all the parts back together again.”

–**NORMAN DOIDGE, M.D.**
Author, *The Brain That Changes Itself*

WORKSHOP INFORMATION

April 16-17, 2018
Hotel Shattuck Plaza
2086 Allston Way
Berkeley, CA 94704
(510) 845-7300

Workshop registration opens at 7:45am.
The workshop begins at 8:30am and adjourns at 4:30pm. There will be two thirty minute breaks and an hour lunch daily.

**LIVE VIDEO
WEBCAST!**
April 16-17

CAN'T MAKE IT TO THE WORKSHOP?

**Don't miss out,
sign up for the live webcast.**

- Ask the speaker questions in real time.
- Access all workshop handouts and materials
- Interact with other webcast participants

All from the comfort of your own home — **Sign up now!**

April 16-17
webcast will be aired Pacific Time

To register and for complete details,
www.IBH.com/workshops

CONTINUING EDUCATION

The Institute for Better Health (IBH), formerly IAHB, has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:



Alcoholism & Drug Abuse Counselors: IAHB is approved by the National Association Of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #92713) for 12 CEHs. Provider approved by CCAPP-El, Provider #4N-86-074-0119 for 12 CEH'S.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPC/EACC) for Domain III. Approval pending.

Counselors and MFTs: IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-000119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. Institute for the Advancement of Human Behavior, Inc. (IAHB) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 12 contact hours.

Educators: The Institute for Better Health has been approved by the Washington State Professional Educator Standards Board (WESPSB), a member of NASDTEC, as a Clock Hour Provider for Educators. Learners may claim one Clock Hour for each activity hour attended. Please contact your individual state boards for information regarding reciprocity and any additional requirements.

Nurses: The Institute for Better Health accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 12.0 contact hours.



Physicians: The Institute for Better Health (IBH) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Psychologists: The Institute for Better Health (IBH) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. IBH maintains responsibility for the program and its content.



Social Workers: The Institute for Better Health (IBH), #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. The Institute for Better Health maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12 clinical continuing education clock hours.

As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. Institute for the Advancement of Human Behavior, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. Social workers may earn 12 contact hours.

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 licensing board to determine whether the accreditations listed are accepted.