PSYCHOLOGICAL TRAUMA
Neuroscience, Identity and Self

For almost three decades this conference has examined the evolving knowledge of how trauma affects psychological and biological developmental processes, and how the damage caused by trauma and neglect can be reversed. This year we will explore new frontiers in this work, frontiers that transcend old paradigms of explaining, fixing troublesome behaviors, or administering drugs.

The study of psychological trauma has been accompanied by an explosion of knowledge about how experience shapes the central nervous system and the formation of the self. Developments in the neurosciences, developmental psychopathology and information processing have contributed to our understanding of how brain function is shaped by experience and that life itself can continually transform perception and biology.

The study of trauma has probably been the single most fertile area in helping to develop a deeper understanding of the relationship among the emotional, cognitive, social and biological forces that shape human development.

Starting with post-traumatic stress disorder (PTSD) in adults and expanding into early attachment and overwhelming experiences in childhood, this endeavor has elucidated how certain experiences can “set” psychological expectations and biological selectivity.

We have learned that most experience is automatically processed on a subcortical level, of the brain; i.e., by “unconscious” interpretations that take place outside of awareness. Insight and understanding have only a limited influence on the operation of these subcortical processes. When addressing the problems of traumatized people who, in a myriad of ways, continue to react to current experience as a replay of the past, there is a need for therapeutic methods that do not depend exclusively on drugs and cognition.

Objectives:

The objective of this course is to present current research findings on how people’s brains, minds, and bodies respond to traumatic experiences; how they regulate emotional and behavioral responses; and the role of relationships in protecting and restoring safety and regulation.

We will explore post-traumatic responses at different developmental levels, as well as the treatment implications of these findings. We also will explore how affect regulation and the interpretation of innocuous stimuli as threats require interventions aimed at restoring active mastery and the capacity to focus on the present. Traumatic memories often are dissociated and may be inaccessible to verbal recall or processing. Therefore, close attention must be paid to the development of inner resources to deal with dysregulation and helplessness, as well as to the careful timing of the exploration and processing of the traumatic past.
Pre-Conference Institutes  
Wednesday, June 1

**Workshop 1:**  
Fostering Resilience in Trauma-Impacted Youth and Families: The Attachment, Self-Regulation, and Competency (ARC) Treatment Framework  
Margaret Blaustein PhD

The Attachment, Self-Regulation, and Competency (ARC) framework is a core-components treatment model, developed to provide a guiding framework for thoughtful clinical intervention with complexly traumatized youth and their caregiving systems. Drawing from the fields of trauma, attachment, and child development, the framework recognizes the importance of working with the child-in-context, of acknowledging the role of historical experiences and adaptive responses in current presentation, and of intervening with the surrounding environment – whether primary caregivers or treatment system – to support and facilitate the child’s healthy growth and development. Rather than identify step-by-step intervention strategies, the framework identifies 10 key “building blocks”, or intervention targets, key skills/goals within each domain, developmental and cultural considerations, and potential applications across settings.

Thursday, May 2, 2016

**Workshop 2.** Attachment-focused EMDR™ Laurel Parnell. (AF-EMDR) is client-centered and emphasizes a reparative therapeutic relationship using a combination of (1) Resource Tapping™ to strengthen and repair developmental deficits, (2) EMDR to process traumas, and (3) talk therapy to help integrate the information from EMDR sessions and to provide the healing derived from therapist-client interactions.

AF-EMDR™ extends the use and benefits of EMDR and bilateral stimulation for use with clients with acute or chronic relational trauma and attachment deficits. In order to work more successfully with this population, it is important to incorporate an attachment-repair orientation to all phases of EMDR work. Making adjustments to the EMDR phases and procedural steps, clients experience more complete resolution. This workshop presents practical information and encourages the creative use of EMDR.

