



You are invited

BESSEL VAN DER KOLK 21 November 2016

World authority, thinker, author
researcher and practitioner on trauma

*The presentation will be relevant to all those
working with the body, mind or spirit
of those who have suffered Trauma*



INTRODUCTION

You are warmly invited to two events at AUT featuring world-renowned trauma specialist Bessel van der Kolk. Bessel will be presenting a day-long seminar and a shorter evening talk on Monday 21st November and you are invited to reserve your place for what promises to be one of the highlights of 2016. Details of both events below.

SEMINAR WITH BESSEL VAN DER KOLK 21 NOVEMBER 2016 9:00AM - 4:30PM

Venue: Room AF 114
AUT North Shore Campus
90 Akoranga Drive, Northcote
Auckland
Date: Monday, 21 November 2016
Time: 9:00 am - 4:00 pm
Cost: \$280 waged
\$140 Student or unwaged (with ID)
Morning tea, Lunch and Afternoon Tea will be provided

Register at: <https://goo.gl/forms/LvX6YyKIZIOISz3C2>
Contact us: hyadmin@aut.ac.nz

AN EVENING TALK WITH BESSEL VAN DER KOLK 21 NOVEMBER 7:00PM - 9:00PM

Venue: Room AF 114
AUT North Shore Campus
90 Akoranga Drive, Northcote
Auckland
Date: Monday, 21 November 2016
Time: 7:00 pm - 9:00 pm
Cost: \$35

Register at: <https://goo.gl/forms/LvX6YyKIZIOISz3C2>
Contact us: hyadmin@aut.ac.nz

The Body Keeps the Score

*Recent developments in therapeutic modalities for the
treatment of trauma, with an emphasis on current
findings from neurobiology.*

Trauma keeps being replayed inside the theatre of the body. Awareness of physical sensations forms the very foundation of human consciousness. Recovery from trauma involves learning how to restore a sense of visceral safety and reclaiming a loving relationship with one's self. Body centred therapeutic approaches help people come into the present moment and shift out of fear, numbing and hyperarousal. This allows them to resolve traumatic memories, promote mastery over the post-traumatic legacy of constriction, disconnection, and loss, and reclaim authority over their lives.

Background Information:

Bessel van der Kolk, MD, is a clinical psychiatrist and a professor of psychiatry at Boston University School of Medicine. His work integrates mind, brain, body, and social connections to understand and treat trauma. His research ranges from the impact of trauma on development and brain imaging, to the use of yoga, neurofeedback, EMDR, and theater for the treatment of post-traumatic stress disorder. His work focuses on the interaction of attachment, neurobiology, and developmental aspects of trauma's effects on people.

His 2014 publication, the New York Times best-seller 'The Body Keeps the Score', talks about how the role of trauma in psychiatric illness has changed over the past 20 years; what we have learned about the ways the brain is shaped by traumatic experiences; how traumatic stress is a response of the entire organism and how that knowledge needs to be integrated into healing practices.

Who should attend:

- Psychotherapists
- Neuro-therapists
- Psychologists
- Counsellors
- Teachers
- Body workers
- Social Workers
- Mental Health Workers
- Physiotherapists
- Occupational Therapists
- General Practitioners
- General Public

What will you take away:

- New psychotherapeutic treatments that help integrate traumatic memories.
- How our relationship to ourselves is the product of our synchronicity with those around us.
- What neuroscience teaches about self-awareness and trauma.
- The nature and essence of human attachment.
- Body-centered approaches for dealing with trauma, including neurofeedback, EMDR, yoga, play, dance, theater work and tai chi.

SCHOOL OF PUBLIC HEALTH &
PSYCHOSOCIAL STUDIES

AUT

TE WĀNANGA ARONUI
O TĀMAKI MAKĀU RAU



Violence and Trauma Studies

BESSEL VAN DER KOLK, M.D.

<http://besselvanderkolk.net/index.html>

