

PLENARY TALKS

Bessel van der Kolk

1. **The Neurobiological Impact of Trauma**
2. **Trauma, Memory, and the Restoration of One's Self**

Joe Weldon and Noel Wight

3. **An Introduction to Transformative Touch: The Body's Quest for Safety**
4. **Transformative Touch: Body as Wise Resource and Guide**
5. **Transformative Touch: Restoring Movement and Balance**

Bessel van der Kolk, M.D. is the director of the Trauma Center in Boston and a professor of psychiatry at Boston University. He has written extensively in professional journals on the subject of trauma's interface with dissociative problems, borderline personality issues, self-mutilation, cognitive development, memory, and on the psychobiology of trauma. His best-selling book, *The Body Keeps the Score*, draws on more than four decades of research on the neurobiology of trauma and his clinical experience with trauma victims.

Joe Weldon and **Noel Wight** are co-founders of the Somatic Therapy Center in Philadelphia and master somatic therapists, who studied extensively with Illana Rubenfeld, the founder of the Rubenfeld Synergy Method. They have worked in the field for more than three decades, developing the art of Transformative Touch, which focuses on the innate wisdom of the body as a path to healing and wholeness. A licensed clinical psychologist, Joe has taught at the University of Pennsylvania School of Social Work and Villanova University. Noel has a master's degree in integrative psychology and has taught with Illana Rubenfeld and at the Omega Institute, Kripalu, and at Esalen.

The Friends Conference on Religion and Psychology is one of the oldest conferences in the U.S. dedicated to individual spiritual exploration with a focus on in-depth psychology, specifically Jungian psychology. The roots of the conference were set down in the mid-1930s when a group of Quaker women met with C.G. Jung in Zurich for a four-hour talk about the similarities between the inward journey to wholeness through the unconscious—dreams, creative work, and active imagination—and the Quaker trust that the Inner Light will guide.

This year FCRP returns to the Quaker Retreat Center, Pendle Hill, outside of Philadelphia near Swarthmore. The conference begins with dinner, Friday evening, May 25 and ends with lunch on Memorial Day, May 28.



COST

Double Occupancy: \$440*
Single Occupancy: \$480*

The above fees include all conference costs; three nights' lodging; and breakfast, lunch, and dinner daily.

Commuter w/meals: \$285*

*You must register before April 27 for these fees. After April 27, there is a \$25 late registration fee.

Scholarship help is available. Please see our web site.

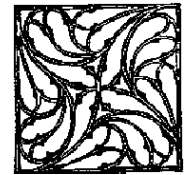
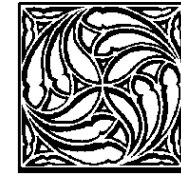
CEUs may be available for this work.

You can learn more about the Friends Conference on Religion and Psychology—including our history and legacy of plenary speakers—by visiting our web site:

<http://fcrp.quaker.org>

The 76th Annual

FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY



TRAUMA The Brain, the Body, and Compassionate Witness

Plenary Speakers

Bessel van der Kolk, M.D.

and

Joe Weldon and Noel Wight

May 25-28, 2018

Pendle Hill

Wallingford, Pennsylvania

FCRP...Inspiring inner journeys for change in the world

TRAUMA: THE BRAIN, THE BODY, AND COMPASSIONATE WITNESS

This year's plenary speaker is psychiatrist and *New York Times* best-selling author **Bessel van der Kolk, M.D.** His book, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*, is a courageous exploration of how trauma—whether from war-time experience, sexual abuse, corporal punishment, or even early parental verbal assaults—registers deep in the body and emotional brain.

“Trauma is not just an event in the past, it is an imprint left by experience on mind, brain, and body which affects how we survive,” writes Bessel van der Kolk. “After trauma, the world is experienced with a different nervous system.”

Neurological circuits in the limbic brain where trauma is recorded can become unconscious default patterns. Later in life, when trauma survivors encounter sounds, images, or smells associated with the original trauma, this deeper animal brain responds much as it had originally, prompting the release of fight/flight hormones that can cause uncontrollable emotions, including rage, anxiety, panic, and depression.

Because the experience of trauma is set down neurologically at a distance from the rational brain (the prefrontal cortex), traditional talk therapies can prove inadequate for healing. Bessel van der Kolk's decades of experience working with trauma victims have shown him how paths to healing must go through the animal brain and the body. He will share with us the science behind this less-than-conventional point of view.

He will also tell us how therapies that use rhythmic movement, simple play, and which focus on the breath can be effective for reaching the emotional brain through the body. Among those techniques are: *Eye Movement Desensitization Reprocessing (EMDR)*; *Somatic Therapy*, which works with imagery and gentle touch;

meditative breathing; and mindful movement such as *Feldenkrais* and *trauma-sensitive yoga*. Importantly, these approaches require the presence of an empathetic therapist or witness.

In the second half of our conference, **Joe Weldon** and **Noel Wight**, co-directors of the Somatic Therapy Center in Philadelphia, will help us go beyond the theory of trauma to a deeper understanding of the paths to healing. Joe and Noel will introduce Transformative Touch, a mind-body technique used to access the wisdom of the body and recover our innate inner balance.

Transformative Touch is a gentle, non-intrusive hands-on technique which helps individuals connect what is happening in their bodies to what is happening in their lives. Making these deep, felt connections and bringing that material to consciousness supports the creation of new neural synapses in the body and mind, opening the way to healing from physical and emotional pain. Joe and Noel's lectures and demonstrations during the weekend will allow conference participants to see Bessel's theory of healing from trauma in action.

The process of bringing material in the unconscious to consciousness in the presence of an empathetic therapist mirrors the Quaker tradition of offering nonjudgmental, compassionate witness and the Quaker practice of trusting the Inner Light to guide. This process also reflects Jungian psychology's tenet that achieving wholeness requires going into the dark to retrieve the “gold” of Self—the Light.



You can learn more about the history of our conference and you can register at:
<http://fcrp.quaker.org>

FCRP...*Inspiring inner journeys for change in the world*

Interest Groups

The small break-out groups we call interest groups help deepen participants' understanding of the material in the plenary talks. This year's interest groups are geared toward techniques of connecting to the emotional brain and to feelings in the body. Interest groups are intended as a personal growth experience, not as therapy.

1. Poetry and Intuitive Writing

Jane Byerley

2. Mimesis: Using Mythology, Story-telling, and Play for Insight and Growth

Liza O'Hanlon DiMino and John DiMino

3. Tai Chi: Learning to be More Fully Present in the Body

Beth Perry

4. Using Meditative Writing to Illuminate and Begin to Heal Trauma

Martha Witebsky

5. Parsing the Plenaries

Walter Brown

6. Radical Wholeness: Finding a Grounded Presence in “the Brain in the Belly”

Susan Burger

7. The Integrative Power of Dance with the Nia Technique

Rebecca Narva

8. Family Constellations

Randy Goldberg

9. Contemplative Questions Answered with Paint

Leah Gooch

10. A Trauma-Sensitive Tool Box: Simple Techniques for Grounding in the Body

Deborah Shayne Hughes