

Live Workshop with Bessel van der Kolk

2-DAY TRAUMA CONFERENCE

THE BODY KEEPS THE SCORE

TRAUMA HEALING

Bessel van der Kolk, M.D.

The World's Leading Expert in the Field of
Traumatic Stress and author of *The New York
Times* bestseller *The Body Keeps the Score*



King of Prussia, PA

Thursday & Friday,
May 5 & 6, 2016



Can't attend?

Watch the Live Video Webcast!



See Inside for Exclusive Discounts
on Trauma-Focused Books & DVDs!

presented by



www.pesi.com

Join renowned trauma expert and *NY Times* bestselling author, Bessel van der Kolk, MD, for this transformational 2-day intensive workshop on the latest research and drug-free treatment techniques for your trauma clients.

Dr. van der Kolk will give you a new understanding of the neuroscience of traumatic stress and the research demonstrating the efficacy of mind-body treatment approaches. He will detail the benefits of neurofeedback, EMDR, mediation, yoga, mindfulness, and sensory integration methods such as dance and movement.

Through intriguing videos, case studies, and masterful explanation, you will learn how to give your clients:

- A way to find words that describe what is going on
- Ways to regulate their emotions
- The ability to trust other human beings after the shameful and horrific details of their lives
- Tools to process traumatic memories
- Transformation! – to be fully alive in the present, not stuck in the past

This is a “don’t miss” workshop that is based on Dr. van der Kolk’s own research but also that of other leading specialists.

Reserve your seat today!

OUTLINE

Neuroscience & Brain Development

- Neuroscience and brain development
- How children learn to regulate their arousal systems
- How the brain regulates itself
- Developmental psychopathology: The derailment of developmental processes & brain development due to trauma, abuse and neglect
- How the brain responds to treatment

Early Life Trauma

- Interpersonal neurobiology
- Adaptations to trauma early in the life cycle
- Loss of affect regulation
- Chronic destructive relationships towards self and others
- Dissociation and amnesia
- Somatization
- Self-blame, guilt and shame
- Chronic distrust and identification with the aggressor

Attachment, Trauma, and Psychopathology

- The breakdown of information processing in trauma
- Mirror neuron systems and brain development
- How to overcome the destabilization and disintegration
- The compulsion to repeat – origins and solutions
- Difference between disorganized attachment and traumatic stress

Neuroscience, Trauma, Memory and the Body

- The neurobiology of traumatic stress
- Learned helplessness and learned agency
- Restoring active mastery and the ability to attend to current experiences
- Somatic re-experiencing of trauma-related sensations and affects that serve as engines for continuing maladaptive behaviors
- How mind and brain mature in the context of caregiving systems

OBJECTIVES

1. Examine & explain how traumatized people process information.
2. Describe how sensorimotor processing can alleviate traumatic re-experiencing.
3. Describe the range of adaptations to trauma early in the life cycle.
4. Explain how trauma affects the developing mind and brain.
5. Summarize the recent advances in neurobiology of trauma.
6. Identify the difference between disrupted attachment and traumatic stress.
7. Describe how adverse childhood experiences effect brain development, emotion regulation & cognition.
8. List and describe techniques of physical mastery, affect regulation and memory processing.
9. Describe the development of Developmental Trauma Disorder.
10. Explain the current DSM-5® position on DTD.
11. Explain how to integrate various treatment approaches in your practice.
12. Summarize treatment strategies alternatives to drugs and talk therapy.

Live Seminar & Webcast Schedule

For both days. (Times in Eastern)

8:00 Registration/Morning Coffee & Tea

8:30 Program begins

11:50-1:00 Lunch (*on your own*)

4:30 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

The Diagnosis and Treatment of Trauma-Related Disorders

- Developmental Trauma Disorder (DTD)
- Affect and impulse dysregulation
- Disturbances of attention, cognition and consciousness
- Distortions in self-perception and systems of meaning
- Interpersonal difficulties
- Somatization and biological dysregulation
- The development of DTD in the DSM-5® as a diagnosis and its implications for assessment, diagnosis and treatment

Trauma-specific Treatment Interventions

- The role of body-oriented and neurologically-based therapies to resolve the traumatic past
- Alternatives to drugs and talk therapy
- EMDR
- Self-regulation, including yoga
- Mindfulness
- Play and theatre
- Dance, movement and sensory integration
- Neurofeedback

Praise for the work of Dr. Bessel van der Kolk and *The Body Keeps the Score*

"This book is a tour de force...deeply empathic, insightful, and compassionate perspective promises to further humanize the treatment of trauma victims..."

