

Deep Healing and Neurobiology

Integrating the Mind, Body, Brain

BESSEL VAN DER KOLK AND DANIEL SIEGEL

Over the past 20 years, more and more therapists have devoted themselves to exploring the relevance of neuroscience for the practice of psychotherapy. This session will feature a provocative, far-ranging dialogue about the impact of neuroscience on our field and whether or not it has increased the effectiveness of psychotherapy. It will consider a range of questions including: What specific clinical advances have resulted from therapists' expanded understanding of neurobiology? How has it extended our capacity for offering deep healing? What have we learned about how to better change both the mind and the brain? Has the therapeutic influence of neuroscience been oversold? What new breakthroughs may be on the horizon? You'll learn:

- What research has taught us about the most important clinical applications of neurobiological principles
- How a better understanding of the relationship between mind and brain can change your practice
- What new research may shape the future direction of psychotherapy

Bessel van der Kolk, MD, is the founder of the Trauma Center and the bestselling author of The Body Keeps the Score. Daniel Siegel, MD, is the executive director of the Mindsight Institute and author of many bestselling books, including Aware: The Science and Practice of Presence.

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Learning Objectives:

1. Determine the neurobiological underpinnings of the arousal system that create dysregulation that is necessary for the development of PTSD
2. Appraise the three brain systems important for the understanding of psychotherapy
3. Determine the role of the default mode network in trauma recovery
4. Appraise the clinical research surrounding the effectiveness of various modalities in healing traumatic stress responses.
5. Propose several evidence-based methods that foster re-regulation of mind and body that can aid in reduction of symptomology that leads to continued trauma

Outline

- **The Neurobiology of Trauma**
 - The body's arousal system in the face of trauma
 - Three brain systems
 - Relationship between mind, brain, body, and relationships
- **The Interplay of Trauma and the Brain**
 - The effects of abuse on the human brain
 - The Default Mode Network's role in trauma and recovery
- **The Recovery from Traumatic Stress**
- Evidence-based methods that can foster re-regulation of the mind and body
- The importance of developing regulation strategies
- The use of touch in therapy
- The use of psychedelics in treatment

References:

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