



AMERICAN GROUP
PSYCHOTHERAPY ASSOCIATION
GROUP FOUNDATION
FOR ADVANCING MENTAL HEALTH
INTERNATIONAL BOARD FOR
CERTIFICATION OF GROUP
PSYCHOTHERAPISTS

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FOR IMMEDIATE RELEASE

**AGPA RELEASES NEW TRAINING DVD WITH BESSEL VAN DER KOLK, MD:
*THE BODY KEEPS THE SCORE: INTEGRATION OF MIND, BRAIN
AND BODY IN THE TREATMENT OF TRAUMA***

NEW YORK, April 13, 2015 – The American Group Psychotherapy Association announced the availability of a new and innovative training DVD featuring Bessel van der Kolk, MD – *The Body Keeps the Score: Integration of Mind, Brain, and Body in the Treatment of Trauma*.

Over the past few years, new insights into trauma's impact on the body, brain and relationships have spawned a range of new approaches to treatment. Many of these modalities can be considered fundamental shifts from earlier therapeutic paradigms. With the aid of videotaped and experiential demonstrations of affect regulation techniques, the role of body oriented therapies, neurofeedback, yoga, theater, Internal Family Systems therapy and EMDR in resolving the traumatic past is examined. A review of the integration of these approaches during different stages of treatment is provided in this DVD, which can be purchased from the AGPA online store on its website at www.agpa.org.

Dr. van der Kolk is a renowned and ground-breaking figure in the field of trauma treatment. He has been the Medical Director of The Trauma Center in Boston for the past 30 years, and is a Professor of Psychiatry at Boston University Medical School and serves as the Director of Complex Trauma Treatment of the National Child Traumatic Stress Network. He is Past President of International Society for Traumatic Stress Studies. A clinician who is also a prolific writer, he has published well over 100 peer reviewed scientific articles on various aspects of trauma, including his current projects: 1) yoga for treating PTSD, funded by the National Institutes of Health; 2) the use of theater for violence prevention in the Boston public schools, funded by the CDC; 3) the mechanisms of EMDR; 4) sensory integration; and 5) the use of neurofeedback in PTSD. Dr. van der Kolk participated in the first neuroimaging study of PTSD, in the first study to link Borderline Personality Disorder with childhood trauma; was co-principal investigator of the DSM IV Field Trial for PTSD and is Chair of the NCTSN DSM V Workgroup on Developmental Trauma Disorder. He has written extensively about using neuroscience research to identify appropriate treatments for PTSD and completed the first NIMH-funded study of EMDR. He has taught at universities and hospitals around the world.

“This training video captures a central tenet of training in AGPA – learning by actually seeing what happens during a group in action,” said Les Greene, Ph.D., CGP, LFAGPA, AGPA President. “The fact that it is being led by Dr. van der Kolk, a pioneer in the field of trauma treatment, makes it a must have for anyone interested in how group therapy can help individuals heal from traumatic experiences.”

This five and a half hour training, contained in four DVDs, is \$59.00 for AGPA members and \$69.00 for non-members. For more information on this DVD and training opportunities, please contact Diane Feirman, CAE, at 877-668-AGPA (2472) or via e-mail at dfeirman@agpa.org.

About AGPA

The American Group Psychotherapy Association is the foremost professional association dedicated to the field of group psychotherapy, operating through a tri-partite structure: AGPA, a professional and educational organization; the Group Foundation for Advancing Mental Health, its philanthropic arm; and the International Board for Certification of Group Psychotherapists, a standard setting and certifying body. This multidisciplinary association has approximately 2,500 members, including psychiatrists, psychologists, social workers, nurses, clinical mental health counselors, marriage and family therapists, pastoral counselors and creative arts therapists, many of whom have been recognized as specialists through the Certified Group Psychotherapist credential. The association has 26 local and regional societies located across the country. Its members are experienced mental health professionals who lead psychotherapy groups and various non-clinical groups. Many are organizational specialists who work with businesses, not-for-profit organizations, communities and other "natural" groups to help them improve their functioning.

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