



Winter 2007

25th Anniversary Gala: What a Night!

Contributed by Richard Jacobs, Psy.D., Director of Supervisory Services

The Trauma Center's 25th Anniversary Gala at the Kennedy Library glowed with a brilliance that lit up Boston Harbor on November 7. The



Bessel van der Kolk, MD reflects on the evolution of the traumatic stress field over the past 25 years

celebration not only honored Medical Director Dr. Bessel van der Kolk's leadership in the trauma field, but also acknowledged a second generation of



Senator Edward Kennedy, Lifetime Achievement Award Honoree for his many initiatives on behalf of victims of trauma and adversity, addressing guests at the 25th Anniversary Gala

directors at the Center. More than 350 people attended, including many Center staff alumni, colleagues from other trauma programs around the country, professionals in mental health, and family and friends of our Staff. The event featured van der Kolk presenting lifetime achievement awards to individuals who have been pivotal in transforming access, delivery, and quality of care to traumatized individuals and communities. Drs. Judith Herman and Frank Putnam were recognized for their contributions to Clinical Practice and Research, Senator Edward Kennedy for his advocacy in the area of Public Policy, and Pulitzer Prize winning author Richard Rhodes for his pioneering efforts through Literature.

Van der Kolk spoke about the battle of the past two and a half decades that he and the Center have waged to bring the recognition of trauma in all its forms to the public. Against the ever-present counterforce to deny and repress the effects of trauma, Putnam referred to his research spanning three generations of women that shows the correlations between trauma and many of the health crises our country faces. Herman noted how far the field has come, from her days as a resident when she was taught that incest occurs one time in a million.

Rhodes spoke eloquently about his own childhood trauma and

recovery, just as he had written in his memoir *A Hole in the World*, daring to speak as few men have. And Senator Kennedy, via video, honored for his leading support of the National Child Traumatic Stress Network, commended the Center for its innovative work, including the application of yoga to trauma treatment.

The gala event, which raised over \$80,000 (see p. 4 for Sponsor acknowledgment), was not only about long struggles, but also about healing and triumph. Dr. Alexandra Cook, at the Center since 1995 and newly appointed Director of Development, announced the generous funding of the Cath-

erine Jacobus Endowment in honor of her mother (see p. 3 for more information). This gift will help to ensure the future of the Center, and also will inspire others to continue to contribute in the spirit of healing that the Gala embodied. The evening reminded us all of the importance of our shared vision for future of the field. With your continued support and the collaboration of our valued colleagues, the Trauma Center will remain committed to its mission for the next 25 years and beyond.



van der Kolk presents Lifetime Achievement Award to Judith Herman, MD for her essential contributions to Clinical Research and Practice, advancing our understanding of the impact of traumatic stress and pathways to recovery

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New Directions in Learning: Spotlight on...Training Division

Dear Friends and Colleagues,

From its beginnings, the Trauma Center has been committed to its role as an institute of learning, with a dedication to training students, providers, and affiliated professionals in state-of-the-art understanding, assessment, and treatment for those whose lives have been impacted by trauma. In this second edition of our newsletter, we are very pleased to share with you details about the continuing growth and expansion of our training program.

Historically, the training division of the Trauma Center has been best known for three initiatives: the academic year certificate program, the training programs for students and post-graduate professionals, and the annual international trauma conference.

Under the leadership of our founder, Bessel van der Kolk, the Trauma Center launched the first academic-year Certificate Program in the country for intensive post-graduate training in traumatic

stress studies. Over a decade later, this model has been reproduced in agencies across the country, and our program continues to train up to 20 providers per year, with fully funded slots dedicated each year for the training of clinicians who serve the needs of minority and underserved populations. Also still thriving is our student and postgraduate training program; in the past decade alone, the Trauma Center has trained over 40 social work, psychology, and psychiatry interns, fellows, and residents. Our annual Psychological Trauma Conference, coordinated by Dr. van der Kolk, is now in its 19th year of administration. Drawing well over 500 providers to the Boston area, it is the 2nd largest conference in the country for practitioners interested in traumatic stress.

