

Trauma, Body, and the Brain: Restoring the Capacity for Rhythm and Play

Dates: July 12-17, 2020

Presenters: Bessel van der Kolk and Licia Sky

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

Program

Trauma is not a story of what has happened in the past. Overwhelming experiences continue to be lived out in heartbreak and gut-wrenching sensations. This leaves survivors feeling unsafe, on edge, ashamed, and shut down. Healing can only occur if survivors can learn to restore a sense of safety and reclaim a loving relationship with themselves.

Discover how the brain is shaped by experience in this program that explores:

- What neuroscience teaches about self-awareness and trauma
- The nature of human attachment
- New psychotherapeutic treatments that help integrate traumatic memories
- Body-centered approaches for dealing with trauma.

The target audience is for all levels: Introductory, intermediate and advanced mental health professionals.

AGENDA:

Sunday, July 12, 2020

5:30pm-7:00pm – Dinner

7:30pm-9:30pm – Program Session

Symptoms of Post-Traumatic Stress Disorder.

Treatment options for acute and chronic PTSD.

Biological alterations that take place in the human organism as a result of psychological trauma.

Role of play in restoring agency

How sensorimotor processing can alleviate traumatic re-experiencing.

Non-verbal cues of rhythmicity and synchronicity that make safety and attunement possible.

- *Learning Objectives:*
 - *identify the symptoms of Post-Traumatic Stress Disorder.*
 - *compile treatment options for acute and chronic PTSD.*
 - *identify the various biological alterations that take place in the human organism as a result of psychological trauma.*
 - *explain and practice the role of play in restoring agency*
 - *discuss how sensorimotor processing can alleviate traumatic re-experiencing.*
 - *identify the non-verbal cues of rhythmicity and synchronicity that make safety and attunement possible.*

Monday, July 13, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session

How ordinary memories are stored and contrast this with the memory processing of traumatic experiences, and how this leads to Post Traumatic Stress and Dissociative Disorders.

- *Learning Objectives:*
 - *identify how ordinary memories are stored and contrast this with the memory processing of traumatic experiences, and how this leads to Post Traumatic Stress and Dissociative Disorders.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session

How traumatized people process information

- *Learning Objectives:*
 - *explain how traumatized people process information*

12:00pm-1:30pm – Lunch

1:45pm-3:45pm – Program Session

The phenomenon of the denial of the impact of trauma on a societal level and look at the possible benefits and price for these societal amnesias.

Contributions of Briquet, Charcot, Janet, Freud, CS Myers, Kardiner, Grinker, Spiegel and others to our understanding of the processes that underlie PTSD and Dissociative Disorders.

- *Learning Objectives:*
 - *discuss the phenomenon of the denial of the impact of trauma on a societal level and look at the possible benefits and price for these societal amnesias.*
 - *identify the contributions of Briquet, Charcot, Janet, Freud, CS Myers, Kardiner, Grinker, Spiegel and others to our understanding of the processes that underlie PTSD and Dissociative Disorders.*
 - *discuss recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*

5:30pm-7:00pm – Dinner

Tuesday, July 14, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session

How somatic experience contains the imprints of the traumatic experience and needs to be processed for a successful outcome.

Subcortical functions disturbed by traumatic experiences.

- *Learning Objectives:*
 - *identify how somatic experience contains the imprints of the traumatic experience and needs to be processed for a successful outcome.*
 - *identify an array of subcortical functions disturbed by traumatic experiences.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session

Domains in which overwhelming experiences are stored in memory, and the various ways

in which those memories are retrieved into consciousness.
How developmental level can affect memory storage and retrieval.

- *Learning Objectives:*
 - *discuss the various domains in which overwhelming experiences are stored in memory, and the various ways in which those memories are retrieved into consciousness.*
 - *identify how developmental level can affect memory storage and retrieval.*
 - *discuss recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*

12:00pm-1:30pm – Lunch

1:45pm-3:45pm – Program Session

Range of adaptations to trauma early in the life cycle, including loss of affect regulation; chronic destructive relationships towards self and others; dissociation and amnesia; somatization; and chronic characterological problems, such as self-blame, guilt, shame, chronic distrust and identification with the aggressor.

The effects of abuse and neglect on affect regulation

Epidemiology of child abuse

The effects of abuse and neglect on later patterns of health care utilization

- *Learning Objectives:*
 - *list the range of adaptations to trauma early in the life cycle, including loss of affect regulation; chronic destructive relationships towards self and others; dissociation and amnesia; somatization; and chronic characterological problems, such as self-blame, guilt, shame, chronic distrust and identification with the aggressor.*
 - *identify the effects of abuse and neglect on affect regulation*
 - *identify the epidemiology of child abuse*
 - *identify the effects of abuse and neglect on later patterns of health care utilization*
 - *discuss recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*

5:30pm-7:00pm – Dinner

7:00pm-8:30pm – Program Session

Role of play in restoring agency

Techniques of physical mastery and sensorimotor processing.

