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

Denver, CO
Friday & Saturday,
December 9 & 10, 2016

Can’t attend?
Watch the Live Video Webcast!

20% OFF BOOKS & DVDS
& FREE SHIPPING

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

presented by www.pesi.com
Join renowned trauma expert and New York 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, meditation, 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

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

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

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.

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*.

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**TARGET AUDIENCE**

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

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**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.

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**Guarantee**

Your satisfaction is our goal — and our guarantee! If you are not satisfied with this seminar, we’ll make it right.
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 prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days if your board allows. Please see “Live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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 and Psychotherapy Networker.

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.

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 for full attendance. 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.

COLORADO SOCIAL WORKERS: PESI, Inc. is an approved provider with the Colorado Chapter of the National Association of Social Workers. Provider #1413. This course has been approved for 12.6 continuing education hours. Please bring your NASWCO License Number to the seminar. Your hours cannot be reported without this number.

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 credit will be offered for partial attendance.

LIVE VIDEO WEBCAST DETAILS

Join us on December 9-10, 2016, for this live, interactive webcast!

Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker and watch the slides all on your computer screen. Seminar materials are available for download.

One CE Certificate is included. Only $29.99 per CE Certificate for each additional participant.

It’s easy and convenient! Sit at your own computer or gather your coworkers and watch and participate in the live video webcast as a group!

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.

ADDITIONAL 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.

ADDITIONAL 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.

Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Claire Zelasko at czelasko@pesi.com or call 715-855-8194.
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.

EMDR: Step by Step
Multiple Speakers
SALE: $159.99 | Retail: $199.99 | DVD | RNV051150 | up to 6.25 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, Robin Shapiro and more, you’ll learn to safely and effectively utilize EMDR for the treatment of traumatic stress.

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: $239.99 | Retail: $299.99 | 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.

Trauma, Attachment & Neuroscience

New Psychotherapeutic Treatments

Bessel van der Kolk, MD

SALE: $159.99 | Retail: $199.99 | DVD | RNV043550 | up to 6.25 CE Hours

This special recording represents current research findings about how people’s brains, minds and bodies are affected by traumatic experiences and illustrate the principles of post-traumatic therapy. Join Dr. van der Kolk, the world’s leading expert in the field of traumatic stress, to explore specific techniques that address:

• Affect regulation
• The integration of dissociated aspects of experience
• Overcoming helplessness
• The re-integration of human connections

Visit go.pesi.com/16Bessel and use code: 16BESSEL before 12/10/2016.

*Take note of the letter next to any product you would like for easy ordering on registration panel! 20% discount already applied.

800-844-8260 | www.pesi.com | SAVE 20% USE CODE 16BESSEL
Applied Neuroscience: Rewiring Neural Pathways in the Brain to Repair the Damage of Trauma & Neglect

Bessel van der Kolk, MD

SALE: $159.99 | Retail: $199.99 | DVD | RNV051180 | up to 7.0 CE Hours

Learn breakthrough applications of EEG neurofeedback from today’s leading experts! Understand arousal dysregulation in severe emotional disorders and ways in which technology can be used to regulate arousal and improve emotional and behavioral functioning. Explore the use of the quantitative EEG, and review the development of instrumentation that can help with “essential self-experiences”.

Bessel A. van der Kolk’s 27th Annual Trauma Conference Day 1

Multiple Speakers

SALE: $159.99 | Retail: $199.99 | DVD | RNV051185 | up to 5.0 CE Hours

This dynamic and ground-breaking presentation consists of five informative sessions

- Self and Identity in Traumatic Stress with Bessel A. van der Kolk, M.D.
- The Enduring Neurobiological Effects of Abuse and Neglect with Martin Teicher, M.D., PhD
- What the Spontaneous Activity in the Midline Regions of the Brain can Tell us about Self & Identity with Georg Northoff, M.D., PhD
- Neuroimaging the Traumatized Self with Paul Frewen, PhD, C.Psych
- Trauma and Self-Experience with Georg Northoff, M.D., PhD, Bessel A. van der Kolk, M.D., and Paul Frewen, M.D., PhD

Bessel A. van der Kolk’s 27th Annual Trauma Conference Day 2

Multiple Speakers

SALE: $159.99 | Retail: $199.99 | DVD | RNV051190 | up to 6.0 CE Hours

Change your practice with these five expert sessions

- Attachment Focused EMDR: Healing Relational Trauma with Laurel Parnell, PhD
- Somatic Experiencing with Peter Levine, PhD
- PTSD and Creativity: Visiting the Muses with Paula Thomson, PsyD
- Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices with James Hopper, PhD
- Theraplay: How Play and Nurturing Care can Help with Phyllis Booth, M.A.

Trauma and Memory: Brain and Body in a Search for the Living Past

Peter Levine, PhD

SALE: $159.99 | Retail: $199.99 | DVD | RNV051175 | up to 6.0 CE Hours

Without a firm grasp of the multidimensional structure of traumatic memory as it is stored in the brain and held in the body, therapists are often left floundering in the swamplands of ambiguity and uncertainty. Indeed, misconceptions about so called recovered memories have caused much unnecessary pain and suffering for patients and for their families, while also creating confusion and self-doubt for the therapists who treat them.

If we are to work effectively and wisely with trauma and its memory traces in both mind and body, we must understand these issues.
The Body Keeps the Score
Bessel van der Kolk, MD
SALE: $239.99 | Retail: $299.99 | DVD | RNV047325 | up to 12.0 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.
WAYS TO REGISTER

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800-844-8260
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Eau Claire, WI  54702

LIVE EVENT LOCATION

DENVER, CO
DECEMBER 9 & 10, 2016
DoubleTree Denver-Stapleton North
4040 Quebec St • 80216
(303) 321-6666

LIVE SEMINAR & WEBCAST SCHEDULE (both days)

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

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

ADA needs:
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.
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: 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.
Groups of 5 or more: Call 800-844-8260 for discounts.

Discounted Military Rate: PESI Inc. is proud to offer a $20 tuition discount on live seminar tuition for veterans and active duty military personnel. **Advance registration by phone required.**
Discounted Student Rate: 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. **Advance registration required. Cannot be combined with other discounts.**
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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