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PRE-CONFERENCE INSTITUTES

Thursday, May 30, 2002

Workshop I

Movement and Action in the Transformation of Trauma: The Role of Somatic Experience, Purposeful Action, and Theater in the Treatment of Trauma.

Workshop II

Psychiatric responses to terror in the aftermath of September 11, and in Israel

PSYCHOLOGICAL TRAUMA:

Maturation Processes and Therapeutic Interventions

May 30,31, June 1, 2002

Course and Institute Director

Bessel A. van der Kolk, M.D.

The Radisson Hotel

Boston, Massachusetts

Co-Sponsored by:

Boston University School of Medicine, Division of Psychiatry

And

The Trauma Center, A Program of Arbour Health System

**May 30, 2002
Radisson Hotel**

Workshop I. The aftermath of terror: assessment and intervention in the wake of terrorist attacks

Robert Macy, Kevin Becker, Ilan Kutz, James Munroe, Terrence Keane.

The terrorist attacks on September, as well as the chronic exposure to suicide bombers in Israel, has confronted mental health professionals with a need to re-examine effective responses to communal disasters. This all-day workshop given by mental health professionals with extensive experience in dealing with the acute aftermath of trauma in New York City, Boston and Israel, will examine how to assess the needs of traumatized individuals and communities, mobilize natural support systems, early stabilization techniques, and trauma processing, including the use of movement, touch, trauma specific expressive therapy modalities, and EMDR.

Workshop II: Movement and Action in the Transformation of Trauma: The Role of Somatic Experience, Purposeful Action, and Theater in the Treatment of Trauma

Al Pesso, Pat Ogden, Narcissa Campion, Kippy Dewey

The body is one of the theaters where the memory of trauma is reenacted. 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. In the wake of the emerging understanding about the neurobiology of trauma and of the appreciation that physical action is necessary to initiate new ways of perceiving reality and promote new behavior patterns, this pre-conference workshop presents a variety of programs that work with physical action to process traumatic experiences and create new competencies for coping. Despite the fact that theater and communal rituals involving movement, imagination and transformation may be the oldest ways in which communities have dealt with trauma, these contemporary therapeutic programs can be considered fundamental shifts from traditional therapeutic paradigms.

This pre-conference course will explore how experience itself, and controlled bodily action, individually and in groups, can powerfully help overcome traumatic repetitions and continued fight/flight responses. This workshop brings together a variety of individuals and groups who have developed programs to help traumatized children, adolescents and adults restore a sense of mastery by controlled enactment of aspects of the traumatic experience, or by actions that can help process traumatic memories, deal with hyperarousal and frozen states, promote mastery and a physical sense of self, mitigate dissociation from physical experiences, resolve somatically-based symptoms and restore a sense of community. This pre-conference workshop includes as presentation of the work of theater and action programs with middle school children in Boston.

The faculty will demonstrate, with the help of life demonstrations and videotapes, and handouts, how body-centered approaches and improvisational and ritualized theater groups can help people regain a sense of mastery and communality that is unlikely to be achieved by talking, therapeutic relationships and meaning-making alone.

Friday, May 31

The terrorist attacks on September 11 have brought the issue of psychological trauma in sharp focus. The emergence of the discipline of Traumatic Stress Studies over the past twenty years has allowed us to track developmental pathways following traumatic life experiences, vulnerability factors, biological variables and social mitigating factors. The tragic experiences in Israel, in particular, have allowed us to gain important insights into post trauma pathways and effective interventions. This year's conference, more than usual, will examine acute psychological, biological and social reactions to traumatic life experiences, and early intervention.

This year also marks the opening of the National Center for Child Traumatic Stress (NCTS), a collaborative effort between twenty sites across the USA to examine the effects of trauma and disruptions in attachment on children over the course of development and explore effective treatment interventions. Hitherto, an important force behind the study of Traumatic Stress has been the work of the National Center for PTSD, based in the Veterans Administration. This new National Center will expand the study of trauma towards an integration with developmental psychopathology.

This course will present current research findings about how people's brains, minds and bodies interpret traumatic experiences and how they regulate emotional and behavioral responses. We will explore post-traumatic responses at different developmental levels, and the treatment implications of these findings. This course will examine a variety of treatment interventions for various trauma-based symptoms.

8:00- 8:30 Registration

8:30- 10:30. Coping with the aftermath of terror: The Biological and Social Roots of PTSD; Arieh Shalev, M.D.

10:30-11:00 Coffee break

11:00-11:20 Trauma, attachment and developmental psychopathology Bessel van der Kolk M.D.

11:20-11:40 Neurobiological and Developmental Aspects of the Sequelae of Complex Trauma Julian Ford, M.D.

11:40- 12:00 "Developmental psychopathology: brain regulation and the social environment" Glenn Saxe M.D.

12:00-12:15. Lessons from the National Center for PTSD for the National Center for Children and Traumatic Stress. Terence Keane, Ph.D

12:15-12:30 Panel discussion.

1:45-2:00 Introducing the National Center for Child Traumatic Stress John Fairbank Ph.D..

2:00- 3:00 Treating Traumatized Children: Progress in Clinical Research" Judith Cohen, Ph.D.

3:00-3:20 Afternoon break

3:20- 5:00 Afternoon Workshops

June 1, 2002

8:30- 9:30. Creating a sanctuary for treating traumatized inner city adolescents in a primary care setting. Angela Diaz, M.D.

9:30-10:30 "Emotion Regulation and the Therapeutic Relationship." Marylene Cloitre Ph.D.