Jon Kabat-Zinn, professor of medicine emeritus, UMass School of Medicine; author of Full Catastrophe Living

"Van der Kolk, the eminent impresario of trauma treatment..."

Norman Doidge, author of The Brain That Changes Itself

"A fascinating exploration of a wide range of therapeutic treatments..."

Francine Shapiro, PhD, originator of EMDR therapy

Bessel van der Kolk, M.D.,

is a clinical psychiatrist who has studied the impact and resolution of trauma on human beings for over 30 years. His research has ranged from developmental impact of trauma to neuroimaging and from memory processes to the use of EMDR and theater groups in PTSD. He is professor of psychiatry at Boston University School of Medicine and medical director of the Trauma Center in Boston, where he also serves as director of the National Center for Child Traumatic Stress Complex Trauma Network. He is past president of the International Society for Traumatic Stress Studies. He has taught at universities and hospitals throughout the world. He is author of over a hundred scientific articles, *Psychological Trauma*, and co-editor of *Traumatic Stress*.



The World's Leading
Expert in the Field of
Traumatic Stress and
author of *The New York
Times* bestseller *The Body
Keeps the Score*

TARGET AUDIENCE

Counselors • Social Workers • Psychologists • Psychotherapists • Therapists • Marriage and Family Therapists
Addiction Counselors • Occupational Therapists • Case Managers • Nurses
Other Helping Professionals

Seminar on CD or DVD Package: If you cannot attend this seminar, you can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy:

If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.



Your satisfaction is our goal — *and* our guarantee!
If you are not satisfied with this seminar, we'll make it right.

Live Seminar & Webcast Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register at least 10 days prior to the seminar date and who complete the full day. Partial certificates of completion (if your board allows), and for those who register within 10 days before the event, will receive their certificate of completion within 30 days following the event. If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Information obtained in this course should be used within your scope of practice.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab, MEDS-PDN, Psychotherapy Networker, HealthEd and Ed4Nurses.

COUNSELORS: This activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

DISTRICT OF COLUMBIA COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The District of Columbia Municipal Regulations for Professional Counseling Your state board recognizes courses and providers that are approved by the APA. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

NEW JERSEY COUNSELORS: This intermediate activity is approved for 12.5 clock hours of continuing education instruction. The Board of Marriage and Family Examiners-Professional Counselors Examiners Committee recognizes courses and providers that are approved by the APA or NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB), www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2014-January 27, 2017. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 12.5 (Clinical) continuing education clock hours in participating in this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

NEW JERSEY SOCIAL WORKERS: Please contact PESI, Inc. at 800-844-8260 or info@pesi.com for information about continuing education credits for social workers.

PENNSYLVANIA SOCIAL WORKERS, MARRIAGE & FAMILY THERAPISTS AND PROFESSIONAL COUNSELORS: The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors will recognize and accept continuing education programs that are sponsored by providers approved by the APA and the ASWB. This course will qualify for 12.5 credits. Full attendance is required, variable credits may not be awarded per the Pennsylvania State Board.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

MARRIAGE AND FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

ADDICTION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

PENNSYLVANIA ADDICTION COUNSELORS: Please contact our customer service department for the most current information.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 12.5 contact hours or 1.25 CEUs. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

NURSES/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a formally approved American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities. Full attendance is required; no partial credit will be awarded for partial attendance.

This activity qualifies for 12.5 contact hours.

OTHER PROFESSIONS: This seminar qualifies for 12.5 continuing education clock hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



LIVE VIDEO WEBCAST DETAILS

Join us on May 5 & 6, 2016,
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Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient!

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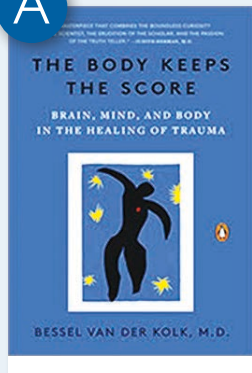
A

The Body Keeps the Score

Bessel van der Kolk, MD

SALE: **\$14.40** | Retail: ~~\$18.00~~ | Book | SAM084085

A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing, renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.



