

Transforming Trauma

August 9-11, 2019

Presenters: James S. Gordon

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

Psychological trauma will come sooner or later to all of us. If not early in life, then later as we contend with the loss and frailty of old age and our inevitable death.

Trauma can disrupt every aspect of our biological, psychological, and social functioning. When its effects persist, we may remain in a physiological state of arousal and agitation, pre-occupied with the past and fearful of the future, we may also “freeze,” become withdrawn and emotionally unavailable.

Therapeutic approaches tend to focus on one aspect of trauma: disordered and pessimistic thinking, preoccupation with painful memories or physical “freezing” and immobility. These approaches are heavily dependent of ongoing professional intervention and may not equip clients with the tools to promote continued recovery and emotional growth.

This workshop provides an overview of the psychological, biological, and social consequences of trauma. It gives participants a first-hand experience of a comprehensive program of self-care to teach to their clients (including meditation, guided imagery, self-expression in words, drawings, and movement) and group support that addresses a full range of trauma symptoms. It provides the scientific foundation for the efficacy of these techniques and shows how they address the underlying biological, psychological, social disturbance. It will equip participants to include a mind-body program in their ongoing therapeutic work.

In the program participants will be able to:

- list the major biological, psychological, and social consequences of trauma
- explain to clients how meditation addresses symptoms of hyperarousal and movement, including dance, yoga, and other forms of therapeutic movement, can be used to relieve psychological “freezing.”
- describe how group support reinforces the effectiveness of self-care

The presentation is appropriate for introductory, intermediate, or advanced practitioners. The material will be presented in a format that is easily comprehensible to introductory practitioners, while advanced practitioners will receive relevant training in science and biology.

(There is no conflict of interest or commercial support for this program)

Schedule

Friday, August 9, 2019

5:30pm-7:00pm - Dinner

7:30pm-9:00pm – Program Session

Self Expression

Hyperarousal and perspective

Learning Objectives:

- *State the importance of self-expression in relieving stress and trauma*
- *Explain techniques to quiet hyper arousal and gain perspective*

Saturday, August 10, 2019

7:00am-8:30am – Breakfast

9:00am-10:30am – Program Session

Psychobiology of trauma

Learning Objective:

- *Explain the psychobiology of trauma*
- *List the major biological, psychological, and social consequences of trauma*

10:30-10:45am – Break

10:45am-12:00pm – Program Session

Post-Traumatic Stress Symptoms

Learning Objective:

- *Describe the symptoms of post-traumatic stress*

12:00pm-1:30pm – Lunch

2:00pm-3:30pm – Program Session

Psychological Freezing Resolve

Learning Objective:

- *Explain the use of active techniques to resolve psychological freezing*
- *Explain to clients how meditation addresses symptoms of hyperarousal and movement, including dance, yoga, and other forms of therapeutic movement, can be used to relieve psychological “freezing.”*

3:30pm-3:45pm – Break

3:45pm-5:00pm – Program Session

Relieving Stress and Trauma

Learning Objective:

- *Explain how the power of groups can relieve stress and trauma*
- *Describe how group support reinforces the effectiveness of self-care*

5:30pm-7:00pm - Dinner

Sunday, August 11, 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*

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)*

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.

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.

Certificate Issuance

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

Psychology – 9.75 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. 9.75 CE hours.

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 – 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.

Nursing – 11.7

Nursing Continuing Education Credits provided through Berkshire AHEC and our logo. This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements for 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/content/continuing-education-credits>