

## **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**

January 3-5, 2020

Presenters: Bessel Van Der Kolk and Licia Sky

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

### **Program**

Overcoming trauma means fully engaging in the present without being hijacked by survival-related emotions and sensations. Success means allowing yourself to know what you know and feel what you feel without reentering the past. Recovery depends on physical experiences that contradict sensations and feelings of helplessness and disconnection.

Your increased understanding fertilizes the application of effective trauma interventions, including EMDR, yoga and sensorimotor processing, Internal Family Systems, and neurofeedback.

The target professional audience is for novice and experience practitioners interested in the nature of trauma

### **Friday, January 3, 2020**

5:30pm-7:00pm – Dinner

#### 7:30pm–9:30pm - Session

- Trauma experience and the affects on the brain, mind and body.
- Regulation and the re-integration of human connection

### **Saturday, January 4, 2020**

7:00am-8:30am - Breakfast

#### 9:00am-10:30am - Session

- Post-Traumatic Stress Disorder
- memory processing, physical self-regulation and integrate dissociated aspects of experience
- Biological alterations in the human organism from psychological trauma.

10:30am-10:45am – Break

#### 10:45am-12:00pm - Session

- Treatment of PTSD, and effects on the recovery of traumatized individuals
- Physical mastery and sensorimotor processing

12:00pm-1:30pm - Lunch

#### 2:00pm-4:30pm - Session

- Trauma and processing of information
- Sensorimotor processing
- Physical mastery and sensorimotor processing
- PTSD treatments, and the effects on the recovery of traumatized individuals.

## **Sunday, January 5, 2020**

7:00am-8:30am – Breakfast

### **8:30am-10:00am - Session**

- Range of effective treatment approaches, and their effects on biological parameters.

10:00am-10:15am – Break

### **10:15am-11:30am – Session**

- Therapeutic benefits.
- Contraindications or modifications

### **Learning Objectives:**

- Explain current research about how the trauma experience affects the brain, mind and body.
- Identify specific techniques that address affect regulation and the re-integration of human connection
- Identify and recognize the symptoms of Post-Traumatic Stress Disorder.
- Apply techniques that work with memory processing, physical self-regulation and integrate dissociated aspects of experience
- Explain the various biological alterations that take place in the human organism as a result of psychological trauma.
- Explain recent developments in the treatment of PTSD, and the effects that they have been shown to have on the recovery of traumatized individuals
- Identify techniques of physical mastery and sensorimotor processing
- Explain how traumatized people process information
- Discuss how sensorimotor processing can alleviate traumatic re-experiencing.
- Discuss a range of effective treatment approaches, and their effects on biological parameters.
- Summarize the therapeutic benefits of these methods of trauma treatment to their patients
- Explain any contraindications or modifications needed in using these methods with people with PTSD.

### **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](http://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](mailto: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.

### **Psychology - 10 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 10 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed in and out each day, 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 or out each day 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 – 9.5 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.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

### **Nursing – 12 CE Credits**

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.

Participants must have paid tuition fee and CE fee to Kripalu, signed in each day, attended the entire program, and completed a CE application and program-specific evaluation through Kripalu.

The CE application and evaluation can be obtained at Kripalu's front desk upon arrival.

### **Massage Therapists – 11 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.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application through Kripalu.

The CE application can be obtained at Kripalu's front desk upon arrival.

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