

✓ IN-PERSON ✓ LIVE-ONLINE

**JULY 8-12, 2024****Bessel van der Kolk, MD*****Frontiers of Trauma Treatment*****Monday - Friday: 9:00a.m. - 12:30p.m. EDT | 30-Minute Break Daily | 15-Hour Course**  
**Delivery Format: In-Person or Live-Online**

Most people who seek psychiatric care have histories of trauma, chaos, or neglect. The past two decades have seen an explosion of knowledge about how experience shapes the brain and the formation of the self. This evolving science has had profound implications for our understanding of what constitutes effective intervention. Sadly, most of the knowledge about how trauma affects the brain and the development of the entire human organism remains to find its way into the curricula of professional schools.

Advances in the neurosciences, attachment research, and information processing show how brain function is shaped by experience and that life itself can continually transform perception and biology. The memory imprints of trauma(s) are held in physical sensations, bodily states, and habitual action patterns. This causes the entire human organism to continuously react to current experiences as a replay of the past.

The earliest form of trauma treatment was to tell other people the story of what had happened and to find support and validation. However, validation, insight, and understanding are rarely enough to deal with unspeakable, intolerable, and unacceptable traumatic experience. Trauma causes people to remain trapped in the past by leaving deep, ongoing imprints on the entire organism—from their immune systems to their internal physical rhythms. Neither words nor compassion suffice in accessing these deep imprints on body and brain.

To overcome the tyranny of the past, one needs to learn to befriend one's damaged inner world and learn to deal with initially overwhelming sensations and arousal levels. Hence, recovery requires facing the imprint of trauma on the self as helpless, enraged, betrayed, ashamed, and endangered. Healing involves dealing with the defensive efforts that helped ensure survival but that now keep people stuck. The cultivation of a deep sense of physical safety and physical mastery is a prerequisite for initiating new ways of perceiving reality and promoting new behavior patterns and requires effective ways to deal with the fragmented memories of the past.

Recovery means bringing the traumatic experience to an end in every aspect of the human organism. In this course, we will explore the role of yoga, mindfulness, EMDR, neurofeedback, sensorimotor therapy, martial arts, Internal Family Systems Therapy, and theater to help mind, brain, and body to live fully in the present, rather than staying trapped in the traumatic past.

and, in recent years, the study of neurofeedback to investigate whether attentional and perceptual systems (and the neural tracks responsible for them) can be altered by changing EEG patterns. His efforts resulted in the establishment of Trauma Center (now the Trauma Research Foundation) that consisted of a well-trained clinical team specializing in the treatment of children and adults with histories of child maltreatment, that applied treatment models that are widely taught and implemented nationwide, a research lab that studied the effects of neurofeedback and MDMA on behavior, mood, and executive functioning, and numerous trainings nationwide to a variety of mental health professional, educators, parent groups, policy makers, and law enforcement personnel.

**Speaker Disclosures:**

**Financial:** Bessel van der Kolk has no relevant financial relationships with ineligible organizations. He receives a speaking honorarium from MAK Continuing Education, LLC, Cape Cod Institute.

**Non-financial:** Bessel van der Kolk has no relevant non-financial relationships with ineligible organizations.

**Bessel van der Kolk, MD,** spends his career studying how children and adults adapt to traumatic experiences, and has translated emerging findings from neuroscience and attachment research to develop and study a range of treatments for traumatic stress in children and adults. In 1984, he set up one of the first clinical/research centers in the US dedicated to study and treatment of traumatic stress in civilian populations, which has trained numerous researchers and clinicians specializing in the study and treatment of traumatic stress, and which has been continually funded to research the impact of traumatic stress and effective treatment interventions. He did the first studies on the effects of SSRIs on PTSD; was a member of the first neuroimaging team to investigate how trauma changes brain processes, and did the first research linking BPD and deliberate self-injury to trauma and neglect in early childhood. Much of his research has focused on how trauma has a different impact at different stages of development, and that disruptions in care-giving systems have additional deleterious effects that need to be addressed for effective intervention. In order to promote a deeper understanding of the impact of childhood trauma and to foster the development and execution of effective treatment interventions, he initiated the process that led to the establishment of the National Child Traumatic Stress Network (NCTSN), a Congressionally mandated initiative that now funds approximately 150 centers specializing in developing effective treatment interventions, and implementing them in a wide array of settings, from juvenile detention centers to tribal agencies, nationwide. He has focused on studying treatments that stabilize physiology, increase executive functioning and help traumatized individuals to feel fully alert to the present. This has included an NIMH funded study on EMDR and NCCAM funded study of yoga,

