

After attending this dynamic workshop, participants will be better able to:

- ▶ DISCUSS recent advances in the neurobiology of trauma
- ▶ DESCRIBE the domains in which traumatic experiences are stored in memory and the ways in which those memories are retrieved into consciousness
- ▶ DISCUSS recent research on neurofeedback and brain plasticity, and their implications for trauma treatment.
- ▶ DESCRIBE applications of attachment theory in the diagnosis and treatment of trauma
- ▶ TEACH how to assess people with chronic PTSD and how to develop phase-oriented treatment plans
- ▶ IMPLEMENT a variety of strategy sets proven effective in the treatment of severe trauma
- ▶ DISCUSS the use of EMDR, DBT, and body-oriented therapies in the treatment of trauma victims
- ▶ DESCRIBE various ways children adapt to traumatic experiences

"A fascinating and immensely useful overview of the most recent advances in trauma therapy and research..."

- A. STEVEN FRANKEL, Ph.D., JD
PAST PRESIDENT, ASSTD

Discounts Available! Please See Registration Page.

October 6-7, 2011 : Bloomington, MN

December 1-2, 2011 : Boston, MA

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Institute
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INNOVATIVE CLINICAL TRAINING FOR
BEHAVIORAL HEALTHCARE PROFESSIONALS

Updated for Fall, 2011!

NEW FRONTIERS IN Trauma Treatment

Bessel A. van der Kolk, M.D.
WORKSHOP LEADER



ABOUT THE WORKSHOP

Day One

During the past decade an enormous amount has been learned about the differences between memories of everyday experiences and those of overwhelming events. These memories are different, depending on the age at which the trauma occurs and the social support systems of the victims.

Recent neuroimaging studies suggest where in the brain these memories are stored and what the mechanisms might be of the recovery of traumatic memories. While ordinary memory is an active and constructive process, traumatic memories are stored in ways that are different from the memories of everyday experience, namely as dissociated sensory and perceptual fragments of the experience.

Using both research studies and clinical examples, Dr. van der Kolk will present data on the nature of traumatic memories and will examine the implications of this knowledge for clinical practice. He will also review appropriate standards for approaching traumatic memories in clinical work.

Dr. van der Kolk will explore the effects of trauma on cognitive, psychological and interpersonal functioning. He will review the research on the profound effects of trauma on cognition, affect regulation, and on the development of "self" and interactions with others. We will discuss how trauma and disruptions in attachment bonds affect the development of people's identity, and how this is expressed socially as difficulties in affect modulation, destructive behavior against self and others and in negotiating intimacy.

Day Two

Today Dr. van der Kolk will review the neurobiology of the attachment system in detail. We will see how our knowledge about brain development, early neglect and trauma underscores the pressing need for an entirely new diagnostic understanding and treatment approach to human beings who grew up terrified and abandoned. We will discuss the evolution of Developmental Trauma Disorder for the DSM5 and the current state of the research in that area.

The balance of the day will incorporate lessons learned from attachment and brain research for clinical intervention. We will differentiate between trauma processing (using such techniques as EMDR), self-regulation (yoga, acupuncture, rhythm therapies, and dance), and attention to the relation to one's self and others (Internal Family Systems Therapy, Dialectical Behavior Therapy). We will also discuss the largely untapped potential of neurofeedback to help mind and brain to be re-wired to be able to regulate itself, and perceive oneself and others in a more focused, "present" way.

Since traumatic memories often are dissociated and may be inaccessible to verbal recall or processing, attention should also be paid to the somatic re-experiencing of trauma-related sensations and affects which may serve as engines for continuing maladaptive behaviors.

Dr. van der Kolk will present research data evaluating each set of interventions, show videotaped clinical examples, and discuss the integration of these approaches during different stages of treatment.

Please Note: Workshop content has been updated to include additional information on neuroimaging and brain plasticity, and implications for treatment. This workshop is constantly evolving. Any last-minute changes in onsite handouts will be made available online.

Taping of this workshop is not permitted. Room temperature varies; please dress in layers. Eligibility: This program is open to professionals and advanced students in health-related fields, and is not suitable for the general public.

