



Questions and Topics for Discussion

The Body Keeps the Score: Brain, Minds, and Body in the Healing of Trauma by Bessel Van Der Kolk, M.D.

For a printable copy of these questions, visit: beclibrary.org/book-discussion-questions

1. What has been the impact of this material/information for you?
2. What was the most challenging part of this material/information for you?
3. What are the three most important things you will remember from this work/information?
4. What did you learn about social identity (ies) other than your own?
5. How does trauma affect a person's ability to form relationships with other people?
6. How might relationship issues exacerbate psychological trauma?
7. What are things you might do to build trust with a person who has been through a traumatic experience?
8. What happens to the brain/body connection as a result of trauma?
9. How does the body keep the score?
10. How is trauma stored in the body?
11. What are three types of trauma?
12. What is toxic trauma?
13. What is Van der Kolk's approach to care?
14. How do you heal trauma?

Do you have a good question to add to this list? Contact: reference@blueearthcountymn.gov