As we continue to grow and develop our older initiatives, we are excited to expand our training capacity in multiple directions. Over the past several years, we have focused on building our training offer-

ings for local and regional agencies who serve this population; in the past 12 months alone, we have worked intensively with 16 agencies in 8 states to enhance their trauma-informed clinical programming. During the 2005-2006 academic year, we launched the Training Institute, offering seminars and workshops to the provider community in specialized topics ranging from psychiatric medications to the use of yoga. Our newest initiative will begin during the 2007-2008 academic year, as we launch our Regional Training Series, bringing one- to three-day workshops to the larger New England Community.

Over the years, the training division of the Trauma Center has been proud of its contributions to the education of the provider community. Our initiatives have grown largely from the feedback and input of our colleagues, our professional community, and our clients. We look forward to continued growth and welcome your ideas. We hope to see you at an upcoming event!



Director of Training & Education, Margaret Blaustein, Ph.D.

The Cutting Edge: Lessons from Neuroscience

Over the last ten years, developments in neuroscience research have started to inform clinical practice. New insights into the evolution of self-regulatory capacities have shifted our work with traumatized individuals by paying much more attention to developing self-regulatory practices, such as yoga. In addition, a deeper understanding of the nature of memory has changed the way we process traumatic memories, for example, by using EMDR.

During the past two years, important new discoveries in neuroscience have the potential to cause more shifts in our therapeutic practices. One is the work by Ruth Lanius and her colleagues at the University of Western Ontario who have been exploring self-experience in traumatized and non-traumatized individuals. In contrast to non-traumatized people, whose brains light up quite differently whether they are flattered or insulted, people with early childhood trauma tend to respond negatively to any

personal statement about themselves, whether it is positive or negative. The brain region that mediates self-experience runs in a semicircle along the midline of the brain, where the frontal lobe—the medial prefrontal cortex and the orbitofrontal cortex—is responsible for impulse inhibition and modulation of threat perception, and, in the back, the posterior cingulate detects whether incoming information is personally relevant. Deficits in activation of these areas of the brain in PTSD explain some fundamental problems in our traumatized patients. The younger they were when their traumatic experiences started, the more profound the deficits in these areas: both at rest and when exposed to minor challenges, these brain areas come less into play. This means that traumatized individuals have much more difficulty distinguishing between what is relevant and irrelevant, and are much more vulnerable to

overreact to minor irritations. This explains why, constantly thrown off track by minor adversities, they have difficulty focusing on what is personally relevant and are prone to lose their way in the world. Clearly, if you do not know whether something is relevant to you or not, and you keep emotionally responding to things that have little bearing on your life, you are vulnerable to lose your sense of direction.

Founder & Medical Director, Bessel van der Kolk, MD



Basic science is good in discovering the basic brain deficits in mental disorders and giving hints at possible remedies. The challenge for clinicians is to articulate the particular methods with which they can help their patients stay on track, to distinguish between what is personally relevant and what are mere distractions, and to develop ways of staying focused on what is most pertinent for their lives.

Trauma Center Kicks Off 2007-2008 Fund Drive

On the heels of our 25th Anniversary Celebration, the Trauma Center is pleased to announce three concurrent fundraising campaigns that will help to ensure our ability to provide the highest quality client services and provider training, as well as cutting-edge research for the next 25 years:

Catherine Jacobus Endowment Fund

This fund has been established to support the general needs of the Trauma Center. The fund has been named in honor of a woman who has survived adversity and who embodies many of the attributes and values that we cherish at The Trauma Center. Specifically, she relied on people, lifelong learning, and creativity. Income from this fund is to be used to supplement the Trauma Center's innovative programming. **We are pleased and grateful to announce that The Margaret Biddle Foundation has pledged a \$200,000 contribution toward this fund!**

Research Professorship Endowment

Under the leadership of Dr. van der Kolk, the Trauma Center has been at the forefront of research on the impact, evaluation, and treatment of trauma for the past 3

decades. The focus of this ongoing fund drive will be to create a to-be-named endowed research position to be permanently housed within the Trauma Center. The establishment of a to be named Chair of Applied Clinical Research at the Trauma Center will not only guarantee the continuation of the Trauma Center's research program in perpetuity, but will ensure the continued presence of an independent and objective voice to champion and steward the field of posttraumatic stress in the rigorous scientific design, critical evaluation, and clinical application of research. To date, the Trauma Center has raised over one-third of the \$1.3 million needed to establish and maintain this position. It is our intent to reach the full goal by 2010.