WORKSHOP OVERVIEW

Day One

8:30 - 10:00 am	Trauma and Developmental Psychopathology The acquisition of affect regulation
10:00 - 10:30 am	BREAK
10:30 am - 12:00 pm	Attachment and Psychopathology The breakdown of information processing in trauma
12:00 - 1:00 pm	LUNCH
1:00 - 2:30 pm	Affective Neuroscience Autonomic mediation of the threat response
2:30 - 3:00 pm	BREAK
3:00 - 4:30 pm	Attention and Concentration Neuroimaging studies and neurofeedback research

Day Two

8:30 - 10:00 am	How Mind and Brain Mature in the Context of Caregiving Systems. Attachment, mirror neuron systems and brain development.
10:00 - 10:30 am	BREAK
10:30 am - 12:00 pm	Developmental Trauma Disorder - Assessment and Treatment Planning. Videotaped sessions of sensorimotor therapy and sensory integration
12:00 - 1:00 pm	LUNCH
1:00 - 2:30 pm	Trauma Processing, EMDR and Self-Regulation - Yoga, Mindfulness, Acupressure, Dance and Movement. Approaches to learned helplessness and dissociation. Internal Family Systems Therapy.
2:30 - 3:00 pm	BREAK
3:00 - 4:30 pm	Brain Plasticity, NeuroFeedback, Theatre and Play

WORKSHOP LEADER

Bessel van der Kolk, M.D., is a clinical psychiatrist whose work attempts to integrate mind, brain, body and social connections in understanding and treating trauma. He has been active as a clinician, researcher and teacher in the area of posttraumatic stress and related phenomena since the 1970s.

Dr. van der Kolk's contributions have had a profound impact on research and treatment of trauma-based illness. As co-principal investigator of the DSM-IV Field Trial for PTSD, he and his colleagues specifically delineated the effects of trauma across the lifespan and the differential impact of interpersonal trauma. His current research interests range from the impact of trauma on developing human beings and using brain imaging technology in trauma research to the use of yoga, neurofeedback, EMDR and theater in treating PTSD.

Dr. van der Kolk is past president of the International Society for Traumatic Stress Studies; professor of psychiatry at Boston University School of Medicine; medical director of the Trauma Center in Boston; and director of the Complex Trauma Treatment Network, NCTSN. He has taught at universities and hospitals throughout the world. He is author of over a hundred scientific articles, the acclaimed text *Psychological Trauma and Traumatic Stress* and an upcoming book entitled *The Body Keeps Score: Body, Mind and Brain in the Transformation of Trauma*.



Note: Speaker/planner conflict-of-interest disclosures are available on our website. Please check prior to registering.

Bessel A. van der Kolk, M.D.
WORKSHOP LEADER

Institute for the Advancement of Human Behavior

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Portola Valley, CA 94028

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WORKSHOP INFORMATION

October 6-7, 2011

Park Plaza Hotel Bloomington

4460 West 78th Street Circle
Bloomington, MN 55435
(952) 831-3131

December 1-2, 2011

Radisson Hotel Boston

200 Stuart St
Boston, MA 02116
(617) 482-1800

DISCOUNTS

Must be noted on original registration (one discount per person on two-day registration only)

➤ **GROUPS:** Organize a group of three or more and save! Mail your registrations together and deduct \$20 from each.

➤ **FULL-TIME STUDENTS:** Deduct \$50 from applicable tuition. Proof of full-time status (undergraduate: 12 or more units; graduate: 6 or more units) must accompany your registration.

➤ **ALUMNI:** If you have attended an IAHB workshop in the last 12 months, you may deduct \$20 from your tuition.

➤ **UNA Members:** All UNA members taking this course will be given a \$50 discount. Please call to register at the discounted rate. Discounts will not be granted online or by mail.

CANCELLATIONS

Requests must be in writing. Refunds will be given on requests postmarked no later than 7 days prior to the workshop. A \$35 per person processing fee will be deducted from all cancellations. No credit will be issued within 7 days of the workshop. If IAHB cancels a workshop, tuition will be refunded in full.

WORKSHOP AIDES

Save over 40% on your tuition by working as an aide at the beginning and end of each day and at the breaks. If you would like to be considered for an aide position, please email staff@iahb.org to see if spots are still available. In the subject line, please write: Workshop Aide & the city you will be attending. Act now; positions fill quickly.