B

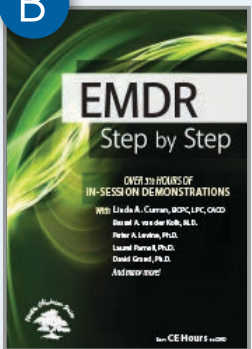
EMDR: Step by Step

Multiple Speakers

SALE: **\$159.99** | Retail: ~~\$199.99~~ | DVD | RNV047490 | up to 6.0 CE Hours

Walk the path to trauma resolution - step by step | In addition to improved practice outcomes, effective integration of EMDR can lead to the long-term trauma resolution that your clients so desperately desire.

Transform your practice . . . and your clients' lives | EMDR Step-by-Step is a comprehensive course with Linda Curran, recognized trauma specialist, veteran clinician, sought after national trainer and best-selling author on trauma, that will provide you with practical strategies for effective implementation of EMDR into your practice.



See how to turn theory into practice | Through in-session demonstration, instructive commentary, and expert guidance and support from trauma leaders including Bessel A van der Kolk, Peter Levine, Laurel Parnell and more, you'll learn to safely and effectively utilize EMDR for the treatment of traumatic stress.

C

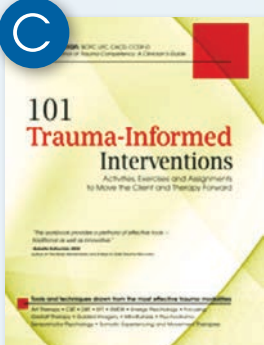
101 Trauma-Informed Interventions

Activities, Exercises and Assignments to Move the Client and Therapy Forward

Linda Curran, BCPC, LPC, CACD, CCDPD

SALE: **\$23.99** | Retail: ~~\$29.99~~ | Book | PUB045620

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.

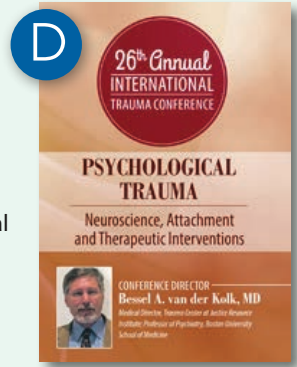


Bessel A. van der Kolk's 26th Annual International Trauma Conference

Multiple Speakers

SALE: \$239.99 | Retail: \$299.99 | DVD | RNV048815 | up to 22.5 CE Hours

For the past three decades we have examined how trauma affects psychological and biological processes, and how the damage caused by overwhelming life experiences can be reversed. In this DVD series, we will explore new frontiers in this work, frontiers that transcend old paradigms of talking, analyzing and administering drugs.

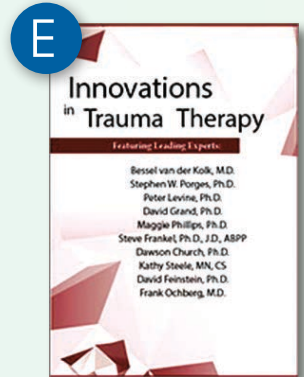


Innovations in Trauma Therapy Conference

Multiple Speakers

SALE: \$199.20 | Retail: \$249.00 | DVD | RNV046876 | up to 16.25 CE Hours

Never before have expert mental health clinicians gathered to teach unique and ground-breaking treatments for trauma. Each will present the theory and application of innovative treatment models. Interactive dialogue and clinical demonstrations make this DVD both a valuable and a unique learning experience for professionals around the world.

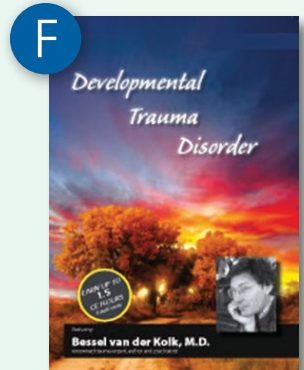


Developmental Trauma Disorder

Bessel van der Kolk, MD

SALE: \$47.99 | Retail: \$59.99 | DVD | RNV042405 | up to 1.5 CE Hours

Bessel van der Kolk has revolutionized the way we understand trauma. Join him as he discusses the latest updates on Developmental Trauma Disorder and what it will mean for the future of trauma treatment. The current version of the DSM does not adequately address complex trauma, leaving you with limited options. Learn the proposed changes to the DSM-5 and how it will better equip you to accurately diagnosis the complexities associated with these challenging situations.



