



# President's Message

~ Rhonda Meacham

Hello IL ATSA members and colleagues! Over the past quarter, the board has devoted energy to planning, coordinating, and partnering with others to provide various training opportunities. This newsletter is devoted to disseminating information about our upcoming webinar series, co-sponsored trainings, and a 1-2 day conference that will be held in Spring 2017—just in time to get the necessary CEU's to maintain our LSOTP and

LSOE licensure. In addition, IL ATSA has a *pending application with the IDFPR to provide CEU's to IL Social Workers*. We are interested in hearing from our membership and colleagues with suggestions for webinar, workshop, and training topics and welcome anyone to contact us if you are interested in being a presenter. I hope you find this newsletter useful in planning for your ongoing education and

that it maybe even inspires you to reach out and share your expertise with others. **If you are interested in applying for board membership or would like to volunteer to assist in our conference planning, please contact me** via email at [RMeachamLLC@gmail.com](mailto:RMeachamLLC@gmail.com). Sending wishes that the remainder of the summer is filled with friendship, happiness, renewal, and FUN!!!

### In this Issue:

PRESIDENT'S MESSAGE.....1

BOOK REVIEW.....1 - 2

2016 WEBINAR SERIES.....3

## Book Review: *The Body Keeps the Score*

~ Tracy Tholin, Ms.Ed.

One of the buzz phrases I've heard, particularly in the last few years, has been "trauma-informed care" and what it means to have a "trauma-informed approach." Intuitively, these words and approach make sense. When I first began work in the field of sex offense specific treatment (~ 8 years ago), I was naively unaware of the breadth and depth of issues that my clients and their families would bring, outside of their offense behavior. Most of these difficulties, for clients and parents alike, stemmed from "trauma." Hence, I have felt it imperative to add anything under the heading "trauma" to my reading list. That desire, coupled with hearing a podcast with Bessel van

der Kolk, who is renown in the literature as the modern day expert on trauma, provided the impetus to read this book. After reading it I was not disappointed and can easily see why he has earned this reputation.

Van der Kolk best captures his central thesis for his book with these words from the introduction: "*I wrote this book to serve as both a guide and an invitation – an invitation to dedicate ourselves to facing the reality of trauma, to explore how best to treat it, and to commit ourselves, as a society, to using every means we have to prevent it.*"

Throughout the book, he provides a compelling argument to accept his

invitation – in the way he structures the book, in the way he balances research and vignettes, and in his use of metaphor. He introduces the reader, with broad sweeping strokes, to the role that neuroscience, developmental psychopathology, and interpersonal biology have played in the understanding of trauma, abuse, and neglect. He gradually narrows his scope, adding details on various treatment methodologies and adjunctive therapies.

In section one, "the rediscovery of trauma," he discusses early work with Vietnam veterans, the development of Post-traumatic Stress Disorder

[continued on page 2](#)



## IL-ATSA BOARD

**PRESIDENT**

**RHONDA MEACHAM**

**PAST PRESIDENT &**

**SOMB REP**

**GUY GROOT**

**VICE-PRESIDENT**

**JEFF REYNOLDS**

**SECRETARY**

**MICHELLE EVANS**

**TREASURER**

**MICHAEL KLEPPIN**

**NEWSLETTER**

**TRACY THOLIN**

## “The Body Keeps the Score” *continued from page 1*

~ Tracy Tholin, Ms.Ed.

as a diagnosis, and provides a minor commentary on the overall development of the DSM. He is unafraid to address the shortcomings of the past, how early interventions with those we now label as having experienced trauma, failed.

In section two, “this is your brain on trauma,” he leads the reader through an exploration of neuroscience. He focuses on trauma’s effects on the body and provides a straightforward explanation of components of the brain and their role in detecting and mitigating threats. Again he uses vignettes and, to be more helpful, metaphors to describe the functions of the brain. For example: the thalamus is the “cook,” the amygdala is the “smoke detector,” and so forth.

In section three, “the minds of children,” he explores attachment and attunement. For those that have read and studied attachment, this will likely be review. He revisits the DSM, the limitations of diagnosis, and strategies for clinicians to gather trauma history. He also discusses the research findings from the Adverse Childhood Experiences (ACE) study and provides

a brief discussion of his label of “developmental trauma disorder” and the implications if it were to become a diagnosis.

Specific to our work, in section three, under the sub-heading “when problems are really solutions,” he states that when we (as clinicians) only label behaviors as “negative,” and focus on their elimination, we fail to understand how these behaviors serve an important function for our clients. They are the behaviors our clients have used for survival and for getting their needs met. This resonates with me in terms of everything I’ve read about the “Good Lives Model.”

In section four, “the imprint of trauma,” which is shorter relative to the other sections, he discusses the role of memory in trauma, and the “problems” associated with accessing memory. For any clinician who has struggled with frustration over the client’s telling of a story – this is an important primer and lesson on how memory is constructed and recalled.

In section five, “Paths to recovery,” he discusses various therapeutic techniques and adjunctive approaches that have been used to address

trauma including: CBT, Limbic system therapy, psychotropic medication, EMDR, yoga, Internal Family Systems therapy, neurofeedback, theater, and improv. He gives the reader a small taste of each of these, piquing interest in each of these topics.

For those seeking a book that balances clinical and lay language, The Body Keeps Score provides an introduction to the complex issues surrounding trauma including a historical overview, offers an easily understood explanation of brain science, provides a taste of the different trauma focused interventions being used (some we would call “evidence –based” and others with a dearth of research), and in addition to all this- provides a wealth of resources/websites in the index. I would highly recommend it to anyone wanting to further their trauma informed approach.

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

Bessel Van Der Kolk, M.D.  
Penguin Books, NY  
2014

# IL-ATSA WEBINAR SERIES 2016!

**Thursday July 28**

**“Understanding PPG Reports”**

*Amber Jelinek, Psy, D., LPC, LSOTP*

**Thursday August 25**

**“Using REBT for Sexual Behavior Problems”**

*Glen Ensinger, LCPC, LSOE, LSOTP*

**September TBD**

**“Polygraph Basics”**

*Presented by Mike Anton*

**Thursday October 13**

**“Human Trafficking”**

*Presented by Joy Kelleher*

**Thursday November 17**

**“Polygraph Part 2: Effective Programming,  
Preparation, and Post- Test Processing”**

*Rhonda Meacham, LCSW, LSOTP, LSOE*

**Thursday December 8**

**“The Impact of Culture on Sexuality”**

*Michelle Evans, LCSW, LSOTP, CADC*



All webinars held 12 – 1:30 pm. \$20 per webinar participant includes CEU.

Illinois ATSA is an IDFPR approved continuing education provider for SO tx providers and evaluators.

E-mail [illinois-atsa@mediacombb.net](mailto:illinois-atsa@mediacombb.net) with the subject heading: “RSVP (webinar title)” to receive registration instructions!