

# Healing From Trauma: The Link Between Physiology and Psychodynamics

with Mark Weisberg, Ph.D., ABPP

April 20, 2016

Presented by MN Trauma Project

This one-day presentation will address the interface between psychodynamics, physiological response, and psychotherapy, the treatment of trauma and related syndromes. The capacity for attachment and relationship affects the patient's ability to tolerate new and different sensations and emotions in the body. This ties directly to experiences mediated by the limbic brain, and thus the connection to physiological responses. These phenomena are important not only in treatment of trauma but also of depression, anxiety and chronic pain.

We will discuss what constitutes integrative medicine, and how it relates to trauma and treatment. Many of the principles of mind-body medicine relate to core concepts in psychotherapy, and this connection will be explored in more detail. Psychoneuroimmunology provides some of the physiological linkages to help understand how emotion gets transduced into physiological response. Dr. Weisberg will also clarify how these principles can inform the effective treatment of trauma and related conditions.

## OBJECTIVES

- Participants will be able to describe what Psychoneuroimmunology is and why it is important in understanding mind-body medicine, trauma syndromes, and psychotherapy.
- Participants will describe what constitutes integrative treatment.
- Participants will describe the relationship between psychodynamics, physiological response and self-healing resources.
- Participants will describe at least 2 ways that an understanding of these principles can inform the treatment of trauma.

## SCHEDULE

Wednesday, April 20  
9 AM - 5 PM  
(two 15 min. breaks; 1.5 hour lunch on your own)

## LOCATION

Dakota Lodge  
1200 Stassen Ln  
St Paul, MN 55118

## CONTINUING EDUCATION INFORMATION

6 Continuing Education Credits will be provided

## COST

**Early Bird Registration goes through April 3, 2016**

Regular Registration - \$89  
Military/Student Registration - \$65

**From April 4 until April 20, 2016**

Regular Registration - \$115  
Military/Student Registration - \$79

Register at: [www.mntraumaproject.org](http://www.mntraumaproject.org)  
or the MN Trauma Project Facebook page



Mark B. Weisberg, Ph.D., ABPP is a Board-Certified Clinical Health Psychologist in Minneapolis, Minnesota. He is Adjunct Community Faculty, Academic Health Center, University of Minnesota. Dr. Weisberg is a Fellow of the American Psychological Association, American Society of Clinical Hypnosis, and American Academy of Clinical Health Psychology. He has been involved in clinical practice and consultation in integrative mind-body medicine for over 25 years, and lectures on related topics nationally and internationally. At the Minnesota Head and Neck Pain Clinic, he consults in the treatment of a wide variety of adults and adolescents with back pain, headache, temporomandibular disorders, and other widespread pain conditions. Dr. Weisberg is the co-author of *Trust Your Gut: Get Lasting Healing from IBS and Other Chronic Digestive Problems Without Drugs* (Conari Press, 2013), a consumer book on integrative treatment of digestive disorders. He also conducts a private psychotherapy and consultation practice in Minneapolis. For more information, please visit [www.drmarkweisberg.com](http://www.drmarkweisberg.com).

UPCOMING  
WORKSHOPS

# MN TRAUMA PROJECT

## SAVE THE DATES

May 11, 2016

**“Healing Trauma in the LGBTQ Communities”**

Beck Gee-Cohen, MA & Monica O’Connell, MA

September 22-23, 2016

**Proposed topic: “When We Get Stuck - How an Internal Family Systems Approach Can Transform Resistance With Traumatized Clients”**

Richard Schwartz, PhD

October 28-29, 2016

**“Intensive Psychotherapy for Persistent Dissociative Processes”**

Richard Chefetz, MD

*Co-sponsored by the Minnesota Psychoanalytic Society & Institute (MPSI)*

April 2017

**“Healing the Fragmented Selves of Trauma Survivors:  
Overcoming Self-Alienation”**

Janina Fisher, PhD

November 3-4, 2017

**“Engaging Traumatized Clients Who Avoid Attachment,  
Closeness, and Painful Feelings”**

Robert Muller, PhD

For information and registration, please visit:  
[www.mntraumaproject.org](http://www.mntraumaproject.org) or the MN Trauma Project Facebook page