

Healing Life's Inevitable Traumas

James Gordon

Kripalu Center for Yoga & Health, Stockbridge, MA.

Program

Psychological trauma—suffering the losses we most dread or being wounded where we are most vulnerable—can cause chaos in previously ordered lives, freeze progress in active ones, or both.

In this program, James S. Gordon, a Harvard-educated psychiatrist and author of the new book *The Transformation: Discovering Wholeness and Healing After Trauma*, offers safe, practical ways to explore, grow through, and move beyond trauma. Join him to learn how to

- Identify the psychobiology of trauma
- Identify post-traumatic stress symptoms
- Practice meditation to quiet agitation and gain perspective
- Use self-expression and group support to relieve stress and trauma
- Identify and resolve psychological numbing and physical freezing.

The program will provide psychologists and other mental health practitioners with knowledge and skills to address symptoms related to stress and trauma through the application of evidence-based, mind-body skills. Clinicians will be taught effective methods for facilitating stress reduction in patients who suffer from trauma-related symptoms, including those who are diagnosed with posttraumatic stress disorder; they will also be prepared to use these tools with those suffering from depression and anxiety disorders. Participants will be equipped to use these skills in clinical practice to enable their clients to practice self-care, self-awareness, and emotional self-regulation in their lives.

This training will provide doctoral program graduates and other mental health practitioners with foundational knowledge and competencies for the use of mind-body medicine in clinical practice. The program will build on prior trainings by enhancing participants' knowledge of the neuroscience and biology of trauma. Accordingly, practitioners will acquire a comparatively greater understanding of the underlying biological influences on their clients' cognitive and affective presentations. This will, in turn, begin to equip them to utilize proven mind-body medicine, as appropriate, in treatment planning and clinical interventions. The material presented will include presentations on topics that most doctoral students will not have encountered, such as the role of nutrition and epigenetics in promoting physiological regulation and reversing trauma-induced symptoms.

The target professional audience is for beginner to advanced level mental-health professionals.

Schedule

Friday, December 6, 2019

5:30pm-7:00pm - Dinner

7:30–9:00 pm – Program Session

- Self-Expression for Stress and Trauma

- Hyperarousal and Perspective

Learning Objectives:

- *state the importance of self-expression in understanding and relieving stress and trauma*
- *practice meditation techniques to quiet hyperarousal and gain perspective*

Saturday, December 7, 2019

7:00am-8:30am – Breakfast

8:30am–10:30am – Program session

- Psychobiology of Trauma

Learning Objectives

- *explain the psychobiology of trauma*
- *explain the opportunities for techniques of mind-body medicine to reverse and protect against the pathological effects of stress and trauma*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session

- PTSD

Learning Objective:

- *explain the symptoms of post-traumatic stress*
- *use approaches to deal with confusion, anxiety, depression, and post-traumatic stress disorder, as well as chronic medical conditions, including pain, hypertension, and diabetes.*

12:00pm-1:30pm – Lunch

1:45–3:45 pm – Program Session

- Psychological Freezing
- Groups for Stress and Trauma Relief

Learning Objectives:

- *use active techniques to resolve psychological freezing*
- *explain how the power of groups can relieve stress and trauma*

5:30pm-7:00pm - Dinner

Sunday, December 8, 2019

7:00am-8:30am – Breakfast

9:00am–10:30am – Program Session

- Spiritual Lessons that Trauma Offers

Learning Objective:

- *explain the spiritual lessons that trauma offers*
- *explain the meaning-making lessons that trauma offers*

10:30am-10:45am – Break

10:45am-12:00pm – Program Session

- Spiritual lessons that trauma offers (cont'd)

Learning Objective:

- *explain the spiritual lessons that trauma offers (cont'd)*

12:00pm-1:30pm – Lunch

Presenter(s) Bio

James S. Gordon, MD, is founder and executive director of The Center for Mind-Body Medicine (CMBM), former chair of the White House Commission on Complementary and Alternative Medicine, and author of the forthcoming, groundbreaking *The Transformation: Discovering Wholeness and Healing After Trauma*. Jim, who is also the author of *Unstuck: Your Guide to the Seven-Stage Journey Out of Depression*, has worked for 40 years to make self-care, including nutrition and mind-body medicine, central to health care. He and his CMBM colleagues have created scientifically validated programs for healing psychological trauma in Kosovo, Israel, Gaza, Haiti, and the US. His work has been featured on CBS 60 Minutes, in the New York Times, and the Washington Post.

Learn more about this presenter's work: [The Center for Mind Body Medicine](#)

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.

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 – 11.4 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.

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