

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

Dates: July 14-19, 2019

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.

Sunday, July 14, 2019

7:30pm–9:00pm – Program Session

Learning Objectives:

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

Monday, July 15, 2019

9:00am-12:00pm – Program Session

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.*
- *Recognizes and examine how traumatized people process information.*

1:45pm-3:45pm – Program Session

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.*

- *Recognize and explain 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.*
- *Recognize and explain the recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*

Tuesday, July 16, 2019

9:00am-12:00pm – Program Session

Learning Objectives:

- *Identify how somatic experience contains the imprints of the traumatic experience and needs to be processed for a successful outcome.*
- *Recognize an array of subcortical functions disturbed by traumatic experiences.*
- *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.*
- *Recognize the recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*

1:45pm-3:45pm – Program Session

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.*
- *Discuss the effects of abuse and neglect on affect regulation*
- *List the epidemiology of child abuse*
- *Identify the effects of abuse and neglect on later patterns of health care utilization*
- *Recognize and discuss the recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*

7:30pm-9:00pm – Program Session

Learning Objectives:

- *Recognize and explain the role of play in restoring agency*
- *Recognize and explain techniques of physical mastery and sensorimotor processing.*

Wednesday, July 17, 2019

9:00am-12:00pm – Program Session

Learning Objectives:

- *Recognize and explain the role of play in restoring agency*
- *Recognize and explain how experience itself, and controlled body action, individually and in groups, can powerfully help overcome traumatic repetitions and continued fight/flight/freeze responses*
- *Recognize and explain the techniques of physical mastery and sensorimotor processing.*

1:45pm-3:45pm – Program Session

Learning Objectives:

- *Recognize and explain the role of play in restoring agency*

- *Recognize and explain how sensorimotor processing can alleviate traumatic re-experiencing.*
- *Recognize and explain techniques of physical mastery and sensorimotor processing.*

Thursday, July 18, 2019

9:00am-12:00pm – Program Session

Learning Objectives:

- *Discuss a range of effective treatment approaches, and their effects on biological parameters.*
- *Recognize and explain recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals.*
- *Recognize and explain how sensorimotor processing can alleviate traumatic re-experiencing.*

1:45pm-3:45pm – Program Session

Learning Objectives:

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

7:30pm-9:00pm – Program Session

Learning Objectives:

- *Recognize and explore techniques of theater in creating safe attunement and opening up imagination for embodied capacity.*
- *Identify techniques of physical mastery and sensorimotor processing.*
- *Recognize and explain the role of play in restoring agency*

Friday, July 19, 2019

9:00am-11:00am – Program Session

Learning Objectives:

- *List recent advances in neurobiology of trauma*
- *Recognize 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.

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.

Psychology – 24.25 CE Credits

R. Cassidy Seminars (co-sponsored) is approved by the American Psychological Association (APA) to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program.

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.

Social Work – 26 CE Credits

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

Massage Therapy – 23.5 CE Credits

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 – (CE approval Pending)

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04

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