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 in 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. In this conference we will pay particular attention to physical self-experience, finding one’s voice to speak the truth of experience, and the transformative potential of action, mind altering medications and theater.
<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:00 – 8:30 AM</td>
<td>Registration</td>
</tr>
<tr>
<td>8:30 – 9:30 AM</td>
<td>Attachment, Meaning Making &amp; Self-Regulation</td>
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<tr>
<td></td>
<td>Ed Tronick, PhD</td>
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<tr>
<td>9:30 – 10:40 AM</td>
<td>Ecstasy (MDMA) &amp; Psychedelics: Re-Frame Experience and Change Self-Awareness</td>
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<tr>
<td></td>
<td>Michael Mithoefer, MD, Richard C. Schwartz, PhD and Frank Putnam, MD</td>
</tr>
<tr>
<td>10:40 – 10:55 AM</td>
<td>Panel Discussion &amp; Questions</td>
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<td>10:55 - 11:15 AM</td>
<td>Coffee Break</td>
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<td></td>
<td>Lou Bergholz</td>
</tr>
<tr>
<td>12:10 – 1:30 PM</td>
<td>Lunch (on your own)</td>
</tr>
<tr>
<td>1:30 – 2:50 PM</td>
<td>Chair Yoga (optional)</td>
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<tr>
<td></td>
<td>David Emerson, E-RYT</td>
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<tr>
<td>2:50 – 3:10 PM</td>
<td>Coffee Break</td>
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<tr>
<td>3:10 – 5:00 PM</td>
<td>Transformation Through Theater</td>
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<td>Eve Ensler, Kevin Coleman, Carol Gilligan, PhD</td>
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<tr>
<td>5:00 – 5:30 PM</td>
<td>Closing: Quaker Style Sharing &amp; Debriefing (Optional)</td>
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<tr>
<td>8:00 – 8:30 AM</td>
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<tr>
<td>8:30 – 9:15 AM</td>
<td>Self and Identity in Traumatic Stress: From “Fixation on the Trauma”, to Resuming the Arc of One’s Life</td>
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<td>Bessel A. van der Kolk, MD</td>
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<tr>
<td>9:15 – 10:30 AM</td>
<td>Dealing with Unrelenting Threat: Translating the Lessons from the Neuroimaging Lab into Effective Treatment</td>
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<td>Ruth Lanius, MD, PhD</td>
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<tr>
<td>11:00 AM – 12:00 PM</td>
<td>Trauma, Body and Self: How Physiological Hypoarousal Contributes to Alterations in Identity, Awareness and Agency</td>
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<td></td>
<td>Wendy d’ Andrea, PhD</td>
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<td>12:00 – 12:20 PM</td>
<td>Panel Discussion &amp; Questions</td>
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<td></td>
<td>Faculty &amp; conference participants</td>
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<tr>
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<td>Lunch (on your own)</td>
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<tr>
<td>1:00 – 1:30 PM</td>
<td>Chair Yoga (optional)</td>
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<td></td>
<td>David Emerson, E-RYT</td>
</tr>
<tr>
<td>1:30 – 2:30 PM</td>
<td>The Impact of Trauma Over Time: The Need for Stage-Dependent Diagnosis &amp; Treatment of Traumatic Stress</td>
</tr>
<tr>
<td></td>
<td>Alexander McFarlane, MD</td>
</tr>
<tr>
<td>2:30 – 2:50 PM</td>
<td>Coffee Break</td>
</tr>
<tr>
<td>3:00 – 5:00 PM</td>
<td>Afternoon Workshops</td>
</tr>
<tr>
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<td>(See options on the following pages)</td>
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TRANSFORMATIVE POWER OF THEATER

Aside from presenting the latest advances in neuroscience and the most up-to-date evidence based therapeutic interventions for traumatized children and adults, this conference will highlight the transformative power of theater. Stephan Wolfert will give a life performance of his critically acclaimed Off Broadway play “Cry Havoc”, using Shakespeare’s texts to portray the impact of combat trauma, and Eve Ensler, the author of, among many plays, The Vagina Monologues, and In the Body of the World, will illustrate the liberating effects of giving voice to the traumatized body.
Choose One Full-Day Workshop

Workshop 1
Developmental Trauma Disorder (DTD): Emerging Science and Best Practices
Joseph Spinazzola, PhD, Margaret Blaustein, PhD, Elizabeth Warner, PsyD, Bessel A. van der Kolk, MD and the JRI Trauma Drama Ensemble

The Trauma Center has been in the forefront of elucidating and defining the complex adaptation of children and adolescents to chronic abuse and neglect, as captured in the proposed diagnosis of Developmental Trauma Disorder (DTD), and in developing innovative treatments aimed to specifically address the damage cause by early trauma, abuse and neglect. This workshop will present a comprehensive exploration of DTD. We will present the results from a multilevel, multiyear DTD National Field Trial of over 500 children and adolescents, addressing the clinical necessity, symptom composition and traumatic antecedents of DTD. For the first time we will share definitive clinical interview and self-report instruments for DTD. Approaches to treatment of DTD in children, adolescents and transitional age youth will be illustrated through case presentation, videotaped session review and live audience-interactive presentation of three innovative Trauma Center models designed for use with this population: ARC (Attachment, Regulation and Competency), Sensory Motor Arousal Regulation Treatment (SMART) and Trauma Drama.