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*\* Earn Up to 15 CE credits / hours*

*\* Psychologists: Please see the CE section and agenda below for information regarding available credits.*

## Course Agenda

### Monday:

- Trauma and developmental psychopathology.
- The acquisition of affect regulation, attachment, and psychopathology.
- The breakdown of information processing in trauma.

### Tuesday:

- Affective neuroscience for thoughtful clinicians.
- The nature of the threat response, attention, and concentration.
- Lessons from neuroimaging and psychophysiology.
- Recognition and treatment of survival action patterns.

### Wednesday:

- Assessment, treatment planning, stabilization techniques, and trauma processing.
- Psychopharmacology, current research on psychedelic treatments (ketamine, psilocybin, and MDMA), and Internal Family Systems Model (IFS).
- Neural plasticity and creating new connections in brain circuitry.

*\* Psychologists: This section is not being offered for CE credit through the APA. Please see the CE page for CE availability by State.*

### Thursday:

- Discuss learned helplessness and dissociation as it relates to trauma.
- Discussion of the use of stabilization and trauma processing techniques in the treatment of trauma, including EMDR and neurofeedback.

### Friday:

- From fight/flight to being alive to the present—integration of traumatic memories, including sensorimotor psychotherapy, rhythms, yoga, improvisational techniques, chi qong, group, and theater approaches.

*\* Psychologists: This section is not being offered for CE credit through the APA. Please see the CE page for CE availability by State.*

## Course Objectives

Upon completion of this course participants will be able to:

1. Summarize basic neurological and developmental effects of trauma in childhood trauma survivors and adults with PTSD
2. Articulate the effects of trauma on psychopathology in trauma survivors (including survivors of childhood abuse, neglect, and maltreatment, veterans, and others diagnosed with PTSD)
3. Describe the acquisition of affect regulation and the impact of trauma on neurological structures for self-regulation and interpersonal engagement that occur in complex trauma survivors
4. Evaluate the impact of trauma on behavior and processing of attachment experiences
5. Evaluate current neuroimaging research and summarize the neuroscientific effects of trauma on attention and concentration
6. Discuss conditioned threat responses and survival action patterns that occur in PTSD and complex trauma
7. Discuss the breakdown of information processing in trauma
8. Discuss the current research regarding the risks and benefits of using psychotropic medications and psychedelic treatments to treat sequelae of trauma
9. Explain best practices for assessment and treatment planning stages that take into account the impact of trauma on human functioning
10. Describe how the use of the IFS model in clinical practice can accelerate healing from complex trauma
11. Discuss learned helplessness and dissociation as it applies to trauma
12. Discuss the use of stabilization techniques in trauma treatment
13. Discuss the effectiveness of EMDR as a treatment model for trauma through discussion of supported clinical and research literature
14. Evaluate the efficacy of neurofeedback in resolving trauma via review and explanation of current research
15. Describe successful integration of traumatic memories in terms of physical mastery
16. List three physical symptoms of psychological trauma
17. Distinguish areas for future research and the limitations of current evidence-based treatments

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## Continuing Education

*Course Content Level: beginner, intermediate, and advanced. This course is open, and content is, suitable for all clinicians and learning levels, beginning, intermediate and advanced. **Courses must be completed in one delivery format.***

**Frontiers of Trauma Treatment**, Course #4925, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by MAK Continuing Education, LLC, Cape Cod Institute as an individual course. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE course approval period: 5/2/2023 - 5/2/2025. Social workers completing this course receive 15 Clinical continuing education credits.

### **Psychologists:**

MAK Continuing Education, LLC, Cape Cod Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for this program and its content. This live program qualifies for 9 continuing education hours.

