



Reading Schedule

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

Author: Bessel Van Der Kolk

Session	Reading Period	Meeting Date	Chapters	Titles
1	N/A	Aug 8	N/A	Purpose, rules, meeting format, and book selection
2	Aug 9 – Aug 22	Aug 22	Ch. 1 & 2	Lessons from Vietnam Veterans; Revolutions in Understanding Mind and Brain
3	Aug 23 – Sept 5	Sept 5	Ch. 3 & 4	Looking into the Brain: The Neuroscience Revolution; Running for Your Life: The Anatomy of Survival
4	Sept 6 – Sept 19	Sept 19	Ch. 5 & 6	Body-Brain Connections; Losing Your Body, Losing Your Self
5	Sept 20 – Oct 3	Oct 3	Ch. 7 & 8	Getting on the Same Wavelength; Trapped in Relationships

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6	Oct 4 – Oct 17	Oct 17	Ch. 9 & 10	What's Love Got to Do with It?; Developmental Trauma
7	Oct 18 – Oct 31	Oct 31	Ch. 11 & 12	Uncovering Secrets; The Unbearable Heaviness of Remembering
8	Nov 1 – Nov 14	Nov 14	Ch. 13 & 14	Healing from Trauma: Owning Your Self; Language: Miracle and Tyranny
9	Nov 15 – Nov 28	Nov 28	Ch. 15 & 16	Letting Go of the Past: EMDR; Learning to Inhabit Your Body: Yoga
10	Nov 29 – Dec 12	Dec 12	Ch. 17 & 18	Putting the Pieces Together; Filling in the Holes
8	Dec 13 – Dec 26	Dec 26	Ch. 19, 20 & Epilogue	Rewiring the Brain; Finding Your Voice; Choices to Be Made