

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

January 4-6, 2019

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 4, 2019

7:30pm–9:30pm

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

Saturday, January 5, 2019

9:00am-12:00pm

- Post-Traumatic Stress Disorder
- memory processing, physical self-regulation and integrate dissociated aspects of experience
- Biological alterations in the human organism from psychological trauma.
- Treatment of PTSD, and effects on the recovery of traumatized individuals
- Physical mastery and sensorimotor processing

2:00pm-4:30pm

- 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 6, 2018

8:30am-11:30am

- Range of effective treatment approaches, and their effects on biological parameters.
- Therapeutic benefits.
- Contraindications or modifications

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 - 10 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. 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 – 10.5 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.

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>