**CA:** MAK Continuing Education, LLC, Cape Cod Institute is approved by the CPA OPD to sponsor continuing professional education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for this program and its content. CPA OPD Provider Code: MAK001. This live program qualifies for 15 continuing education hours.

**Canada:** MAK Continuing Education, LLC, Cape Cod Institute is approved by the Canadian Psychological Association to offer continuing education for psychologists. MAK Continuing Education, LLC, Cape Cod Institute maintains responsibility for the program. This live program qualifies for 15 continuing education hours.

**NY:** MAK Continuing Education, LLC, Cape Cod Institute is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists # PSY-0102. This program qualifies for 15 continuing education hours.

**OH:** MAK Continuing Education, LLC, Cape Cod Institute is a OPA-MCE Approved Provider. Approved Provider: #854261519. This live program qualifies for 15 continuing education hours.

**PA:** MAK Continuing Education, LLC, Cape Cod Institute has applied for renewal as a sponsor/provider of continuing education through the Commonwealth of Pennsylvania Department of State Bureau of Professional and Occupational Affairs State Board of Psychology.

Please see the CE section on the [individual course page](#) for a full listing of CE course approvals.

**For a full list of continuing education approval statements please visit <https://www.cape.org/ce-credit>**

## Tuition, Registration & Course Formats

### Registration:

Visit [www.cape.org](http://www.cape.org) to register for our In-Person & Live-Online course offerings. All major credit cards are accepted. No cash or check payments will be accepted.

### Course Formats:

**In-Person Course Format:** Monday through Friday from 9:00a.m. to 12:30p.m. EDT with a 30-minute break.

**In-Person Location:**

**Nauset Regional Middle School**, 70 MA-28, Orleans, MA 02653

### Live-Online Course Format:

Interactive synchronous online: Live-Online sessions are held via Zoom Meetings Monday-Friday mornings from 9:00a.m. - 12:30p.m. EDT, with a 30-minute break. Live-Online courses will include opportunities for interaction with colleagues and faculty members via group discussions, break-out groups, and Q&As.

System requirements: • Operating Systems: Windows XP or higher, MacOS 9 or higher, Android 4.0 or higher • Internet Browser: Internet Explorer 9.0 or higher, Google Chrome, Firefox 10.0 or higher • Broadband Internet connection: Cable, High-speed DSL & any other medium that is internet accessible

### Tuition:

**In-Person Course:**

**Early Tuition Rate: \$700 (through 04/01/2024)**

**Full Tuition: \$750**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$575 for in-person courses.

**Live-Online Course:**

**Early Tuition Rate: \$575 (through 04/01/2024)**

**Full Tuition: \$625**

Full-time graduate students, doctoral students, and resident physicians must upload documentation at the time of registration to qualify for a reduced tuition of \$450 live-online courses.

### Veteran Affairs Employees:



MAK Continuing Education, LLC, Cape Cod Institute is vendorized in SAMS in station 703. Active-duty and retired military members are eligible for 10% off. Please upload your military ID / verification at the time of registration and you will automatically get the discounted rate.

## Cancellation & Refund Policy

**Up until two weeks (14 days) prior to your course start date:** For cancellations (in person & online), you will receive a full refund less \$50 cancellation fee.

**Within two weeks:** If you give notice between fourteen and one day(s) before your course start date a credit for a 2024 Cape Cod Institute program is available. Credit may be applied to any 2024 or 2025 Cape Cod Institute course. There will be no price reduction for switching to a live-online course within two weeks of the course start date.

**Once your course begins:** No credit or refund is available if you cancel on the arrival day, if you do not show up, or if you leave an event early for any reason. No refund will be available if you attend a program and are dissatisfied with its presentation or content. If you need to leave for any reason, no partial credit can be given.

You can notify our staff of your cancellation at [info@cape.org](mailto:info@cape.org) or by calling + 1 (203) 781-6492.

Please visit <https://www.cape.org/policies> for more information.

## Continuing Education Information

Full attendance of in-person and live-online courses is required to meet the standards of accrediting organizations. No partial credits will be provided. CE certificates are distributed by email for both in-person and live-online courses following the conclusion of your 15-hour course, confirmation of full attendance, and completion of an online evaluation form.

