NEW FRONTIERS IN
Trauma Treatment

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

December 4-5, 2014 | Boston, MA
February 5-6, 2015 | Berkeley, CA

Earn 12 CE/CME Credit Hours | Space is Limited. Register Early!
Bessel van der Kolk, MD, is an internationally recognized leader in the field of psychological trauma and the founder and Medical Director of the Trauma Center. Highlights of this program include:

- Neurofeedback & Brain Plasticity
- EMDR, DBT, & Body Oriented Therapies
- Dealing with Chronic PTSD
- Attachment Theory and Trauma
- Developmental Trauma Disorder (New DSM-5 Diagnosis)
- Neurobiology of Trauma

Institute for the Advancement of Human Behavior
Institute for Better Health
P.O. Box 5527, Santa Rosa, CA 95402

“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.
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, acupressure, 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 on 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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</table>
| 8:30 - 10:00 am | Trauma and Development 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  
The Impact of DSM-5 on the Diagnosis and Treatment of Trauma-Related Disorders |

### Day Two

<table>
<thead>
<tr>
<th>Time</th>
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</table>
| 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 post-traumatic 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 PDS, 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 his newly released 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.*
WORKSHOP INFORMATION

December 4-5, 2014
The Westin Copley Place
10 Huntington Ave.
Boston, MA 02116
(617) 262-9600

February 5-6, 2015
The Claremont Hotel
41 Tunnel Road
Berkeley, CA 94705
(800) 551-7266

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.

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.

CONTINUING EDUCATION

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

ALCOHOLISM & DRUG ABUSE COUNSELORS: IAHB is approved by the National Association of Alcoholism and Drug Abuse Counselors Approved Provider Program (NAADAC Approved Provider #187) for 12 CEHs. Provider approved by CFAAP/CAADAC, Provider #4N-86-074-0115 for (12) CEHs. CAADAC is an ICRC member which has reciprocity with most ICRC member states.

CEAPS: This course has been approved by the Employee Assistance Certification Commission (EAPA/EACC) in Domain III for 12 PDhs. EACC Approval Number SSIAHB6014-K42.

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 12 hours of continuing education credit for MFTs as required by the California Board of Behavioral Sciences (Provider # PCE 36). IAHB is approved by the Illinois Department of Professional Regulation (Provider #168-900119). IAHB has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. This course has been approved by Family Development Associates’ Marriage & Family Therapy CE Certification Program for approval for Massachusetts marriage and family therapists. Approval #PC-030271.

NURSES: Provider approved by the CA Board of Registered Nursing (BRN Provider CEP #2672) for 12.0 contact hours.

The Institute for Advancement of Human Behavior accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

PHYSICIANS: The Institute for the Advancement of Human (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 (APA) to offer continuing education for psychologists. IAHB maintains responsibility for the program and its content.

SOCIAL WORKERS: This course meets the qualifications for LCSWs as reported 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 140347, 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, 2012-April 15, 2015. 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.
WORKSHOP OBJECTIVES

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

IAHB EDUCATIONAL MATERIALS

TO ORDER: Complete this form indicating your selections. Mail it with payment to IAHB, PO BOX 5710, Santa Rosa, CA 95402. Please allow 1-2 weeks for delivery. Detailed descriptions of these and other IAHB educational materials and homestudies may be found on our website, www.IAHB.org/homestudies. All products listed are videos. Information on how to obtain CE Credit for these products can also be found on our website.

