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A high-resolution photograph is available for download at  
<http://www.mahaiwe.org/press.html>

**Mahaiwe and Berkshire United Way Co-Host  
Free Talk on Healing from Trauma  
by Dr. Bessel van der Kolk**

Great Barrington, Mass.— The Mahaiwe Performing Arts Center, in partnership with Berkshire United Way, will present a lecture by Dr. Bessel van der Kolk titled “The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma” on Thursday, October 26 at 7:00pm. The talk will be followed by a question-and-answer session with the audience. This event is free; the doors will open at 6:30pm for general admission seating.

“We at the Mahaiwe are very glad for this opportunity to collaborate with the Berkshire United Way on such an important talk for our community,” said Mahaiwe Executive Director Beryl Jolly. “Dr. van der Kolk’s pioneering work in the healing of trauma—utilizing theater, yoga, mindfulness and similar therapies—resonates strongly with the resources available in our community, and should be of interest to many.”

“Our partnership with the Mahaiwe Performing Arts Center is helping us further our countywide efforts to better understand trauma and how we can build resiliency in our lives and the lives of others,” said Karen Vogel, Director of Community Impact at Berkshire United Way.

Bessel van der Kolk, M.D. has been the Medical Director of The Trauma Center in Boston for the past 30 years. He is a Professor of Psychiatry at Boston University Medical School and serves as the co-director of the National Center for Child Traumatic

Stress Complex Trauma Network. Though he identifies himself primarily as a clinician, he has published well over 150 peer reviewed scientific articles on various aspects of trauma, including his current projects: 1) yoga for treating post-traumatic stress disorder (PTSD), funded by the National Institutes of Health (NIMH); 2) the use of theater for violence prevention in the Boston public schools, funded by the Centers for Disease Control and Prevention; 3) the mechanisms of eye movement desensitization and reprocessing therapy (EMDR); 4) sensory integration in traumatized children; and 5) the use of neurofeedback in PTSD.

Dr. van der Kolk has written extensively using neuroscience research to identify appropriate treatments for PTSD and completed the first NIMH-funded study of EMDR. He has taught at universities and hospitals around the world. He is author of the New York Times bestselling book *The Body Keeps the Score: Mind, Brain and Body in Healing From Trauma* (Viking Penguin, 2014).

#### About the Mahaiwe

Located in downtown Great Barrington, Massachusetts, the Mahaiwe Performing Arts Center is the year-round presenter of world-class music, dance, theater, classic films, Live in HD broadcasts, and arts education programs for the southern Berkshires and neighboring regions. The intimate jewel box of a theater opened in 1905. Since 2005, the performing arts center has hosted over 1,000 events and welcomed over half a million people through its doors. More than 18,000 students from 61 different schools have benefited from the Mahaiwe's school-time performances and residencies. For tickets and information, see [www.mahaiwe.org](http://www.mahaiwe.org) or call 413.528.0100.

#### About Berkshire United Way

Berkshire United Way has served Berkshire County for over 90 years, mobilizing the resources necessary to address the most pressing issues and lead the way to a thriving community. As part of a global network, we focus on creating lasting change by giving parents the tools they need to be partners in their child's success, leading to healthy

decision making by youth and resulting in a successful, stable life. For more information about Berkshire United Way, please visit [berkshireunitedway.org](http://berkshireunitedway.org).