**Workshop 3.** Trauma and Memory; Brain and Body in a Search for the Living Past. Peter A Levine, PhD

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 at risk to flounder 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. Conscious, *explicit* memory is only the tip of a mighty iceberg. It barely hints at the submerged strata of *primal implicit experience* that moves and motivates us in ways that the conscious mind can only begin to imagine. But imagine we should. If we are to work effectively and wisely with trauma and its memory
traces in both mind and body, we must understand these issues.

**Workshop 4, The Transformative Power of Action: Improvisational Theater and the Recreation of the Communal Self.**

Joseph Spinazzola, Ph.D., Dave Dorvilier, LICSW & Valerie Krpata, LICSW, with members of the JRI Trauma Drama Ensemble

Pernicious developmental trauma not only undermines the body's regulatory capacity, it robs children and adolescents of a sense of self as competent beings worthy of loving connections and the successful pursuit of life ambitions. In this fully experiential workshop, participants will be immersed in improvisational theater activities strategically designed to redress the legacy of developmental trauma by channeling and redirecting the trauma laden energies of knowledge of troubled youth toward empowering and embodied forms self-expression, community building and narrative reconstruction. Joseph Spinazzola, the creator of Trauma Center's improvisational theater-based approach to complex trauma intervention, will be accompanied by faculty from JRI's acclaimed residential and community-based services Trauma Drama Ensemble. Over the course of the day, participants will be introduced in an incremental fashion to all facets of the Trauma Drama model, beginning with the building blocks of improv warm up games and cooperative play, moving into participation in vivid improvisational skits and culminating in the co-creation of original scene work. This workshop will be restricted to a maximum of sixty participants. Comfortable clothing and athletic footwear are a must!

**Workshop 5. Sensory Integration.** Elizabeth Warner, Alexandra Cook, Heather Finn & Anne Westcott.

The Trauma Center's SMART program explores the value of an active, playful approach to psychotherapy with traumatized children and adolescents. In an environment enriched with sensory integration equipment and sensorimotor therapy approaches, children and adolescents can be helped to regulate quickly and enter into more rhythmic, attuned engagement with caregivers and therapists. In the morning, three long-term SMART cases will be presented, with videotapes: of a young child, a latency aged child and an adolescent. Workshop participants can see how a SMART trauma therapy evolves over time. In the afternoon, participant case presentation for consultation will provide opportunity for further illustration of concepts and tools useful in treatment of complex trauma. Participants who wish consultation must submit proposals in advance of the workshop for discussion and review by faculty, as well as workshop participants. Case presentations will be chosen based on time, preparation, appropriateness of the material for presentation to a group, and availability of videotape. Priority will be given to SMART trained practitioners and others utilizing body-based approaches.

**Workshop 6: Synchrony, rhythms and voice: the use of theater and song in restoring connection and finding your voice: an experiential workshop.**

Mary Gauthier, Amy Speace, Licia Sky, Tom Watson, Nancy Smith Watson & Jim Tasse
Recovery from trauma depends on learning to fully engage in the present without being hijacked by survival-related emotions and sensations and finding your voice to express your deepest emotions. The morning workshop will consist of actors of Feast of Crispian demonstrating the power of Shakespearean verse, metaphor and the mask of character to re-connect and re-integrate the emotional self. In the afternoon singer-songwriters Mary Gauthier, Amy Speace and Licia Sky will demonstrate the powerful transformative effects of synchronized activity and embodied voice through music and songwriting that have been used to facilitate healing from traumatic stress in veterans, abused kids and anorectic young adults.

Track 7. Frontiers of applied neuroscience: the capacity of brain-computer interfaces (EEG neurofeedback) to calm the fear driven brain and enhance executive functioning. Ed Hamlin, Tom Collura, David Hagedorn, Sebern Fisher, Laurence Hirshberg, Paul Frewen, Bessel van der Kolk

This applied neuroscience track brings together researchers, engineers, clinicians and neurobiologists who are exploring ways in which computers can assist in filtering, focus and attention, and thereby shape mental and physiological self experience. One of the oldest, and best researched, approaches for improving self-regulation of the central nervous system is neurofeedback, which has been applied in a variety of settings. This workshop will serve as a forum by leaders in the field of neurofeedback to survey the capacity of various brain/computer interface equipment and EEG and LORETA-based technologies to regulate arousal and improve emotional and executive functioning.
FRIDAY, June 3, 2016

