

NFI Vermont Presents:

Dr. Bessel van der Kolk

*A workshop for caregivers, clinicians, educators,
physicians, child welfare workers, post-adoption workers, early interventionists, etc.*

Thursday, August 27th and Friday August 28, 2015

8:00 am - 4:30pm | The Inn at Essex (The Essex Resort & Spa)

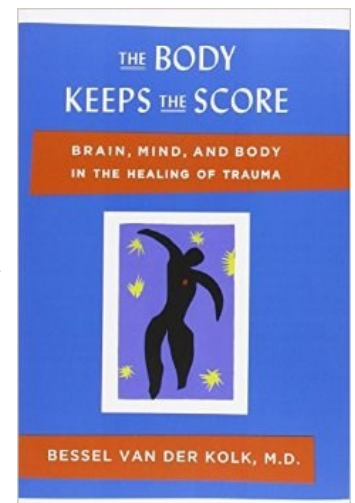
70 Essex Way, Essex VT 05452 | (802) 878-1100 | www.essexresortspa.com

DAY 1: THE BODY KEEPS SCORE: Integration of Mind, Brain, and Body in the Treatment of Trauma

We will examine how neuroscience research has elucidated how, in the course of development, children learn to regulate their arousal systems and to discern what is most relevant for survival and the maintenance of relationships. We then will examine how trauma, abuse and neglect derail these processes and affect brain development.

DAY 2: Advanced Training Rhythm, Synchrony and Getting to One's Self

After being traumatized, the body keeps pumping out stress hormones that make people feel frazzled, agitated, or shut down. Talk therapy by itself, even when combined with warmth and sympathy, doesn't reset the limbic system, the part of the brain that contains an inner map of the world and a sense of oneself, which, in the case of people with histories of abuse and neglect, includes feelings of oneself as fundamentally helpless and the world as unpredictable and dangerous. In this workshop, you'll learn how traumatic imprints can be addressed using techniques drawn from yoga, theater, neurofeedback and somatic therapies.



www.nfivermont.org

www.besselvanderkolk.com

Co-sponsored by:

VERMONT
Adoption Consortium

The Vermont Adoption Consortium is comprised of agencies and groups who have joined together for a common purpose: to support Vermont's guardian and adoptive families.

About the Presenter:



Bessel A. van der Kolk, M.D. has been the Medical Director of The [Trauma Center](#) in Boston for the past 30 years. He is a Professor of Psychiatry at Boston University Medical School and serves as the Director of the National Center for Child Traumatic Stress Complex Trauma Network. He is past President of International Society for Traumatic Stress Studies. Though he identifies himself primarily as a clinician, he has published well over 100 peer reviewed scientific articles on various aspects of trauma, including his current projects: 1) yoga for treating PTSD, funded by the National Institutes of Health; 2) the use of theater for violence prevention in the Boston public schools, funded by the CDC; 3) the mechanisms of EMDR; 4) sensory integration; and 5) the use of neurofeedback in PTSD.

He participated in the first neuroimaging study of PTSD, in the first study to link *Borderline Personality Disorder* with childhood trauma; was co-principal investigator of the DSM IV Field Trial for PTSD and is chair of the NCTSN DSM V workgroup on Developmental Trauma Disorder. He has written extensively about using neuroscience research to identify appropriate treatments for PTSD and completed the first NIMH-funded study of EMDR. He has taught at universities and hospitals around the world.

Conference Details & Registration Information

The Inn at Essex | 70 Essex Way, Essex VT 05452 | (802) 878-1100 | www.essexresortspa.com

Conference Fee: Day 1 (August 27) \$109 Day 2 (August 28): \$109 Both days: \$189

Payment due by August 14, 2015 | Group Rates are available, call for more information.

Conference Details

Registration Begins: 8:00am
Morning Lecture: 9:00am - 12pm
Lunch (on your own): 12pm - 1:15pm
Afternoon Lecture: 1:15pm - 4:30pm

**Light breakfast and afternoon snack provided.*

5.5 CEU credits for
LICSW, LCMHC, and Psychologists

Registration

Name _____

Organization _____

Email Address _____

Phone Number _____

Amount Enclosed _____

Please Send to:

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NFI Vermont is a non-profit mental health agency offering a statewide network of community based treatment and educational services to children and their families. NFI Vermont also provides trainings and conferences to the local community, with the goal of improving services to children and their families.