IAHB HOME STUDY AUDIO COURSES

Most of IAHB's home studies were recorded at live workshops. They may be ordered in either CD or audiotape format (exceptions are marked), and include all course materials and a post-test. Detailed descriptions of these and other IAHB home studies may be found on our website, www.iahb.org.

TO ORDER: Complete the form indicating your selections, and mail it with payment to IAHB/Seminar Services, 6 Trowbridge Dr., Ste. 5, Bethel, CT 06801. Please note: Orders can only be shipped to your street address (no P.O. box). Please allow 1 to 2 weeks for delivery.

	Quantity	Amount
Treatment Advances, Relational Issues and Mindfulness in Integrated Trauma Treatment (12 CE/CME hrs) <i>John Briere, Ph.D.</i> This exciting new home study describes treatment protocols integrating Buddhist philosophy and empirically-based mindfulness training with the latest research on the neurobiology and psychopharmacology of trauma. Recorded Fall, 2007		\$149.00
Fast, Effective Treatment for Anxiety Disorders (13 CE/CME hrs) <i>David Burns, M.D.</i> Dr. Burns describes 3 powerful models for the treatment of anxiety disorders and illustrates how to integrate all 3 into the effective treatment of GAD, specific phobias and other anxiety disorders. This is one of the most highly-rated and best-attended seminars IAHB has produced!		\$149.00
Feeling Good Now: Treating Depression and Low Self-Esteem (13 CE/CME hrs) <i>David Burns, M.D.</i> The 1980 publication of <i>Feeling Good</i> revolutionized the treatment of depression. <i>Feeling Good Now</i> is doing the same. Burns integrates 4 conceptual models and a array of clinical tools into the most powerful protocol available today for treating depression and low self-esteem. Recorded in mid-2007		\$149.00
How to Overcome Anger and Interpersonal Conflict (13 CE/CME hrs) <i>David Burns, M.D.</i> In this exciting program, Dr. Burns presents Cognitive Interpersonal Therapy, a new treatment model used to help patients develop more satisfying relationships.		\$149.00
SPECIAL ONLINE VIDEO TRAINING		
Ethics & Risk Management for Psychotherapists 2008 (6 CE/CME hrs) <i>Presented by A. Steven Frankel, Ph. D., J.D.</i> Receive a \$15 discount off the regular price for this highly-acclaimed, state-of-the-art presentation. Click the link on our home page, www.iahb.org for more information and to register.		\$110.00

Purchase Online Only
www.iahb.org

Treating Complex Psychological Trauma (12 CE/CME hrs) <i>John Briere, Ph.D.</i> Drawing on the latest trauma research and theory, Dr Briere presents a nonpathologizing, developmentally-informed therapy that integrates cognitive-behavioral and psychodynamic perspectives.	\$129.00	Quantity	Amount
Neuroscience and Trauma Therapy (1.5 CE hrs) <i>Bessel A. van der Kolk, M.D.</i> Recent developments in neuroscience have given us new insights into how trauma impacts the development of the brain, & reorganized how the brain deals with input from its surroundings. Learn how these findings support a range of new approaches to trauma such as: Affect Regulation, Memory Processing, & Disturbances in Sensori-motor Integration.	\$99.99		
SPECIAL ONLINE VIDEO TRAINING			
Developmental Trauma Disorder (1.5 CE hrs) <i>Bessel A. van der Kolk, M.D.</i> Join Bessel van der Kolk as he discusses the latest updates on Developmental Trauma Disorder. The current version of the DSM does not adequately address complex trauma, leaving you with limited options. In this webcast, 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.	\$99.99		
New Video! – Overcoming Toxic Shame and the Fear of Being Judged: The Story of Melanie. (With 6 CE/CME Credits) <i>(No CE/CME)</i> In this 2-hour hi-def training video, Dr. Burns and two co-therapists work with a woman who's been struggling for years with feelings of shame, anxiety and the fear of being judged. Includes a 98-page interactive workbook with exercises and additional commentary.	\$234.00 \$195.00		
Effective Use of the GAF Scale (2 CE/CME hrs) <i>Michael First, M.D.</i> Shipping and handling: 1 item \$7.00, each add'l item \$2.00	\$35.00		
	Subtotal		
	CT residents add local sales tax		
	Total (US dollars)		

Please Note: Not all boards accept home study for continuing education. Please contact your own board for more information.