You will receive additional details regarding the online evaluation process at the end of your assigned course. Evaluations must be submitted within three weeks of the end date of your course. You will receive a copy of your certificate of attendance with detailed CE approval statements, once you submit your evaluation. Please check with your regulating body/organization that this certificate is sufficient proof for you to claim continuing education credits/credit hours/clock hours/contact hours.

Most courses are eligible for 15 credits/credit hours/clock hours/contact hours. Exclusions will be listed on individual course pages as well as below. Please check individual course pages for course learning objectives.

All courses are open and suitable for all clinicians and learning levels, beginning, intermediate and advanced unless otherwise noted on the course page.

**Please contact your licensing board to determine your continuing education requirements and check for reciprocal approvals.**

### Continuing Education Approvals:

Current continuing education approvals for MAK Continuing Education, LLC, Cape Cod Institute are listed on our website: <https://www.cape.org/ce-credit>

You can also contact our staff with any CE-specific questions at + 1(203) 781- 6492 or [info@cape.org](mailto:info@cape.org).

## Travel Information

All in-person sessions are held at the Nauset Regional Middle School at 70 MA-28, Orleans, Massachusetts. Orleans is a 2-hour drive from Boston or Providence (expect traffic delays on Saturdays). There are scheduled flights from Boston and Providence to Hyannis, a 40-minute drive to Orleans. A car is needed for full access to lower Cape Cod. Biking around Orleans is easily done via the rail trail, and local buses between towns are available.

Cape Cod is about 70 miles long, and 75 miles from Logan Airport in Boston and Green Airport in Providence, Rhode Island. Driving distances to the Lower and Outer Cape are:

Boston 77 miles; Providence 77 miles; New York City 245 miles; Montreal 355 miles.

Please visit our travel page for specific directions, lodging and travel information: <https://www.cape.org/travel>

## Contact Information

Cape Cod Institute Administration  
MAK Continuing Education, LLC  
2 Belden Ave  
PO Box 2225  
Norwalk, CT 06852  
Phone: + 1 (203) 781-6492 | Fax: + 1 (860) 499-3267  
E-mail: [info@cape.org](mailto:info@cape.org)

Please contact us by email or phone with any questions regarding accessibility accommodations, questions, or concerns.

## JULY 1-AUGUST 23, 2024

### JULY 1-5, 2024

**Janina Fisher, PhD**

*Transforming Trauma-Related Resistance and Stuckness*

*In-Person & Live-Online*

**Rubin Naiman, PhD, FAASM**

*Healing Our Sleep, Dreams, and Consciousness: An Integrative Approach*

*In-Person & Live-Online*

**LaTonya Wilkins, PCC, MBA**

*Belonging: Fostering Psychological Safety and Below the Surface Leadership in Organizations, Clients, and Yourself*

*In-Person & Live-Online*

### JULY 8-12, 2024

**Lana Epstein, MA, LICSW**

*Putting It All Together: Combining Somatic and Ego-State Therapies with EMDR to Change the Valence of Emotional Memories*

*In-Person & Live-Online*

**Barry Prizant, PhD, CCC-SLP**

*Understanding and Supporting Autistic and Neurodivergent Individuals through the Uniquely Human Lens*

*In-Person & Live-Online*

**Licia Sky, BFA**

*Embodied Awareness: The Art of Presence and Attunement*

*In-Person Only*

**Bessel van der Kolk, MD**

*Frontiers of Trauma Treatment*

*In-Person & Live-Online*

### JULY 15-19, 2024

**Sebastian Barr, PhD**

*Affirming and Effective Work with Trans and Nonbinary Adolescents and Young Adults*

*In-Person & Live-Online*

**James Hawkins, PhD, LPC**

*Facilitating the Function of Attachment in Distressed Adult Romantic Relationships: An Emotionally Focused Therapy (EFT) Framework*

*In-Person & Live-Online*

**Stewart Levine, JD**

*Building a Culture of High Performance Sustainable Collaboration: Mindset and Tools*