8:00 – 8:30 a.m. **Registration**

8:30 – 9:00 a.m. **Self and identity in traumatic stress**  Bessel A van der Kolk MD

9:00- 10:00 am **The enduring neurobiological effects of abuse and neglect**  
*Martin Teicher MD PhD*

10:00– 11:00 a.m. **What the spontaneous activity in the midline regions of the brain can tell us about self & identity.**  
*Georg Northoff MD, PhD*

11:00 – 11:15 a.m. **Coffee Break**

11:15 - 12:10 a.m. **Neuroimaging the Traumatized Self**  
*Paul Frewen, PhD*

12:10-12:30 **Panel Discussion & Questions**  
*Faculty & conference participants*

12:30 - 1:45 p.m. **Lunch**

1:15 – 1:45 pm **Chair Yoga**  
*David Emerson, RYT*

1:45 - 2:45 p.m. **The brain that changes itself**: how sensory input can awaken the brain’s attention processors, and help to (re)gain ownership of one’s life”.  
*Norman Doidge MD*

2:45 – 3:00 p.m. **Coffee Break**

**FRIDAY-AFTERNOON WORKSHOPS**

3:00 - 5:00 p.m.

1) Trauma and self-experience  
*Georg Northoff MD PhD, Paul Frewen PhD & Bessel van der Kolk MD*

*Richard Schwartz PhD*

3) Running for your Life: How trauma-informed sports can support communities, change the nervous system, and improve mental health.  
*Wendy ‘d Andrea PhD & Lou Bergholz*
4) Impact: overcoming the legacy of trauma by providing physical & visceral experiences of power with practical self-defense skills  
   Meg Stone

5) The vestibular network, multisensory integration and psychotherapeutic work with traumatized children and adolescents.  
   Elizabeth Warner, PhD

6) Creative Pathways to healing: Experiential Approaches to dealing with traumatized refugees around the world.  
   Amber Elizabeth Gray MA
SATURDAY, May 31, 2012

8:00 – 8:30 a.m.  Registration

8:30 - 9:30 a.m. Attachment Focused EMDR: Healing Relational Trauma
Laurel Parnell PhD

9:30 - 10:30 a.m. In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness.
Peter Levine PhD

10:30 – 10:50 a.m.  Panel discussion
10:50- 11:10  Coffee break
11: 10 – 12:10 p.m.  PTSD and Creativity: Visiting the Muses

  Paula Thomson PsyD

12:10 - 12:30  p.m.  Discussions & Questions
12:30 - 1:45 p.m.  Lunch
1:15 – 1:45  p.m.  Chair Yoga
1:45 - 3:45  p.m.  Afternoon Workshops
3:45 – 4:00 p.m.  Coffee Break
4:00 - 5:00 p.m. Theraplay: Healing with Play and Nurturing Care
Phyllis Booth, MA

5:00 - 5:30 p.m.  Closing: Quaker Style Sharing & Debriefing (Optional)

SUNDAY-AFTERNOON WORKSHOPS 1:45-4:00

1) Neurofeedback for affect dysregulation and impairment of executive functioning.
   Hilary Hodgdon PhD & Ainat Rogel PhD.

2) The psychotherapy of psychopharmacology for traumatic stress.
   Frank Anderson MD

3) Establishing a sense of safety and creating connection with traumatized children with Theraplay.
   Dafne Lindner LICSW
4) Yoga for Traumatic Stress: Scientific Rationale and Research Evidence

Sat Bir Khalsa PhD.

5) Mindfulness-oriented interventions for trauma: Integrating contemplative practices.

James Hopper PhD

6) Consultation time with Paula Thomson

Faculty

Frank Guastella Anderson, MD  Supervising Psychiatrist, Trauma Center at Justice Resource Institute.