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REGISTRATION FORM (VAN DER KOLK)

OCTOBER 6-7, 2011, Bloomington, MN DECEMBER 1-2, 2011, Boston, MA

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Email Address _____

Profession(s): Please provide your profession and license number(s).

Profession _____ License(s)# _____

If you are physically challenged and have special needs, please contact IAHB as soon as possible. All meeting rooms are wheelchair accessible.

REGISTRATION FEES Register online and save \$10 (www.iahb.org)

\$289 Early Registration (Must be postmarked at least 14 days prior to workshop)

\$309 Regular Registration (Must be received by noon the day prior to workshop)

\$329 On-Site registration (If space is still available)

\$189 Workshop aide (Please e-mail for approval. No other discounts apply.)

DISCOUNTS

Groups: Deduct \$20.00 (Three or more registrations received together)

Full-time Students: Deduct \$50.00 (Proof of student status must accompany registration)

Alumni: Deduct \$20.00 (Must have attended an IAHB workshop during the past 12 months)

UNA Members: Deduct \$50

_____ TOTAL PAYMENT ENCLOSED (U.S. funds)
Payment must accompany registration.

METHOD OF PAYMENT

Check enclosed made payable to IAHB (U.S. bank)

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GUARANTEE

If by the first morning break, you are not satisfied, inform the coordinator, turn in all materials and write to IAHB requesting a refund. Your money will be refunded upon receipt of your written request.

MAIL COMPLETED FORM TO:
IAHB | P.O. Box 5710 | Santa Rosa, CA 95402

REGISTER BY PHONE, FAX OR ONLINE:
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Help us expedite your registration. Enter the characters printed above your name on the mailing label.

CONTINUING EDUCATION

The Institute for the Advancement of Human Behavior (IAHB) has been approved to offer 12 hours of continuing education and continuing medical education (except where otherwise noted) by the following:

ALCOHOLISM & DRUG ABUSE COUNSELORS: Approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Education Provider #187) for 12 CEHs.

CEAPS: This course has been submitted to the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for 12 PDHs. EACC Approval Number Pending.

COUNSELORS: IAHB is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. (NBCC Provider #5216). This course meets the qualifications for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). This course has been submitted to the Family Development Associates' Marriage & Family Therapy CE Certification Program for approval for Massachusetts marriage and family therapists. Approval Pending. The New Jersey State Board of Marriage and Family Therapy Examiners recognizes the NBCC for course approval. This course has been submitted to the Minnesota Board of Marriage and Family Therapy for course approval.

Nurses: IAHB is an approved provider of continuing nursing education by the Utah Nurses Association, an accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation. (UNA=12.5 CEHs. Provider Code P09-03). Provider approved by the California Board of Registered Nursing, (BRN Provider CEP#2672) for 12 CE hours.

PHYSICIANS: The Institute for the Advancement of Human Behavior (IAHB) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Institute for the Advancement of Human Behavior designates this live activity for a maximum of 12 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: IAHB is approved by the American Psychological Association to sponsor continuing education for psychologists. IAHB maintains responsibility for this program and its content.

SOCIAL WORKERS: This course meets the qualifications for LCSWs as required by the California Board of Behavioral Sciences (Provider #PCE-36). As an approved continuing education provider for the Texas State Board of Social Worker Examiners, IAHB offers continuing education for Texas licensed social workers in compliance with the rules of the board. License No. 3876; MC 1982, PO Box 149347, Austin, TX 78714, (512) 719-3521. IAHB is co-Sponsor with R. Cassidy Seminars, ACE Provider #1082 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. Approval Period: April 15, 2009-April 15, 2012. R. Cassidy Seminars maintains responsibility for the program. Social workers should contact their regulatory board to determine course approval. Social workers will receive 12 continuing education clinical social work clock hours for participating in this course.

Note: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.

FOR COMPLETE INFORMATION ON ANY WORKSHOP OR HOME STUDY, CALL IAHB (800) 258-8411 OR VISIT OUR WEBSITE AT WWW.IAHB.ORG