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A

## The Body Keeps the Score

Bessel van der Kolk, MD

**SALE: \$14.40 | Retail: ~~\$18.00~~ | Book | SAM084085**

A pioneering researcher and one of the world's foremost experts on traumatic stress offers a bold new paradigm for healing, renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.

B

## EMDR: Step by Step New In-Session Demonstrations

Multiple Speakers

**SALE: \$159.99 | Retail: ~~\$199.99~~ | DVD | RNV051150 | up to 6.25 CE Hours**

**Walk the path to trauma resolution - step by step** | In addition to improved practice outcomes, effective integration of EMDR can lead to the long-term trauma resolution that your clients so desperately desire.

**Transform your practice . . . and your clients' lives** | EMDR Step-by-Step is a comprehensive course with Linda Curran, recognized trauma specialist, veteran clinician, sought after national trainer and best-selling author on trauma, that will provide you with practical strategies for effective implementation of EMDR into your practice.

**See how to turn theory into practice** | Through in-session demonstration, instructive commentary, and expert guidance and support from trauma leaders including Bessel A van der Kolk, Peter Levine, Janina Fisher and more, you'll learn to safely and effectively utilize EMDR for the treatment of traumatic stress.

C

## 101 Trauma-Informed Interventions

**Activities, Exercises and Assignments for Moving the Client and Therapy Forward**

Linda Curran, BCPC, LPC, CACD, CCDPD

**SALE: \$23.99 | Retail: ~~\$29.99~~ | Book | PUB045620**

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.



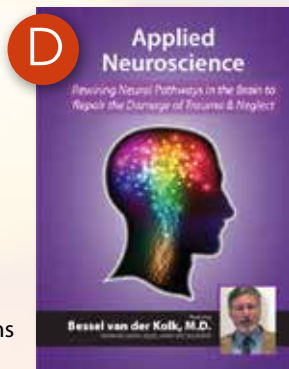
## Applied Neuroscience: *Rewiring Neural Pathways in the Brain to Repair the Damage of Trauma & Neglect* with Bessel van der Kolk, MD

Multiple Speakers

**SALE: \$159.99 | Retail: ~~\$199.99~~ | DVD | RNV051180 | up to 7 CE Hours**

Learn breakthrough applications of EEG neurofeedback from today's leading experts.

This applied neuroscience track brings together researchers, engineers, clinicians and neurobiologists who are exploring ways in which computers can assist in the modulation of focusing, arousal, and filtering, and thereby shape mental and physiological self experience. One of the oldest, and best researched, approaches for improving self-regulation of the central nervous system is neurofeedback, which has been applied in a variety of settings.



## Innovations in Trauma Therapy Conference

Bessel van der Kolk, M.D.; Peter A. Levine, Ph.D, Stephen Porges, Ph.D.; and more

**SALE: \$239.99 | Retail: ~~\$299.99~~ | DVD | RNV046876 | up to 16.25 CE Hours**

Never before have expert mental health clinicians gathered to teach unique and ground-breaking treatments for trauma. Each will present the theory and application of innovative treatment models. Interactive dialogue and clinical demonstrations make this DVD both a valuable and a unique learning experience for professionals around the world.

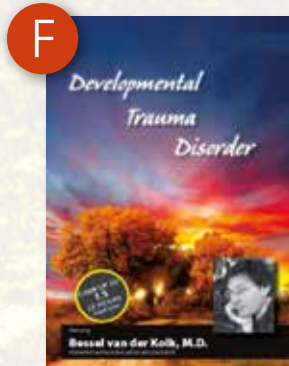


## Developmental Trauma Disorder

Bessel van der Kolk, MD

**SALE: \$47.99 | Retail: ~~\$59.99~~ | DVD | RNV042405 | up to 1.5 CE Hours**

Bessel van der Kolk has revolutionized the way we understand trauma. Join him as he discusses the latest updates on Developmental Trauma Disorder and what it will mean for the future of trauma treatment. The current version of the DSM does not adequately address complex trauma, leaving you with limited options. Learn the proposed changes to the DSM-5® and how it will better equip you to accurately diagnosis the complexities associated with these challenging situations.



## Neuroscience and Trauma Therapy

Bessel van der Kolk, MD

**SALE: \$47.99 | Retail: ~~\$59.99~~ | DVD | RNV042980 | up to 1.5 CE Hours**

Join world trauma expert and leading authority Bessel A. van der Kolk, M.D. and hear how these findings support a range of new approaches to trauma treatment that until now have not been taught in graduate schools, such as:

- Affect regulation
- Memory processing
- Disturbances in sensori-motor integration

By understanding the impact of trauma on the brain it forces us to reconsider our therapeutic paradigms. Dr. van der Kolk will examine multiple areas in this high-impact recording.





H



## Trauma and Attachment

Bessel van der Kolk, MD

**SALE: \$47.99 | Retail: \$59.99 | DVD | RNV041555 | up to 1.5 CE Hours**

Join the world's leading expert on trauma Bessel A. van der Kolk, M.D. and understand the latest on how our brains, minds and bodies respond to traumatic experiences. Dr. van der Kolk will explain how affect modulation techniques, EMDR, yoga and neurofeedback are used in overcoming the destabilization and disintegration caused by trauma. Come away with an understanding of how these experiences are processed by unconscious interpretations (subcortical) that take place outside of awareness. Learn why therapeutic methods that do not depend exclusively on understanding and cognition are needed to move the client beyond the "replay of the past" in their current experiences.