Neuroscience and Trauma Therapy

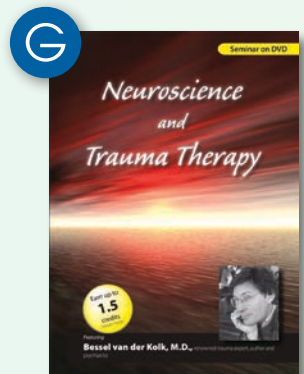
Bessel van der Kolk, MD

SALE: \$47.99 | Retail: \$59.99 | DVD | RNV042980 | up to 1.5 CE Hours

Join world trauma expert and leading authority Bessel A. van der Kolk, M.D. and hear how these findings support a range of new approaches to trauma treatment that until now have not been taught in graduate schools, such as:

- Affect regulation
- Memory processing
- Disturbances in sensori-motor integration

By understanding the impact of trauma on the brain it forces us to reconsider our therapeutic paradigms. Dr. van der Kolk will examine multiple areas in this high-impact recording.



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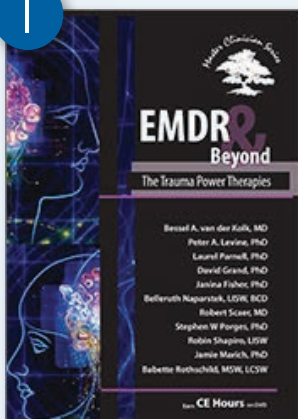
Trauma and Attachment

Bessel van der Kolk, MD

SALE: \$47.99 | Retail: \$59.99 | DVD | RNV041555 | up to 1.5 CE Hours

Join the world's leading expert on trauma Bessel A. van der Kolk, M.D. and understand the latest on how our brains, minds and bodies respond to traumatic experiences. Dr. van der Kolk will explain how affect modulation techniques, EMDR, yoga and neurofeedback are used in overcoming the destabilization and disintegration caused by trauma. Come away with an understanding of how these experiences are processed by unconscious interpretations (subcortical) that take place outside of awareness. Learn why therapeutic methods that do not depend exclusively on understanding and cognition are needed to move the client beyond the "replay of the past" in their current experiences.

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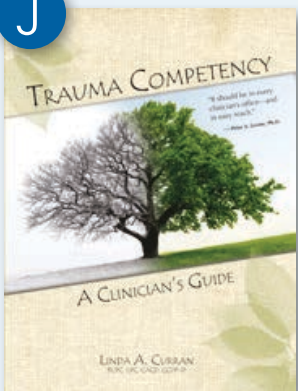
EMDR and Beyond

Multiple Speakers

SALE: \$47.99 | Retail: \$59.99 | DVD | RNV045120 | up to 2.0 CE Hours

This video is the "must see" for anyone currently using, or considering EMDR and EMDR-inspired modalities. EMDR and Beyond: The Trauma Power Therapies includes the world's leading experts on traumatic stress discussing the current "power therapies", trauma's most effective psychotherapeutic interventions. Join Bessel van der Kolk, Peter Levine, Laurel Parnell and others as they discuss EMDR, Somatic Experiencing and Brainspotting and other approaches to trauma treatment. In addition they will explore the latest research findings, proposed theoretical mechanisms, innovations and offshoots of EMDR. You will learn about the evolution of EMDR, including all its clinically inspired modifications, discussed by the pioneers who have been using it since its inception.

J



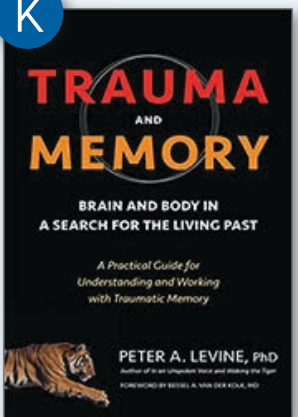
Trauma Competency: A Clinician's Guide

Linda Curran, BCPC, LPC, CACD, CCDPD

SALE: \$19.99 | Retail: \$24.99 | Book | PUB041325

Unique in its approach, each chapter guides clinicians further into trauma's theory and practice; from assessment through stabilization, step-by-step demonstrations prove its in-session clinical utility and applicability. *Trauma Competency* is a clear and concise, reader-friendly illumination of the HOW and the WHY of trauma treatment.

K



Trauma and Memory

Brain and Body in a Search for the Living Past

Peter Levine, PhD

SALE: \$17.56 | Retail: \$21.95 | Book | SAM084150

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience.

