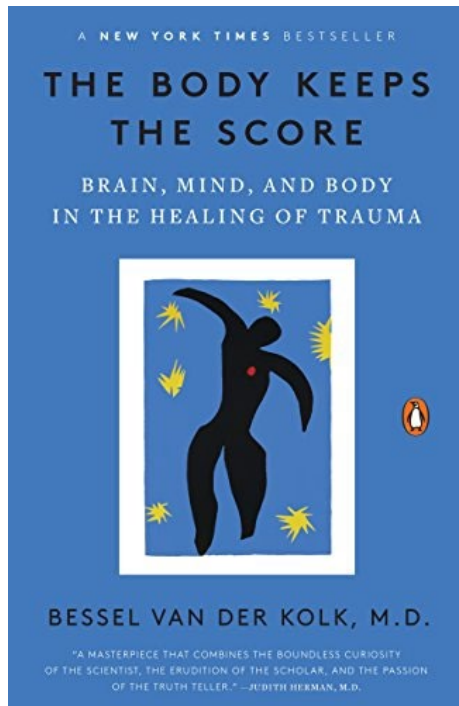


Bergen CASA Book Club!!

Our foster children and families are, by definition, traumatized. In **The Body Keeps the Score**, Dr. Bessel Van der Kolk explores how trauma literally is embedded in our bodies and minds and ways to heal the trauma. Both the audiobook and the written book are available from libraries as well as booksellers.



Join us for coffee and an **in-person** discussion of The Body Keeps The Score by Bessel Van Der Kolk, M.D. on Thursday, June 16, 2022, at 10:30am

One Bergen County Plaza, Room 3D
RSVP to lauren@bergencasa.org

From Amazon:

#1 New York Times bestseller

“Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

[Amazon](#)

[Interview with Bessel Van Der Kolk, M.D.](#)

[Other Youtube videos with him](#)