

# **Mind Body Approaches to Treating PTSD**

Saturday, October 26th 2013

## **Conference Schedule**

8:30 - 9:00 - Registration

**Morning Plenary Session** - Auditorium of the HealthAlliance Hospital, Mary's Ave. Campus

9:00 - 11:00 am

**Dr. Richard Brown and Dr. Patricia Gerbarg:**

**Breath, Body, Mind Techniques for Treatment of Anxiety, PTSD and Mass Disasters. Neuroscience and Research Review.**

Dr. Brown and Dr. Gerbarg describe and review research on mind-body treatments that rapidly relieve symptoms of PTSD following individual trauma and mass disasters. The neurophysiological basis for the effects of these practices and an experiential introduction to some of the techniques will be provided.

11:00 - 11:30 am break (the following yoga class is being offered in the morning break, lunch time and afternoon break)

Stephanie Stolar, LMHC, CYT

**Reconnecting: A gentle yoga class for survivors of trauma**

Learn about and experience a gentle yoga class designed especially to be sensitive to the needs of trauma survivors. Basic chair and standing stretches, grounding affirmations and guided meditation will be used and taught to promote healing, comfort, safety and our Mind-Body connection. Participants will leave with tools that they can use themselves and share with clients, colleagues, family and friends. No prior yoga experience is needed. Anyone who wishes to learn about this type of yoga are welcome! Clothing that allows you to move is recommended.

11:30 - 1:00 pm

**Dr. Asha Clinton:**

### **Multi-dimensional PTSD Treatment with Advanced Integrative Therapy**

Sometimes treating PTSD is simply a matter of working with traumatic memories. But when PTSD-level traumas occur early in life or when they occur to a person who has already suffered serious trauma earlier in his life, treatment may need to focus on the person's neurobiology, physiology, conditioning, factors predisposing him to PTSD, the archetype that makes his PTSD symptoms recur internally, and a host of symptoms such as hallucinations, insomnia, flashbacks, and immobility. AIT's multi-dimensional approach to PTSD treatment will be articulated through theoretical explanation and a demonstration of 3-Step Transformation, the basis of AIT trauma treatment. *Get ready to volunteer and lose a trauma or two!*

1:00 - 2:00 pm Lunch

1:30 - 1:55 pm

Stephanie Stolar, LMHC, CYT

**Reconnecting: A gentle yoga class for survivors of trauma (see morning break for description of class)**

### **Afternoon Breakout Sessions:**

2:00 - 3:30 pm

**Dr. Richard Brown and Dr. Patricia Gerbarg**

### **Breath~Body~Mind Practice Session**

Building on the morning session, Dr. Brown and Dr. Gerbarg will teach more of the practices they use to relieve stress and trauma. Participants will be able to experience the benefits and develop a plan for gaining the skills to integrate these approaches into their clinical work.

**Steven Ruden**

**Havening: A Biological Approach to the Treatment of PTSD  
Causes, Consequences, and Treatment**

Introduction

A model has been developed to describe the underlying mechanisms that produce the symptoms that are currently described as PTSD. Easily learned techniques (Havening) will be demonstrated live and discussions will follow.

For further information or to prepare for the session go to [www.havening.org](http://www.havening.org).

**Dr. Carol Kessler and Dr. Barry Mark**

**Acupuncture and PTSD**

This experiential breakout session will explain how acupuncture is used in treating PTSD, which will be followed by a live demonstration.

**Linda Erman, MPS, LCAT**

**Re-Regulating Post-Traumatic Arousal with Somatic Experiencing and Embodied Creative Arts Therapy**

This hands-on breakout session will combine an Embodied Creative Arts Therapy experiential with an introduction to Somatic Experiencing®, offering participants both a didactic and sensory-motor introduction to Dr. Peter Levine's nine-step body awareness method for transforming trauma.

3:30 - 4:00 pm - Break

Stephanie Stolar, LMHC, CYT

**Reconnecting: A gentle yoga class for survivors of trauma (see morning break for description of class)**

4:00 - 5:30 pm

**Dr. Asha Clinton**

**Treating PTSD trauma in groups with Advanced Integrative Therapy: An experiential workshop.**

From 1970 to 2000, a genocidal war raged in Guatemala. Thousands of Mayan people were killed, many while their families were made to watch. Many women and children were raped or gang-raped. Today many Guatemalan Maya have PTSD from that war. In order to help, AIT has sent teams to Guatemala for 13 years, training both Western-educated psychotherapists and a group of 24 Mayan women to treat PTSD in groups. In this experiential workshop, we will discover traumas common to all the participants and treat them in a group in order to show you what is working so powerfully in Guatemala: Group AIT PTSD treatment.

**Dr. Rebecca Rooney**

**Healing Trauma with Tapping: The Emotional Freedom Technique (EFT).**

The Emotional Freedom Technique (EFT) is an energy based method of healing physical and emotional symptoms that involves tapping on acupuncture/acupressure points. EFT has very wide application and has been used to effectively relieve post traumatic stress disorder in combat veterans; Rwandan children who saw their parents massacred; Peruvian refugees to the United States; and survivors of sexual, physical and emotional trauma. The workshop will provide training in the EFT tapping protocols, explain how to use EFT in the treatment of trauma, and discuss the research validating these methods.

**Dr. Stephen Larsen**

**Using Neurofeedback to Balance the Traumatized Brain**

As the profound neurological basis of PTSD is recognized, neurofeedback is emerging as a treatment which is both efficacious and precise in helping to balance the dysregulated CNS. Dr. Larsen will present detailed case histories along with brain maps. He will explain the suggested mechanism of efficacy, and leave time time for discussion.

**Alexandra Geiger, LCSWR**

**EMDR Positive Resource and Memory Installation in Conjunction with Visual Arts**

Participants will be lead through a systematic full body deep breathing relaxation process followed by guided visualizations which will then be installed using EMDR techniques/tools. Participants will then make an image of their visualizations if time permits. The purpose of this experience is to demonstrate to participants how pleasant somatic sensations and positive memories in the body are reinforced in preparation for processing trauma memories, when and if, the client becomes ready during the course of treatment.