

# Southern Ohio ESC

Presents

## THE BODY KEEPS THE SCORE

Brain, Mind, and Body In The Healing Of Trauma

### Online Book Study

September 16, 2024 – October 28, 2024

15  
Contact  
hours

#### Why This Book?

"*The Body Keeps The Score*" is a groundbreaking work that delves into how trauma reshapes both the body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. Dr. Bessel Van Der Kolk, a leading expert in trauma research, offers insights into innovative treatments and practical strategies that educators can implement to foster a supportive learning environment.

#### What You'll Gain:

- **In-Depth Understanding:** Grasp the complexities of trauma and its effects on the body and mind.
- **Practical Strategies:** Learn evidence-based techniques to create a trauma-sensitive classroom.
- **Community Support:** Engage with fellow educators in meaningful discussions and shared learning experiences.
- **Expert Guidance:** Benefit from the insights and expertise of Dr. Bessel Van Der Kolk's research.

#### Details:

- **Duration:** 6 weeks (starting September 16, 2024)
- **Format:** We will be utilizing Google Classroom to support the online discussions.
- **Registration Link:** [tinyurl.com/Fall2024TBKTS](https://tinyurl.com/Fall2024TBKTS)

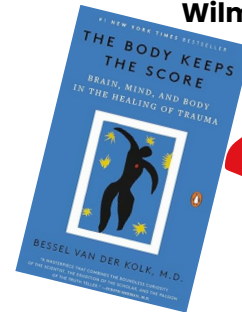


For more information contact,

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Cost: \$100.00

No Fee for educators from the  
Southern Ohio ESC Member Districts:  
Adams County Ohio Valley, Blanchester,  
Bright, Clinton-Massie, East Clinton,  
Fairfield, Greenfield, Hillsboro,  
Lynchburg-Clay  
Miami Trace, Washington Court House,  
Wilmington



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