



Bessel van der Kolk: Presentation with Bessel van der Kolk



Bessel van der Kolk is a psychiatrist, researcher, educator, and author of *The Body Keeps The Score*. He is a professor of Psychiatry at Boston University School of Medicine and president of the Trauma Research Foundation in Brookline, Massachusetts. In this talk, explore the basis of trauma in the body and the brain, and learn tools to find safety and self-regulation.

TOP EMBODIMENT TIP: The core sense of joy and connectivity is through reciprocal rhythm and movement with each other.

Attachment: Trauma Is Intertwined With Attachment

- Attachment theory and rhythmicity
- Humans mirror one another to create rhythm and safety.
- The brain gets formed by interactions and by expectations. We become who we are based on our surroundings.

Identity: Traumatized Individuals Identify Themselves With Their Trauma

- Trauma can become the central aspect of one's identity. The goal of therapy is to change the identity from one of trauma.
- The trauma creates a constriction in the body and the mind so the perspective of the traumatized individual becomes narrow.

Trauma Therapy: How To Help The Body Return To Safety

- The traumatized brain reacts inappropriately to situations because of the imbalance of the automatic responses. Therapy aims to create an environment of safety in which the traumatized individual can re-learn to be fully present in the moment.
- Play is an essential factor for creativity, being present in the moment, and self-regulation.
- Psychodrama is one of his favorite treatment options as it gives individuals the opportunity to feel what it is like to play different roles.
- Mindfulness training is essential to develop the intrinsic self-regulatory mechanisms.

Five Keys to Overcoming Trauma: The Foundation

1. (Re)establishing community
2. Effective action
3. Dealing with affect regulation
4. Accessing the emotional brain - knowing oneself
5. Being able to tell the truth and not keep secrets

Resources



❖ Website: besselvanderkolk.com

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Ilan offers **online trainings and in-person retreats** and her work has been described as an "Avantgarde Embodiment Training for Warriors". She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

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