

# Working with Action and Bodily states in the treatment of trauma with

**Bessel van der Kolk, M.D. & Pat Ogden, Ph.D**



**Bessel A. van der Kolk, M.D.**, has been active as a clinician, researcher and teacher in the area of posttraumatic stress and related phenomena since the 1970s. He is founder and Clinical Director of the Trauma Center in Boston, which specializes in the treatment of traumatized children and adults. An investigator on the first neuroimaging study of PTSD, co-principal investigator of the DSM IV Field Trial for PTSD, and having recently completed the first NIMH funded study of EMDR for the treatment of PTSD, Dr. van der Kolk's current research is on how trauma affects memory processes; brain-imaging studies of PTSD, treatment outcome of exposure treatment vs. pharmacological interventions, and the effects of theater groups on preventing violence among chronically traumatized youth.

**Pat Ogden, Ph.D.**, is the founder and director of Sensorimotor Psychotherapy Institute, an internationally recognized school that specializes in training psychotherapists in somatic/cognitive approaches for the treatment of trauma, developmental and attachment issues. She is a co-founder of the Hakomi Institute, serves on the faculty of The Naropa University in the Somatic Psychology and Contemplative Psychology departments, and lectures internationally. Dr. Ogden is trained in a wide variety of somatic and psychotherapy approaches and has worked with a diversity of populations, including prison inmates, psychiatric inpatients and survivors of trauma. A pioneer in somatic psychotherapy and the treatment of trauma, she has over 30 years' experience working with individuals and groups.



## **PROGRAM DESCRIPTION**

Trauma affects the total human organism; neurobiologically, psychologically, behaviorally and socially. Traditional psychotherapy has approached the resolution of trauma as something that needs to be understood, worked through and put into the larger perspective of one's life. However, there is a long tradition in many cultures of using dance, theatre, yoga, martial arts, meditation, and physical action to manage trauma states, most of which, until recently, have not been subject to Western methods of investigation. In the wake of emerging research on the neurobiological effects of trauma, the Trauma Center in Boston, and the Sensorimotor Psychotherapy Institute in Boulder, CO, have started to explore the use of collaborative movement and action, both in the aftermath of trauma, and in the treatment of chronically traumatized individuals.

Dr. Van der Kolk and Dr. Ogden will demonstrate, with the help of experiential exercises, videotapes, and handouts, how body-centered centered approaches and improvisational and ritualized theater groups can help people regain a sense of mastery and communality. They will present research methodology for clinicians and researchers working with somatic methods and discuss research findings on yoga and theater groups that support the utility of such approaches.

This workshop will explore how experience itself, and controlled bodily action, individually and in groups, can help overcome traumatic repetitions and continued fight/flight/freeze responses.

## ATTENDEES WILL LEARN

- Current research on the neurobiology of trauma
- Words, actions and relationship in the treatment of trauma
- Work with behavioral responses, such as physical helplessness, dissociation, behavioral re-enactments and physical tension
- Recognize and treat primitive action patterns
- Use collaborative movement and action
- Restore active mastery and the ability to be in the present
- Research findings on yoga and theatre groups
- Body-oriented interventions to work with dysregulated bodily states
- Use mindfulness in the treatment of trauma

## Who should attend?

- Psychotherapists
- Marriage & Family Counselors
- Social Workers
- Psychologists
- Body therapists
- LPC's

### LOCATION / DATE / TIME / RATES

**Location:** St Joseph Hospital—The Russell Pavilion, Denver, CO

**Date:** Saturday, January 29th, 2005

**Time:** 9:00 am - 4:30 pm

**12:30 pm-1:30 pm --- LUNCH WILL BE PROVIDED**

**Rates:** Early Registration \$120 (before 01/15/05)

Late Registration \$140 (after 01/15/05)

Student Registration \$100

Group Registration (5+) \$15 discount per ticket

**Information:** Nicole Plotkin at 303-447-3290, office@sensorimotor.org or [www.sensorimotor.org](http://www.sensorimotor.org)

**Registration:** Send Registration form and fee to: **SPI, PO Box 19438, Boulder, CO 80308-1563**

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**Please register me for the January 29, 2005 workshop in Denver, CO with Bessel van der Kolk, M.D. & Pat Ogden, PH.D.:**  
*Working with Action and Bodily States in the Treatment of Trauma*

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

HOME/WORK PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

I am registering by January 15, 2005 \_\_\_\_\_ (\$120/ person)

I am registering after January 15, 2005 \_\_\_\_\_ (\$140/person)

I am a student \_\_\_\_\_ (\$100/person)

I am registering as part of a group 5 or more \_\_\_\_\_ (\$15 discount/person)

Please send Registration Form and Payment to: SPI, PO Box 19438, Boulder, CO 80308

**CEU's Offered:** National Association of Social Workers (NASW), the National Board of Certified Counselors (NBCC), and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) under Category "A".