



Deliberating Work-Life Balance Within Recovery Courts

A TARCP PROFESSIONAL SERIES
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Dr. Bessel van der Kolk explains trauma. [Big Think](#)

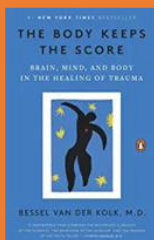
Dr. Bessel van der Kolk discusses addiction and trauma [Detoxifying the Body from Trauma](#)

Carly Simon reflects on attachments and addiction and her marriage to James Taylor. [Learning from Artist and Song](#)

Read about the intervention that trains the subject's attention away from threatening stimuli to neutral stimuli. [Attention Bias Modification Training](#)

Mental Health America's article on the attainable goal of balance. [The Employer and Employee Benefits of Work/Life Balance](#)

"When words fail, music speaks." – Hans Christian Anderson [An Article from Harvard Health](#)



With Appreciation



Drew Husley is the winner of this month's TARCP 20-ounce Yeti Rambler!

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Dr. Bessel van der Kolk is based in Boston and is an author, psychiatrist, neuroscientist, researcher and educator. He was born in the Netherlands and grew up during the German occupation. His book *The Body Keeps the Score* was published in 2014 and has changed the way trauma is perceived and treated. Many readers of book attest to the material being an a-ha moment for them.

The Body Keeps the Score shows the reader how to understand the science behind trauma and how trauma affects the brain-body connection. Dr. van der Kolk examines how trauma impacts memory, with a past trauma reoccurring over and over again for some individuals, seizing their days. This happens through a color, a scent, any trigger, that activates a memory of physical or sexual abuse, a car wreck, a fire, whatever the individual's trauma might have been. Often these sporadic memories flood into the individual's mind, in no logical order. These recollections appear to be in the here and now for the survivor, not in their past. Dr. van der Kolk believes it is important to place such memories in a sequence of order and in their past, framing a complete story of the event.

With the body, our muscles store our stress and this does not clear our system without some effort on our part. Dr. van der Kolk states, "it is by allowing the body to have experiences that deeply and viscerally contradict the helplessness, rage, or collapse that result from trauma." This can lead to the conclusion that additional effort is needed to heal the body outside of talking therapies alone.

The book shares methods to restore the balance between the emotional brain and the rational brain and how to discern and react differently to triggers. Professional clinical practices explored include neurofeedback, Cognitive Behavioral Therapy (CBT), exposure therapy, and Eye Movement Desensitization and Reprocessing (EMDR). Therapies shared for the layman include talking therapy, writing therapy, and engaging in mind-body activities such as yoga. Heavy emphasis is placed on the practice of yoga, theater, dance, practice of mindfulness, visualizations, and having a strong support network of family and friends.

The imprint of trauma is observed as the survival part of the brain. Posttraumatic reactions can make it difficult for survivors to interact with others because intimacy/closeness/bonding can trigger a sense of danger. Sadly, the very thing that can be dreaded most, relationship, is what is needed most to recapture a healthy emotional state of being.

Being able to feel safe with other people is probably the single most important aspect of mental health; safe connections are fundamental to meaningful and satisfying lives. ~ Bessel van der Kolk.