There will be ample opportunity to engage with the faculty about these various approaches and discuss the clinical applications of the DTD clinical practice guidelines for the populations that participants are involved with.

Workshop 2
Harnessing the Competitive Spirit: Physical Activity, Trauma-Sensitive Coaching & League-Level Play with Traumatized Youth Around the World
Lou Bergholz, Sean Rose, M.Ed., Megan Bartlett, MA

In the emerging field of sports-based stabilization, we bring together practitioners from the clinical and sport worlds to explore the ways in which sport can be shaped into a therapeutic modality. Participants will spend the day exploring the key elements of the sports-based stabilization framework: unlock the power of physical activity; learn the skills of a trauma-sensitive coach; and, embed the core therapeutic elements into the sport experience to create a league that promotes healing. Participants will leave with a “playbook” of design principles and techniques that can be integrated into any intervention, but are ideally used to build a trauma-sensitive sports league.

*Parts of the day will be active, and the entire day is also designed for maximum accessibility. Comfortable clothing and athletic shoes are strongly recommended.

For more information:
www.pesi.com/traumaconference | 800-844-8260
Workshop 5
The Internal Family System Model: Treating the Long—Term Effects of Trauma

Richard C. Schwartz, PhD and Michael Mithoefer, MD

The Internal Family Systems (IFS) model is an evidence-based, empowering approach to treating trauma. It offers a way to help even severely traumatized individuals access an undamaged essence (the “Self”) from which they can spontaneously relate to the parts of them that carry extreme emotions and beliefs with compassion, which allows the parts to transform. These “parts” (angry, self-destructive, compliant, etc.) evolved to help the self survive. These are not “bad” parts, but internal organizations that stubbornly cling to their old function, even when it’s no longer helpful for survival & thriving. The activities of protective parts can be negotiated with, rather than as controlled or extirpated as pathological processes. This workshop will introduce the IFS model and illustrate its application through videotaped examples. In addition, IFS is being combined with MDMA in research studies on PTSD and this integration will be discussed and illustrated.

FRIDAY AFTERNOON WORKSHOPS

1. From the Lab to the Clinic and Back: Integrate Psychophysiological Measurement and Interpretation into Experience and Intervention
   Wendy D’Andrea, PhD & friends

2. Neurofeedback for Affect Dysregulation and Impairment of Executive Functioning
   Hilary Hodgdon, PhD & Ainat Rogel, PhD

3. Meditation as Trauma Therapy: A Cognitive Neuroscience Perspective
   Peter Bayley, PhD

4. Mending Broken Souls: Japanese Kintsugi and the Art of Trauma Therapy
   Richard Jacobs PsyD

5. Get In-Touch with Touch: A Powerful Tool for Emotional and Physiological Regulation
   Elya Steinberg MD

6. The Vestibular Network, Multisensory Integration and Psychotherapeutic Work with Traumatized Children and Adolescents
   Elizabeth Warner, PsyD, Ruth Lanius MD, PhD & Sherain Haricharan PhD

* Workshop selection can be chosen onsite.

A Perfect Waterfront Location

The Seaport Boston Hotel & Seaport World Trade Center provides you with refreshingly different style and service. Located on the waterfront in the bustling Seaport District, the Seaport Boston Hotel offers you luxury accommodations with dazzling city and harbor views and incredibly convenient access to all major points of interest including the Financial District, Freedom Trail, Faneuil Hall, Fan Pier and the North End.

Enjoy complimentary wireless Internet access throughout the hotel plus one of Boston’s finest fitness facilities including an indoor heated pool. It’s just minutes from Logan International Airport with its own MBTA and water taxi stops! Experience the historic city while staying at Seaport, one of the most luxurious Boston hotels.

Hotel Information
The Seaport Hotel
(adjacent to the World Trade Center)
One Seaport Lane
Boston, MA 02210
Phone: 877-732-7678
Website: seaportboston.com

Conference Location
Seaport World Trade Center
200 Seaport Blvd
Boston, MA 02210
Phone: (877) 732-7678

Reservations
Conference attendee rate is $258 per night. Reservations can be made directly with the hotel; call toll-free 1-877-SEAPORT. Please mention that you are attending the Trauma Conference.
**Megan Bartlett, MA**, chief program officer, Up2Us Sports. She helped build the first national service program placing coaches as mentors for youth in underserved communities and created the innovative training program that has provided thousands of coaches with the tools to take a trauma-sensitive approach to sport.

