



The New England Society for the Treatment of Trauma and Dissociation

in joint sponsorship with The Institute for Continuing Education presents

Please Post

“Meds and Meditation: Key Components to Healing Trauma”

Frank G. Anderson, MD

Saturday, January 31, 2015

9:00 a.m. to 5:00 p.m.

Scottish Rite Masonic Museum & Library

33 Marrett Road

Lexington, Massachusetts



Working with clients who suffer from traumatic experiences can present some of the most significant challenges for therapists. The work can often feel frustrating, scary, and at times totally overwhelming. This workshop will describe how utilizing medications and meditation early on in treatment can help bypass and prevent some of the common obstacles to healing traumatic wounds. The neurobiology of post traumatic stress disorder will be presented along with an explanation of how stress creates structural changes and neurotransmitter imbalances in the brain that directly interfere with the healing process

Therapists will also learn how to monitor their own reactions and feelings that may arise. The meditative process will be presented, describing how it affects key structures of the brain related to PTSD, dissociation and the development of Self. The benefits, challenges, and pitfalls of utilizing meditation in the therapeutic process will be explored, showing how it can ultimately foster internal connection and help clients "be with", "not in", their traumatic experiences. Meditation, video demonstration and experiential exercises will be incorporated.

Registration Type	FEE
NESTTD Member	\$125.00
Agency Member	\$75.00
Student Member	\$50.00
Non-members	\$150.00
Agency Non-Member	\$100.00
Student Non-Member	\$75.00

About Dr. Anderson

Frank Guastella Anderson completed his residency and was a Clinical Instructor in Psychiatry at Harvard Medical School. He currently is the president of the Foundation for Self Leadership and has served on the Research Advisory Committee as well as the Speakers Bureau for the Center for Self Leadership. He has lectured extensively on the neurobiology of PTSD and dissociation and is co-leading a 5-day intensive training named IFS, Trauma and Neuroscience. He wrote the chapter "Who's Taking What" Connecting Neuroscience, Psychopharmacology and Internal Family Systems for Trauma in *Internal Family Systems Therapy- New Dimensions*. He began as a staff psychiatrist at the Trauma Center at Justice Resource Institute in Boston in 1992 and has maintained a long affiliation with them as a lecturer and senior supervisor. He maintains a private practice in Concord, MA.

Lunch and 6 CEs are included in your fee.

PRE-REGISTRATION REQUIRED FOR THIS EVENT

Please register at www.nesttd-online.org