Lou Bergholz, Chief Knowledge Officer at Edgework Consulting has spent the last the last 20 years working on creating trauma-sensitive interventions, including @ the Justice Resource Institute, CARE International, Street Soccer USA, the Serious Fun Network and Up2Us Sports, including in Gaza and Thailand.

Margaret E. Blaustein, PhD  Director of Training, the Trauma Center at JRI; Co-author, Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience Through Attachment, Self-regulation, and Competency.


Thomas Collura PhD  Founder and president of BrainMaster Technologies, Inc. Formerly at AT&T Bell Laboratories working on integrated circuit technology, computer graphics, networking, and man/machine interfaces. He holds 3 patents and has 3 patents pending, all in the areas of neurofeedback, electrode technology, and evoked potential methods and systems. Past President of the International Society for Neurofeedback and Research (ISNR).

Alexandra Cook, PhD  SMART team member; Senior Supervisor, Trauma Center at JRI; author, With the Phoenix Rising and A White Paper: Complex Trauma in Children and Adolescents.

Wendy D’Andrea, PhD  Assistant Professor of Psychology at The New School for Social Research in New York, NY. Her research focuses on physiological manifestations and consequences of complex trauma.

Norman Doidge MD, psychiatrist, psychoanalyst, researcher, author, essayist and poet. He is on faculty at the University of Toronto’s Department of Psychiatry, and Research
Faculty at Columbia University’s Center for Psychoanalytic Training and Research, in New York. Author, two New York Times Bestsellers: The Brain that changes itself, and The Brain’s Way of Healing.

Dave Dorvilier, LICSW, Clinical Supervisor, Metrowest Community Based Services, JRI; Co-Director, JRI's Trauma Drama Intervention Ensemble

David Emerson, RYT Director, Trauma Center Yoga Project. Yoga Instructor; President, Black Lotus Yoga Studio; author:

Heather Finn, LICSW, Assistant Clinical Director at the Trauma Center at JRI, an experienced trauma therapist and a SMART trainer and consultant.


Paul A. Frewen, PhD, C.Psych Assistant Professor, Department of Psychiatry and Psychology, University of Western Ontario; Chair, Traumatic Stress Section, Canadian Psychological Association. Author of 35 papers on trauma, affect regulation, mindfulness, dissociation, and the self. Co-author (with Ruth Lanius), Healing the Traumatized Self: Consciousness, Neuroscience & Treatment.

Mary Gauthier, Americana Troubadour, singer and songwriter.

Amber Elizabeth Gray, MPH, MA, BC-DMT, NCC, LPCC is an award winning dance movement therapist. Director, Restorative Resources Training & Consulting in Santa Fe NM, Clinical Advisor for the Center for Victims of Torture. She has over 18 years of experience working with displaced people, refugees, and survivors of war in Haiti, Sudan, Jordan, Chad and other places around the world.

David Hagedorn, PhD, President, Chief Executive Officer, and Chief Science Officer, Evoke Neuroscience, Inc, Assistant Professor of Military and Emergency Medicine and Family Medicine at Uniformed Services University of the Health Sciences - School of Medicine.

Ed Hamlin, PhD Clinical Director, Institute for Applied Neuroscience and Director of Education, EEG Education and Research.


Hilary Hodgdon, Ph.D. Director of Research Operations, the Trauma Center at JRI
Sat Bir Khalsa PhD. Director of Research for the Kundalini Research Institute and the Kripalu Center for Yoga & Health, Research Associate at the Benson Henry Institute for Mind Body Medicine. Assistant Professor of Medicine at Harvard Medical School. Editor-in-chief International Journal of Yoga Therapy, author Principles and Practice of Yoga in Health Care, Harvard Medical School ebook Your Brain on Yoga.

Valerie Krpata, LICSW, Senior Clinical Director, JRI Group Home Division; Co-Director, JRI's Trauma Drama Intervention Ensemble

Dafna Lender, LCSW, Program Director for The Theraplay® Institute. Co-author, working with traumatized children in Theraplay.