**Peter J. Bayley, PhD**, War Related Illness and Injury Study Center (WRIISC), VA Palo Alto Health Care System, clinical assistant professor, Stanford University, Department of Psychiatry and Behavioral Sciences.

**Lou Bergholz**, chief knowledge officer at Edgework Consulting has spent the last 20 years working on creating trauma-sensitive interventions in the US and abroad that apply academic research and clinical practice to populations, often without reliable access to definitive clinical care, including at the Justice Resource Institute, CARE International, and Street Soccer USA 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 Competence*.

**Kevin Coleman**, director of education Shakespeare & Company’s, 2016 Tony Award nominee. Director, Shakespeare in the Courts, in which, in conjunction with the Berkshire Juvenile Court System, adolescent offenders study, rehearse, and perform Shakespeare as an alternative to more punitive consequences.

**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.

**David Emerson, E-RYT**, director, Trauma Center Yoga Project. yoga instructor; president, Black Lotus Yoga Studio; author of *Trauma-Sensitive Yoga in Therapy: Bringing the Body into Treatment and Overcoming Trauma through Yoga: Reclaiming Your Body*.


**Carol Gilligan, PhD**, Professor New York University School of Education and the School of Law; a visiting professor at the University of Cambridge Centre for Gender Studies. Author of 10 books, including *In a Different Voice* (1982).

**Sherain Haricharan, PhD**, post-doctoral fellow, Department of Psychiatry, University of Western Ontario, Canada.

**Jose Hidalgo, MD**, Trauma Center consultant, forensic psychiatrist and tango dancer; staff psychiatrist at Suffolk County House of Corrections; servicing human trafficking victims, unaccompanied migrant children and incarcerated people.

**Hilary Hodgdon, PhD**, director of research operations, the Trauma Center at JRI.

**Richard Jacobs, Psy.D.**, former dir. of supervision at the Trauma Center, now spends his time among his private practice, photography, and study of traditional Japanese culture. He integrates Zen with various Western modes of trauma treatment.

**Mary Judd, PhD**, executive director of SongwritingWith:Soldiers; specializes in positive psychology-based program development. The *Happy Movie, Discovery Retreats, American Farmland Trust,* and more. She created the SongwritingWith:Soldiers program in 2012 with singer-songwriter Darden Smith.

**Ruth Lanius, MD, PhD**, professor, Department of Psychiatry, University of Western Ontario, Canada; co-editor (with Eric Vermetten and Clare Pain); *The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic* and (with Paul Frewen): *Healing the Traumatized Self: Consciousness, Neuroscience & Treatment* (2015).

**Alexander McFarlane, MB BS (Hons), MD**, professor of Psychiatry, Head CMVH, University of Adelaide Node, The Centre for Military and Veterans’ Health, Australia; past president, ISTSS, author of more than 300 peer-reviewed scientific articles on PTSD. Co-author, *Traumatic Stress: The Effects of Overwhelming Experience in Mind, Body and Society*. Principal investigator, Australian Department of Defense longitudinal study of combat exposure.

**Michael Mithoefer, MD**, clinical assistant professor of psychiatry at the Medical University of South Carolina. In 2009 he has completed the first FDA approved clinical trial of MDMA-assisted psychotherapy for treatment-resistant PTSD and is conducting a second study of MDMA-assisted psychotherapy in military veterans, firefighters and police officers with PTSD.

**Pat Ogden, PhD**, founder and educational director, Sensorimotor Psychotherapy Institute; author, *Trauma and the Body: A Sensorimotor Approach to Psychotherapy and Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*.

**Frank Putnam, MD**, professor of psychiatry, emeritus, University of North Carolina School of Medicine; author: *The Way We Are: How States of Mind Influence Our Identities, Personality and Potential for Change*.

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

**Sean M. Rose, M.Ed.**, executive director for Justice Resource Institute’s Connecticut division. He has held various leadership roles in the public and non-profit sectors, and has successfully partnered with state and local government to advocate for and serve youth with complex trauma, mental health and behavioral health issues.
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.

Robert Spohr, Iraq war veteran, active-duty US Army National Guard officer; participant in SongwritingWith:Soldiers; part-time yoga instructor.

Elya Steinberg, MD, head of training and co-director of the Centre for Biodynamic Psychotherapy in London, UK. Biodynamic Psychotherapist who integrates Biodynamic psychology, bioenergy, neurofeedback, psychological trauma work, martial arts and integrative medicine.

Ed Tronick, PhD, university distinguished professor, University of Massachusetts Boston; Infant-Parent Mental Health Program; Department of Newborn Medicine, Harvard Medical School, author, The Neurobehavioral and Social Emotional Development of Infants and Children.