<table>
<thead>
<tr>
<th>Trauma Treatment: Psychotherapy for the 21st Century</th>
<th>Quantity</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Bessel van der Kolk, M.D., and others* (CE Available*)</td>
<td></td>
<td>$99.99</td>
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<tr>
<td>The world's leading trauma researchers and clinicians share their knowledge on the nature of trauma, the impact it has in the human condition, and the most effective clinical interventions.</td>
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<table>
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<tr>
<th>EMDR and Beyond: The Trauma Power Therapies</th>
<th>Quantity</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Bessel van der Kolk, M.D., and others* (CE Available*)</td>
<td></td>
<td>$59.99</td>
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<tr>
<td>Watch Laurel Parnell, David Grand, Bessel van der Kolk, and 8 other experts describe the tremendous power of EMDR and related trauma treatments.</td>
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<thead>
<tr>
<th>Trauma and Attachment</th>
<th>Quantity</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Bessel van der Kolk, M.D. (CE Available*)</td>
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<td>$59.99</td>
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<tr>
<td>Learn why attachment theory is so critical to the effective treatment of trauma through the use of EMDR, neurofeedback, and a variety of other powerful interventions.</td>
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*Please see www.IAHB.org/homestudies for a complete list of speakers, CE info, and detailed descriptions of these programs.
<table>
<thead>
<tr>
<th>Course Title</th>
<th>Price</th>
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<tr>
<td>The Impact of Early Life Trauma</td>
<td>$34.99</td>
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<tr>
<td>Bessel A. van der Kolk, M.D., and Judith Herman, M.D. (CE Available*)</td>
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<tr>
<td>An in-depth look at shame, trauma, and how, once properly understood, their</td>
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<td>crippling effects can be treated effectively in psychotherapy.</td>
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<tr>
<td>Trauma, Mindfulness &amp; Neurobiology of Self</td>
<td>$39.00</td>
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<tr>
<td>Jon Kabat-Zin, Ph.D. (CE Available*)</td>
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<td>This workshop highlights work that constitutes the cutting edge on the</td>
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<td>neurobiological foundations of stress resilience, mindfulness, the effects</td>
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<td>of trauma on self-awareness and self-organization, and how mindfulness</td>
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<tr>
<td>meditation and yoga can change the brain.</td>
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<tr>
<td>Using the DSM-5® For Effective Assessment and Treatment</td>
<td>$169.99</td>
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<tr>
<td>David Mays, M.D., Ph.D. (CE Available*)</td>
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<tr>
<td>In this seminar recording, we will explore DSM-5® in depth, emphasizing in</td>
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<td>what ways DSM-IV® has been revised and the evidence behind these changes.</td>
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<td>We will also expand on the DSM® categories to describe current controversies</td>
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<td>related to diagnosis and treatment in mental health.</td>
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<tr>
<td>Revolutionizing Diagnosis &amp; Treatment</td>
<td>$89.99</td>
</tr>
<tr>
<td>Using the DSM-5®</td>
<td></td>
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<tr>
<td>Jack Klott, MSSA, LISW, CSW (CE Available*)</td>
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<tr>
<td>The DSM-5® is going to change the way you view, diagnose and treat mental</td>
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<td>illness. For the first time ever, the DSM® depends on and incorporates</td>
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<td>evidence from the neurosciences, genetic studies, twins studies, and</td>
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<tr>
<td>overall areas of research that had been largely ignored in previous</td>
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<tr>
<td>editions of the DSM®. The DSM-5® was released in late May 2013 and this</td>
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<tr>
<td>seminar will cover the latest DSM-5® information.</td>
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Please see www.IAHB.org for a complete list of speakers and detailed        |
| descriptions of these programs.                                           |       |

Shipping and handling: 1 item $7.00, each add’l item $2.00

Subtotal

CA residents add local sales tax

Total (US dollars)

Name________________________ Degree________________________
Address______________________
City_________________________ State_________ Zip__________
Phone (_____)________________ Email_____________________
☐ Check payable to IAHB
☐ Card #______________________ Exp. date_______/_______CVV#
Signature_____________________
Cardholder___________________
REGISTRATION FORM (VAN DER KOLK)

☐ December 4-5, 2014  Boston, MA
☐ February 5-6, 2015  Berkeley, CA

Name ______________________________ Degree __________________

Company ______________________________

Address ______________________________

City __________________ State ______ Zip ______

Phone (_______) ______________ Fax (_______)

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)

☐ $325 Early Registration (Must be postmarked at least 14 days prior to workshop)
☐ $345 Regular Registration (Must be received by noon the day prior to workshop)
☐ $365 On-Site registration (If space is still available)
☐ $200 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)

_________________ TOTAL PAYMENT ENCLOSED (U.S. funds)

Payment must accompany registration.

METHOD OF PAYMENT

☐ Check enclosed made payable to IAHB

☐ Card # _________________________ Exp.date_____ / _______CVV# __________

Cardholder name ______________________________

Signature ______________________________

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 5527  |  Santa Rosa, CA 95402

REGISTER BY PHONE, FAX OR ONLINE:
PHONE  (800) 258-8411  |  FAX  (707) 755-3133  |  www.IAHB.org