The Body Keeps the Score

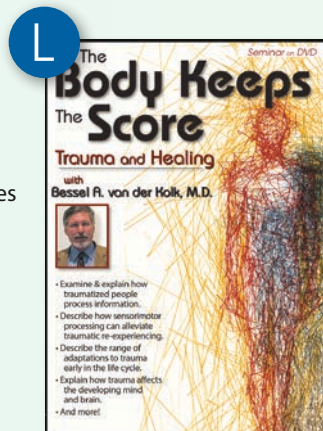
Bessel van der Kolk, MD

SALE: \$239.99 | Retail: \$299.99 | DVD | RNV047325 | up to 11.75 CE Hours

Trauma changes development of mind, brain and self. Its treatment requires a spectrum of interventions which Dr. van der Kolk will address:

- Find words to describe and communicate what is going on
- Learn to regulate one's emotions
- Learn to trust other human beings with shameful and horrific details of one's life
- Process traumatic memories
- Learn to be fully alive in the present

This recording is based on Dr. van der Kolk's own research and that of other leading specialists, will give you proven alternatives to drugs and talk therapy-and a way to reclaim lives!



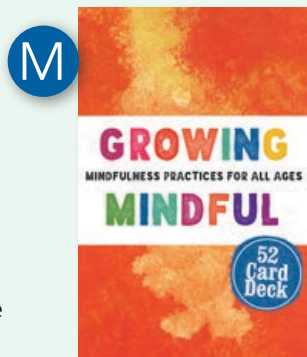
Growing Mindful Card Deck

Mindfulness Practices for All Ages

Mitch R Abblett, PhD & Christopher Willard, PsyD

SALE: \$13.59 | Retail: \$16.99 | Card Deck | PUB084070

Teaching and incorporating mindfulness into your home, classroom and therapy sessions is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!



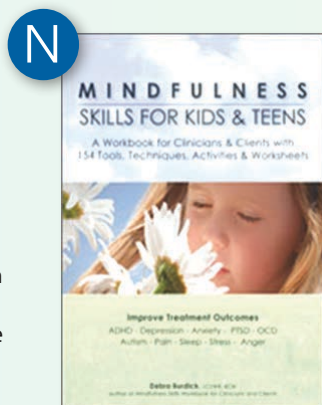
Mindfulness Skills for Kids & Teens

A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets

Debra Burdick, LCSWR, BCN

SALE: \$23.99 | Retail: \$29.99 | Book | PUB083175

This expertly crafted resource feature a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Burdick has blended the latest research and best practice to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness.



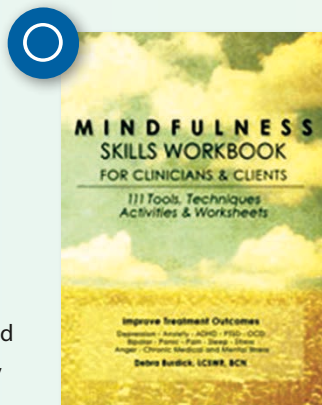
Mindfulness Skills Workbook for Clinicians and Clients

111 Tools, Techniques, Activities & Worksheets

Debra Burdick, LCSWR, BCN

SALE: \$23.99 | Retail: \$29.99 | Book | PUB045840

Like no other resource, Mindfulness Skills Workbook combines the latest research and best practices -- all in a simple guide to successfully teach mindfulness to your clients. Dozens of reproducible activities, exercises and techniques to improve treatment outcomes for depression, anxiety, ADHD, PTSD, OCD, bipolar, pain, stress, and anger.



4 WAYS TO REGISTER

ONLINE

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LIVE WEBCAST

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800-844-8260

Please have credit card available

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800-554-9775

MAIL

PESI
PO BOX 1000
Eau Claire, WI 54702

LIVE EVENT LOCATION

**KING OF PRUSSIA, PA
MAY 5 & 6, 2016**

Crowne Plaza Valley Forge
260 Mall Blvd • 19406
(610) 265-7500

LIVE SEMINAR & WEBCAST SCHEDULE *(both days)*

Times Listed in Eastern

8:00 am	Check-in/Morning Coffee & Tea
8:30 am	Program begins
11:50-1:00	Lunch <i>(on your own)</i>
4:30 pm	Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

Tuition Options:

\$60 Tuition for both day: If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.

DISCOUNTED STUDENT RATES: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.

Groups of 5 or more: Call 800-844-8260 for discounts.

ADA needs:

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

Registration Form

QUESTIONS? Call **800-844-8260** or e-mail us at **info@pesi.com**

Please complete entire form (to notify you of seminar changes):

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THE BODY KEEPS SCORE-TRAUMA HEALING

KING OF PRUSSIA, PA, May 5 & 6, 2016 43812KOP

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- \$429.99** Standard Seminar Tuition

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