10:30-11:00 Morning break

11:00- 12:15 Core Affect and Core State: The role of affect in the transformation of traumatic experience. Diana Fosha, Ph.D.

12:15- 12:45 The evolution of trauma therapy, a discussion. Judith L. Herman, M.D.

1:45 - 3:30 Afternoon workshops

3:30- 4:00 Afternoon break

4:00-5:00 Dance Movement Therapy: The Use of Rhythm as an Intervention for Traumatic Stress Amber Gray, MPH, LPC, DTR.

WORKSHOPS**Friday May 31**

Assessment and treatment planning for traumatized children and adults. Joseph Spinazzola Ph.D., Margaret Blaustein Ph.D., Cassandra Kisiel, Ph.D.

Neuroimaging of PTSD: Research on traumatic memories, the biological bases of emotion regulation, and the neural circuitry of executive functions in traumatized and non-clinical populations." Ruth Lanius M.D. & James Hopper, Ph.D.

Hypnotherapy with trauma-related disorders. Daniel Brown Ph.D.

"Treating traumatic stress in inner-city children" Glenn Saxe, M.D. & Wanda Grant-Knight Ph.D..

Rapid Stabilization with Body-Focused Techniques Richard Jacobs, Psy. D.

Saturday, June1

When Abuse Survivors Marry: What Observational Research Can Tell Us About the Complexities of Adult Intimacy After Childhood Trauma" Robert Waldinger, M.D.

Treating Acute Stress Disorder following mass casualties of terrorist attacks in Israel. Ilan Kutz, M.,D

Working with sensorimotor experience in the psychotherapy of trauma. Patricia Ogden

The Body is Part of the Mind: Psychoanalytic Theory Meets Neurobiologic Reality: "Body Work" with Words.
Richard Chefetz, M.D.

Psychopharmacological approaches to acute and chronic trauma. Frank Guastella, M.D. & Jose Hidalgo M.D.

Biographies

Kevin Becker, Psy.D, Director, the Trauma Center, a Program of Arbour Health Systems

Margaret Blaustein, Ph.D.

Daniel Brown, Ph.D. Assistant Clinical Professor of Psychology, Harvard Medical School.

Richard A. Chefetz, M.D. is a member of the faculties and steering committees of the Advanced Psychotherapy Training Program of the Washington School of Psychiatry, and New Directions in Psychoanalysis at the Washington Psychoanalytic Foundation. Member, Advisory Board, International Association for Relational Psychotherapy and Psychoanalysis. President-Elect International Society for the Study of Dissociation.

Marylene Cloitre, Ph.D. Director of the Institute for Anxiety and Traumatic Stress Associate Professor, Department of Psychiatry, Weill Medical College of Cornell University, NYC. .

Judith Cohen, Ph.D. Professor of Psychiatry, MCP Hahnemann University School of Medicine; Medical Director, Center for Traumatic Stress in Children and Adolescents, Allegheny General Hospital. Pittsburgh, PA

Angela Diaz, MD Professor, Department of Pediatrics Mount Sinai School of Medicine Director, Mount Sinai Adolescent Health Center

John A. Fairbank, Ph.D. Co-Director, National Center for Child Traumatic Stress, Associate Professor Department of Psychiatry and Behavioral Sciences Department of Psychology: Social and Health Sciences Duke University Medical Center

Julian D. Ford, Ph.D. Associate Professor Director, Center for Services in the Aftermath of Violence and Extreme Stress (C-SAVES) Director, Center for Trauma Response, Recovery, and Preparedness (CTRP) Department of Psychiatry, University of Connecticut Health Center

Diana Fosha, Ph.D. Associate Clinical Professor The Derner Institute of Advanced Psychological Studies, Adelphi University, NY, developer of AEDP (Accelerated Experiential-Dynamic Psychotherapy). She is the author of The Transforming Power of Affect: A Model for Accelerated Change (Basic Books, 2000).

Frank Guastella, M.D.

Amber Gray, MPH, LPC, DTR, Clinical Director, Rocky Mountain Survivors Center, Denver, Co. Kosovo, Haiti, Rwanda

Judith L. Herman

Jose Hidalgo, M.D.

James Hopper, Ph.D. Research Associate, the Trauma Center, Boston University School of Medicine.

Richard Jacobs, Psy.D.

Terrence Keane

Cassandra Kiesel Ph.D. Assistant Professor, Department of Psychiatry, University of Western Ontario, Canada
Physician Leader, Traumatic Stress Service, London Health Sciences Center.

Ilan Kutz MD Director of Psychiatric Services, Meir General Hospital. Sackler School of Medicine Tel Aviv
University

Robert D. Macy, Director of Community Services- The Trauma Center, CBI Team Director

James Munroe, Ph.D. Clinical Director of the Veterans Improvement Program, Deputy Director of the PTSD
Clinic. Boston VA Outpatient Clinic

Patricia Ogden

Glenn Saxe, Chairman , Department of Child and Adolescent Psychiatry, Boston university School of Medicine
and Boston Medical Center.

Arieh Y. Shalev, M.D. Professor of Psychiatry Head, Department of Psychiatry, Hadassah University Hospital
Jerusalem, Israel

Joseph Spinazzola, Ph.D.

Robert J. Waldinger, M.D. Principal Investigator, Close Relationships Project Judge Baker Children's Center
Assistant Professor of Psychiatry Harvard Medical School

Bessel A. van der Kolk, M.D.