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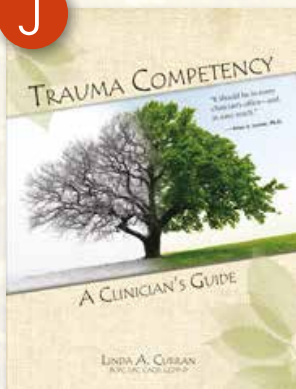
## EMDR and Beyond

Multiple Speakers

**SALE: \$47.99 | Retail: \$59.99 | DVD | RNV045120 | up to 2.0 CE Hours**

This video is the "must see" for anyone currently using, or considering EMDR and EMDR-inspired modalities. EMDR and Beyond: The Trauma Power Therapies includes the world's leading experts on traumatic stress discussing the current "power therapies", trauma's most effective psychotherapeutic interventions. Join Bessel van der Kolk, Peter Levine, Laurel Parnell and others as they discuss EMDR, Somatic Experiencing and Brainspotting and other approaches to trauma treatment. In addition they will explore the latest research findings, proposed theoretical mechanisms, innovations and offshoots of EMDR. You will learn about the evolution of EMDR, including all its clinically inspired modifications, discussed by the pioneers who have been using it since its inception.

J



## Trauma Competency: A Clinician's Guide

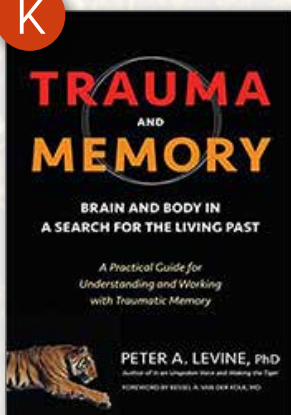
Linda Curran, BCPC, LPC, CACD, CCDPD

**SALE: \$19.99 | Retail: \$24.99 | Book | PUB041325**

Unique in its approach, each chapter guides clinicians further into trauma's theory and practice; from assessment through stabilization, step-by-step demonstrations prove its in-session clinical utility and applicability. *Trauma Competency* is a clear and concise, reader-friendly illumination of the HOW and the WHY of trauma treatment.

**BEST  
SELLER**

K



## Trauma and Memory:

*Brain and Body in a Search for the Living Past*

Peter A. Levine, Ph.D.

**SALE: \$17.56 | Retail: \$21.95 | Book | SAM084150**

In *Trauma and Memory*, bestselling author Dr. Peter Levine (creator of the Somatic Experiencing approach) tackles one of the most difficult and controversial questions of PTSD/trauma therapy: Can we trust our memories? While some argue that traumatic memories are unreliable and not useful, others insist that we absolutely must rely on memory to make sense of past experience.



## The Body Keeps the Score

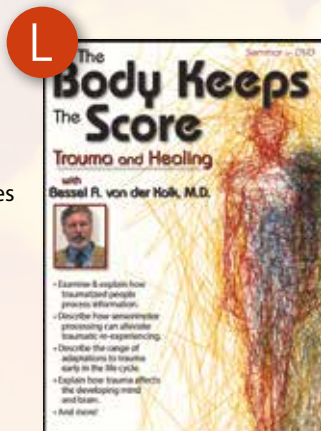
Bessel van der Kolk, MD

**SALE: \$239.99 | Retail: \$299.99 | DVD | RNV047325 | up to 12.5 CE Hours**

Trauma changes development of mind, brain and self. Its treatment requires a spectrum of interventions which Dr. van der Kolk will address:

- Find words to describe and communicate what is going on
- Learn to regulate one's emotions
- Learn to trust other human beings with shameful and horrific details of one's life
- Process traumatic memories
- Learn to be fully alive in the present

This recording is based on Dr. van der Kolk's own research and that of other leading specialists, will give you proven alternatives to drugs and talk therapy-and a way to reclaim lives!



## Growing Mindful Card Deck

*Mindfulness Practices for All Ages*

Mitch R Abbett, PhD & Christopher Willard, PsyD

**SALE: \$13.59 | Retail: \$16.99 | Card Deck | PUB084070**

Teaching and incorporating mindfulness into your home, classroom and therapy sessions is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!



## Mindfulness Skills for Kids & Teens

*A Workbook for Clinicians & Clients with 154 Tools, Techniques, Activities & Worksheets*

Debra Burdick, LCSWR, BCN

**SALE: \$23.99 | Retail: \$29.99 | Book | PUB083175**

This expertly crafted resource features a collection of more than 150 proven tools and techniques, presented in a simple, step-by-step skill building format. Burdick has blended the latest research and best practice to create this straight-forward guide for improving self-awareness, self-regulation skills, mental health, and social connectedness.



## Mindfulness Skills Workbook for Clinicians and Clients

*111 Tools, Techniques, Activities & Worksheets*

Debra Burdick, LCSWR, BCN

**SALE: \$23.99 | Retail: \$29.99 | Book | PUB045840**

Like no other resource, *Mindfulness Skills Workbook* combines the latest research and best practices -- all in a simple guide to successfully teach mindfulness to your clients. Dozens of reproducible activities, exercises and techniques to improve treatment outcomes for depression, anxiety, ADHD, PTSD, OCD, bipolar, pain, stress, and anger.