Peter Levine, PhD Developer of Somatic Experiencing® and Director, The Somatic Experiencing Trauma Institute. Doctorates, Medical Biophysics and Psychology. Past stress consultant for NASA, Faculty, Santa Barbara Graduate Institute. Author of Waking the Tiger, Healing Trauma. Trauma and Memory; Brain and Body in a Search for the Living Past.

Georg Northoff MD, PhD. Canada Research Chair for Mind, Brain Imaging, and Neuroethics & the Michael Smith Chair for Neuroscience and Mental Health at University of Ottawa Institute of Mental Health Research. Author, “Unlocking the brain. Vol I: Coding, Vol II Consciousness”, “Minding the Brain, A Guide to Philosophy and Neuroscience” “Neuro-Philosophy and the Health Mind”

Laurel Parnell Ph.D. Founder and executive director of the Parnell Institute™; a leading expert on Eye-movement Desensitization and Reprocessing (EMDR). Author of five books on EMDR, including her most recent book, Attachment Focused EMDR: Healing Relational Trauma.

Ainat Rogel PhD Project manager, Trauma Center Child Neurofeedback study. Former visiting researcher, Ben Gurion University, Beer-Sheva, and Hebrew University, Jerusalem, Israel

Richard C. Schwartz, PhD; Founder of the Center for Self-Leadership; faculty Harvard medical school; Author: You Are The One You’ve Been Waiting For; Internal Family Systems Therapy; Introduction to the Internal Family Systems Model; and The Mosaic Mind; and Metaframeworks.

Licia Sky singer/songwriter leads songwriting retreats for self-discovery and embodied voice, guiding awareness experiences that build safety, community and attunement.

Amy Speace, performing artist, singer-songwriter. She was the Artistic Director of Five Points Theater in NYC and teaches theater and singer-songwriting in Nashville.

Joseph Spinazzola, PhD Executive Director, The Trauma Center at JRI; Director, JRI's Institute for Inquiry, Research & Evaluation; Vice President, Behavioral Health & Trauma Services, Justice Resource Institute; and Director, Complex Trauma Treatment Network of the National Child Traumatic Stress Network
Nancy Smith-Watson. A trauma informed Somatic Body worker, professional actress and Founder and Director of Milwaukee based Feast of Crispian.

Meg Stone Executive Director and Instructor at IMPACT.

Martin H. Teicher, MD, PhD Associate Professor of Psychiatry at Harvard Medical School; Director of the Developmental Biopsychiatry Research Program and Laboratory of Developmental Psychopharmacology at McLean Hospital. His research studies range from inquiries into the molecular mechanisms of brain development to brain-imaging studies of the effects of childhood maltreatment on brain development. He is a Callaghan Investigator by NARSAD.

Paula Thomson, PsyD. Professor, California State University, Northridge (CSUN), Clinical Psychologist, Co-Director of the Performance Psychophysiology Laboratory at CSUN, adjunct faculty at Pacifica Graduate Institute, and Professor Emeritus at York University. Professional dancer, choreographer & movement coach. Co-author of Creativity and the Performing Arts.

Bessel A. van der Kolk, MD Professor of Psychiatry, BUSM; Medical Director, Trauma Center at JRI; Past President, ISTSS; Co-Director, National Complex Trauma Treatment Network (NCTSN); Author, NYT Science best seller The Body keeps the score: mind brain and body in healing from trauma.

Elizabeth Warner, PsyD is the SMART Project Director at the Trauma Center at JRI, and lead author of the SMART Manual and related publications, and has trained in the US, Canada and Hong Kong.

Anne Westcott, LICSW SMART Project Training Coordinator; Sensorimotor Psychotherapy teacher. Trauma Center @ JRI

Bill Watson Associate Professor of Theatre, University of Wisconsin-Milwaukee. Actor, director and Co-Founder of Milwaukee based Feast of Crispian that uses Theatre, Acting processes and Shakespeare text and performance to support somatic and emotional re-integration for post-deployment combat veterans