Edward M. Kennedy Unsung Hero Award

is dedicated in honor of Senator Kennedy's pivotal role in establishing the National Child Traumatic Stress Network through the creation and passage into law of the National Child Traumatic Stress Initiative Bill. This award will recognize each year one program, community or faith-based provider who has gone above and beyond the call of duty in promoting resili-

ence, recovery, and self-worth in underprivileged youth struggling to overcome the effects of violence, trauma and life adversity. Awardees will receive up to \$5,000 in scholarship towards graduate or post-graduate study or training of their choosing to further their dedication to service. We intend to identify and honor the first awardee at our Conference in June 2009.

Levels of Support & Recognition

Friends of the Trauma Center (donations of \$25+), TC Supporters (donations of \$250+), and TC Sponsors (donations over \$1000—see levels below) will be recognized in our Spring Newsletter and on our website, which receives over 10,000 unique visitors per month. Sponsorship at the Platinum level (\$10,000+) and above includes the inscription of your name on a plaque to be permanently displayed in our conference room. Emerald sponsorship (\$100,000) includes dedication of the Research Professorship Endowment at the Trauma Center in the name of your designation.

Please consider supporting our fund drive! For more information, contact Alexandra Cook, Ph.D., Director of Development, at acook@jri.org or 617-232-1303, x216.

Support Our Fund Drives

YES! I would like to be a FRIEND or SUPPORTER of the TC:

___ \$25 ___ \$100 ___ \$250 ___ \$500 \$ _____ (other)

I would like to be a SPONSOR at the Level of:

___ \$100,000+ Emerald ___ \$25,000+ Diamond ___ \$10,000+ Platinum
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Send to:

ATTN: Sara Moore
MAIL: Trauma Center at JRI
1269 Beacon Street
Brookline, MA 02446
PHONE: 617-232-1303, x201

Please apply my donation to the following (check all that apply):

- | | |
|----------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Catherine Jacobus Endowment Fund | <input type="checkbox"/> Edward M. Kennedy Unsung Hero Award |
| <input type="checkbox"/> Research Professorship Endowment Fund | <input type="checkbox"/> Wherever there is greatest need |



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Tax-Deductible Donation:

Check enclosed in the amount of: \$ _____
Payable to the Trauma Center at JRI, Federal Tax ID# 042-526-357. You will receive written acknowledgment for your records.
Please note: You may also make a donation by credit card via Pay Pal on our website (www.traumacenter.org).

Thank you for your support! You make our continued programming & growth possible.

THANK YOU TO OUR GALA SPONSORS

Gold (\$5,000+)

ANS Research Limited, Alexandra Cook,
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Contest Announcement

The Trauma Center is searching for a name and logo (\$100 prize for EACH!) for its **new GLBTQ program** for GLBT-identified trauma survivors and their families. To enter, send a name and/or logo by Jan. 15th to Ilya Yacevich at iyacevich@jri.org.



UPCOMING EVENTS...

JANUARY

Wednesday 9th & Thursday 10th (& May 20 & 21): 8:30am-4pm
Training Institute Workshop—Trauma-Sensitive Yoga Teaching Certificate
Presenters: David Emerson, RYT; Jodi Carey; Dana Moore, MA, MAR;
Bessel van der Kolk, MD

FEBRUARY

Friday 8th: 9am-4pm
Training Institute Workshop—Transforming Trauma:
How Attachment & Emotion-Focused Interventions can Accelerate Healing
& Awaken Resilience in Chronically Traumatized Patients
Presenter: Kari Gleiser, Ph.D.

Friday 29th: 9am-12pm
Training Institute Workshop—Psychiatric Medications Through a Trauma
Lens: An Overview for Mental Health Practitioners
Presenter: Frank Guastella Anderson, MD

MONTHLY

1st Thursday of every month, 12-1pm: FREE! No registration necessary.
Bessel van der Kolk, MD's Lecture Series at the TC. See website for topics.

CURRENTLY ENROLLING

Trauma-sensitive Men's (Tuesday evenings) and Women's (new Saturday morning class) Yoga Classes for trauma survivors who are currently in therapy (at the TC or elsewhere).

For more information or to register, please visit our website.



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