*In-Person Only*

**Richard Schwartz, PhD & Jeanne Catanzaro, PhD**

*Internal Family Systems Workshop*

*In-Person & Live-Online*

### JULY 22-26, 2024

**Deb Dana, LCSW**

*Polyvagal Theory in Therapy: Practical Applications for Treating Trauma*

*In-Person & Live-Online*

**John Forsyth, PhD & Jamie Forsyth, PhD**

*Harnessing the Transformative Power of Mindful ACT Therapy: How to Live Well When Life is Hard*

*In-Person & Live-Online*

**Flint Sparks, PhD**

*Growing Up and Waking Up: Applied Mindfulness in Psychotherapy and Buddhist Practice*

*In-Person Only*

**Cece Sykes, LCSW, ACSW**

*Internal Family Systems and Compassion for Addictive Processes*

*In-Person & Live-Online*

### JULY 29-AUGUST 2, 2024

**Margaret Blaustein, PsyD**

*Fostering Resilience in Trauma Impacted Youth through Attachment, Regulation, and Competency*

*In-Person & Live-Online*

**Diana Fosha, PhD, Kari Gleiser, PhD, & Ben Medley, LCSW, with Molly Eldridge, LICSW**

*"HOT" Topics in AEDP™*

*In-Person & Live-Online*

**Franklin King, MD**

*The Promise of Psychedelics: A Critical Look at the Therapeutic Potential of Psychedelic-Assisted Treatments*

*In-Person & Live-Online*

**Juliet King, PhD, ATR-BC, LPC, LMHC**

*Arts & the Brain: Evidence-Based Therapeutic Arts Interventions for Optimal Health & Well-Being*

*In-Person Only*

### AUGUST 5-9, 2024

**Harville Hendrix, PhD, Helen LaKelly Hunt, PhD, Carol Kramer, LICSW, & Joanne Audyatis, LMHC**

*IMAGO: Proven Strategies for Helping Couples Move from Conflict to Connecting*

*In-Person & Live-Online*

**Deborah Korn, PsyD**

*EMDR Therapy and the Treatment of Complex PTSD in Adult Survivors of Childhood Abuse and Neglect*

*In-Person & Live-Online*

### AUGUST 5-9, 2024

**George McCloskey, PhD**

*Intervention for Child and Adolescent Executive Function Difficulties*

*In-Person Only*

**Maria Sirois, PsyD**

*Paradoxes in Resilience: Leveraging Moments of Grief, Illness, Hardship and Sudden Change to Accelerate Growth*

*In-Person & Live-Online*

### AUGUST 12-16, 2024

**Bob Anderson**

*The Journey of Conscious Leadership*

*In-Person Only*

**Edward Hallowell, MD**

*Unwrapping the Gifts: A Strength-Based Approach to ADHD Across the Life Span*

*In-Person & Live-Online*

**Donald Meichenbaum, PhD**

*Addressing Issues of Violence and Aggression in Individuals and Communities: Development, Prediction, and Intervention*

*In-Person & Live-Online*

**Ronald D. Siegel, PsyD**

*What Clinicians Need to Know about Non-Ordinary States: Mindfulness, Compassion, & Psychedelic-Assisted Psychotherapy*

*In-Person & Live-Online*

### AUGUST 19-23, 2024

**Amanda Blake, PhD**

*Embodied Intelligence at Work: Leveraging Mind-Body Science to Enhance Professional Performance*

*In-Person Only*

**Mary-Frances O'Connor, PhD**

*The Grieving Brain: The Surprising Science of How We Learn from Love and Loss*

*In-Person & Live-Online*

**Jonah Paquette, PsyD**

*Positive Psychology 2.0: Creating a Life of Meaning, Purpose, and Connection*

*In-Person & Live-Online*

**Eboni Webb, PsyD, HSP**

*Dialectical Behavior Therapy (DBT): Effective Tools for Navigating Trauma and Attachment in Complex Clients Across the Lifespan*

*In-Person & Live-Online*

All courses are suitable for all clinicians and learning levels, beginning, intermediate, and advanced unless otherwise noted.

For a complete list of CE approval statements, please visit: [www.cape.org/ce-credit](http://www.cape.org/ce-credit)

**FOR COMPLETE COURSE INFORMATION AND TO REGISTER, VISIT: [www.cape.org](http://www.cape.org)**