- *Learning Objectives:*
 - *Identify and practice the role of play in restoring agency*
 - *apply techniques of physical mastery and sensorimotor processing.*

Wednesday, July 15, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session

Role of play in restoring agency

How experience itself, and controlled body action, individually and in groups, can powerfully help overcome traumatic repetitions and continued fight/flight/freeze responses

- *Learning Objectives:*

- *Identify and practice the role of play in restoring agency*
- *explain and practice showing how experience itself, and controlled body action, individually and in groups, can powerfully help overcome traumatic repetitions and continued fight/flight/freeze responses*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session

Techniques of physical mastery and sensorimotor processing.

- *Learning Objectives:*
 - *apply techniques of physical mastery and sensorimotor processing.*

12:00pm-1:30pm – Lunch

1:45pm-3:45pm – Program Session

Role of play in restoring agency

How sensorimotor processing can alleviate traumatic re-experiencing.

Techniques of physical mastery and sensorimotor processing.

- *Learning Objectives:*
 - *identify the role of play in restoring agency*
 - *explain how sensorimotor processing can alleviate traumatic re-experiencing.*
 - *explain techniques of physical mastery and sensorimotor processing.*

5:30pm-7:00pm – Dinner

Thursday, July 16, 2020

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session

Effective treatment approaches, and their effects on biological parameters.

- *Learning Objectives:*
 - *Discuss a range of effective treatment approaches, and their effects on biological parameters.*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session

Recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.

How sensorimotor processing can alleviate traumatic re-experiencing.

- *Learning Objectives:*
 - *discuss recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*
 - *explain how sensorimotor processing can alleviate traumatic re-experiencing.*

12:00pm-1:30pm – Lunch

1:45pm-3:45pm – Program Session

PTSD treatments, and the effects that they have been shown to have on the recovery of traumatized individuals.

How sensorimotor processing can alleviate traumatic re-experiencing.

- *Learning Objectives:*
 - *explain the PTSD treatments, and the effects that they have been shown to have on the recovery of traumatized individuals.*
 - *explain how sensorimotor processing can alleviate traumatic re-experiencing.*

5:30pm-7:00pm – Dinner

7:00pm-8:30pm – Program Session

Techniques of theater in creating safe attunement and opening up imagination for embodied capacity.

Techniques of physical mastery and sensorimotor processing.

Role of play in restoring agency

- *Learning Objectives:*
 - *apply techniques of theater in creating safe attunement and opening up imagination for embodied capacity.*
 - *apply techniques of physical mastery and sensorimotor processing.*
 - *Identify and practice the role of play in restoring agency*

Friday, July 17, 2020

7:00am-8:30am – Breakfast

9:00am-11:00am – Program Session

Recent advances in neurobiology of trauma

Neurofeedback as a treatment of trauma.

- *Learning Objectives:*
 - *List recent advances in neurobiology of trauma*
 - *Discuss neurofeedback as a treatment of trauma.*

Presenter(s) Bio

Bessel van der Kolk, MD, is a clinical psychiatrist whose work integrates mind, brain, body, and social connections to understand and treat trauma. His research ranges from the impact of trauma on development and brain imaging, to the use of yoga, neurofeedback, EMDR, and theater for the treatment of post-traumatic stress disorder. Bessel is a professor of psychiatry at Boston University School of Medicine, and medical director of the Trauma Center in Boston. Bessel is the author of more than 150 peer reviewed scientific articles and several books including the New York Times best-seller *The Body Keeps the Score: Mind, Brain, and Body in the Healing of Trauma*.

Licia Sky, LMT, BFA, is a singer-songwriter, artist, and musician who integrates music, movement, vocalizing, guided focusing, conversation-enhanced awareness, and touch in order to foster safe transformative experiences. Her dynamic methods are informed by polyvagal theory, the latest research on trauma and the body, and more than 25 years as an intuitive bodywork therapist.

Program Costs and Registration

Please visit www.kripalu.org

Cancellation Policy

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

Conflict of Interest/Commercial Support

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

Grievance Policy

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at cec@kripalu.org or 413.448.3127.

Certificate Issuance

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

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Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in for each session will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

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Kripalu Center for Yoga & Health is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider #

450645-08. Kripalu is not recognized by the state of New York to offer continuing education credits through the NCBTMB.

Nursing – 30.6

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For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>