Bessel A. van der Kolk, MD, professor of psychiatry, BUSM; medical director, Trauma Center at JRI; past president, ISTSS; National Complex Trauma Treatment Network (NCTSN); author, New York Times best-selling The Body Keeps the Score: Brain, Mind and Body in the Healing of 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.

Stephan Wolfert, playwright, performer. Since leaving the Army as an infantry officer, he co-created the largest touring Shakespeare company in New England, directed and taught acting Shakespeare at Cornell University and at Antelope Valley College. Founding artistic director of Shakespeare & Veterans and the Veterans Center for the Performing Arts. Company member and the head of Outreach for Bedlam in NYC. Combining his own personal story of leaving the army with Shakespeare’s writings on war, he created Cry Havoc! which he has performed around the country to critical acclaim.

Conference Specifically Designed For:
Physicians, Psychologists, Social Workers, Addiction Counselors, Counselors, Marriage & Family Therapists, Nurses, Psychiatrists, Occupational Therapists & Occupational Therapy Assistants and other Mental Health Professionals

Conference Objectives
The objective of this conference 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.

For additional CE information go to: www.pesi.com/traumaconference

Continuing Education
CE certificates will be available online at the conclusion of the conference after completing the Evaluation Form using the password emailed to you. You will then be able to immediately print your conference Certificate. 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 above, 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, MEDS-PDN, HealthEd, Psychotherapy Networker and Ed4Nurses.

If you are not satisfied with a seminar, call us at (800) 844-8260. If any attendee is not pleased with the resolution provided by PESI, they may register a complaint with the accrediting entity or their jurisdictional board.

COUNSELORS: 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 this 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.

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. Full attendance is required; no partial credits will be offered for partial attendance.

PHYSICIANS: This conference has been submitted to the Accreditation Council for Continuing Medical Education for review.

PSYCHIATRISTS: This conference has been submitted to the Accreditation Council for Continuing Medical Education for review.

OTHER PROFESSIONS: This activity qualifies for continuing education clock hours as required by many national, state and local licensing boards and professional organizations. Retain your certificate of completion and contact your board or organization for specific filing requirements.
# 28th Annual International Trauma Conference

**May 31 - June 3, 2017**

Please complete entire form (to notify you of seminar changes) please print; staple duplicate forms

## FULL CONFERENCE:
**Wednesday – Saturday**
May 31 - June 3, 2017

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<th>Choose One For Each Day:</th>
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*Can’t make all four days?! Choose the option that fits your schedule:

## Wednesday: Pre-Conference
May 31, 2017

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## Thursday: Pre-Conference
June 1, 2017

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## Wednesday & Thursday: Pre-Conference
May 31 - June 1, 2017

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## Friday & Saturday: Main Conference
June 2 – 3, 2017

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## Thursday – Saturday: Main Conference
June 1 – 3, 2017

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### Ways to Register

**PHONE** 800-844-8260

**MAIL**
PESI, Inc.
PO BOX 1000
Eau Claire, WI 54702

**FAX** 800-554-9775

**ONLINE**
www.pesi.com/traumaconference

### Indicate method of payment
ALL REGISTRATIONS MUST BE PREPAID. Purchase orders welcome (attach copy).

- [ ] Check enclosed payable to PESI, Inc.
- [ ] MC 16 digits
- [ ] VISA 13-16 digits
- [ ] AE 15 digits
- [ ] Discover Novus 16 digits

Card # _____________________________
Card Exp. ______________ V-Code #*: ___________

Signature ____________________________

*Letter of verification is required.

### Hassle-Free Cancellation Policy
An administrative fee of $75 is deducted for cancellation. Refund requests must be made in writing, fax or email to PESI, and must be postmarked by May 1, 2017. No refunds will be made thereafter.

### ADA needs:
Please contact The Meadows at (928) 684-4077 for ADA needs; at least three weeks prior to event.

FOR YOUR CONVENIENCE, CONFIRMATIONS ARE SENT VIA EMAIL.

For questions? Call 800-844-8260 or e-mail us at events@pesi.com.
28th Annual International Trauma Conference

Psychological Trauma
Neuroscience, Identity and the Transformation of the Self

May 31 - June 3, 2017
Seaport World Trade Center
Boston, Massachusetts

Conference Director:
Bessel A. van der Kolk, MD

Keynote Speakers:
Ruth Lanius, MD, PhD
Wendy 'd Andrea, PhD
Alexander McFarlane, MD
Ed Tronick, PhD
Richard C. Schwartz, PhD
Frank Putnam, MD
Michael Mithoefer, MD
Carol Gilligan, PhD
Stephan Wolfert
Eve Ensler

Register today: www.pesi.com/traumaconference