The Good News: What You Do Matters, A Discussion with Dr. Bessel van der Kolk

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This discussion was first published as part of the NFPA 2021 Education Conference, entitled 'Forward: Hope. Care. Change', and will center around Dr. van der Kolk's book, 'The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma'.

Bessel van der Kolk, M.D., has spent his career studying how children and adults adapt to traumatic experiences, and has translated emerging findings from neuroscience and attachment research to develop and study a range of treatments for traumatic stress in children and adults.

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