

Kathy Steele, MN, CS

INTENSIVE TRAINING IN TREATING DISSOCIATIVE DISORDERS



Constant Innovation
to Psychotherapy

LONDON

SEPTEMBER 14-15-16 2018

NOVEMBER 2-3-4 2018

DECEMBER 7-8-9 2018

THIS INTENSIVE TRAINING WILL OFFER THREE 3-DAY WORKSHOPS ON AN INTEGRATIVE, PRACTICAL TREATMENT APPROACH WITH PATIENTS WHO HAVE DISSOCIATIVE DISORDERS. AMPLE TIME FOR PRACTICE OF SKILLS WILL BE INCLUDED.

PART I

September 14 - OVERVIEW OF AN INTEGRATIVE PRACTICAL APPROACH

An overview and integration of the theory of structural dissociation with attachment, neurobiological, and other relevant theories, and the science of traumatic memories will be offered as a beginning frame for treatment. The nature of dissociative parts and how they differ from normal ego states will be explored. Practical approaches to distinguishing dissociative parts from ego states will be offered. In addition, a helpful treatment frame and boundaries and essential treatment principles and goals that are based on treatment guidelines for Complex PTSD (Courtois et al, 2011) and for DID (ISSTD, 2011) will be discussed.

September 15 - ASSESSING DISSOCIATION

This day will provide detailed approaches to assess for Complex Developmental Trauma Disorders, including DID. We will explore specific symptoms and how to assess for a dissociative inner organization that may not be obvious. Testing instruments will be discussed. Various forms of amnesia will be distinguished from absorption or detachment. Particular attention will be paid to distinguishing between symptoms of psychosis and dissociation, which may have significant overlap. Pacing of trauma assessment, indications of prognosis and treatment trajectory, and assessing the need for specific use of ego state, hypnosis, CBT, EMDR, somatic, or psychodynamic treatments will be explored.

September 16 - STABILIZATION

Participants will learn specific and practical skills to create safety, reduce symptoms, and stabilize. Skills include: How to work with trauma-related phobias; build inner safety among patients and work with dissociative parts in a safe manner; develop self and relational regulatory capacities; the ability to mentalize; how and when to contain traumatic memories; and many others.

PART II

November 2 - WORKING WITH DISSOCIATIVE PARTS

This day provides in-depth skills to work with dissociation with systemic approaches that support the individual as a whole person. How to work with difficult dissociative parts, such as those involving anger or extreme dependency will be emphasized, with ample time to practice interventions and approaches.

November 3 -THE THERAPEUTIC RELATIONSHIP: ATTACHMENT, DEFENSE, DEPENDENCY, AND COLLABORATION

One of the most challenging issues in working with dissociative patients is dealing with the phobia of attachment and that of attachment loss. On this day we will explore relational models that are most effective for this group of patients. Participants will learn how to contain and work with dependency and with avoidance of dependency in ways that support the adult patient's sense of competence and growth.

November 4 - WORKING WITH CHRONIC SHAME AND RESISTANCE

This day will focus on the central issue of chronic shame, exploring the functions of shame, the antidotes to shame, and learning top-down and bottom-up approaches to resolving shame. We will also discuss how to help patients learn to be resilient in the face of inevitable shame. We will also explore several ways to identify and work with resistance, which should be seen as a protection of the patient rather than as an obstacle to treatment.

PART III

December 7 - TREATING TRAUMATIC MEMORY

Treatment of traumatic memory often requires special approaches for patients with dissociative disorders, as they can be easily overwhelmed by standard exposure and EMDR protocols. We will explore several methods which emphasize the need to include dissociative parts, maintain relationship and connection to the present, titrate memory into smaller components, and focus on process instead of content. Specific preparations for memory work will be described. Participants will learn how to avoid suggestive techniques.

December 8 - WORKING WITH PERPETRATOR-IMITATING PARTS AND ISSUES IN INTEGRATION AND PHASE 3

This day will offer a more intensive focus on challenging issues in working with perpetrator-imitating parts. In the afternoon we will explore issues in the integration of parts, including integrative approaches such as blending and efforts to eliminate the need for dissociation.

December 9 - CASE CONSULTATION DAY

During the final day of training, participants will have an opportunity to present cases and receive consultation. A format for case presentation will be provided.

Day 1: Overview of an Integrative Practical Approach

10:00 - 10:15 Introduction to Complex PTSD and Dissociation

10:15 - 10:30 A rational approach to the integration of clinical models and theories in the

treatment of complex PTSD and dissociation

Finding a balance between being and doing in the treatment of dissociative disorders

10:30 - 10:45 The nature of traumatic memory

10:45 - 11:20 Understanding integration as a process

Realization and nonrealization

11:20 - 11:40 BREAK

11:40 - 12:20 Action systems, the Polyvagal theory and dissociation

12:20 - 13.00 The Theory of Structural dissociation

Understanding dissociation, self, and personality

Metaphors of dissociation and how they influence treatment

Understanding the functions of dissociative parts

Differences between dissociative parts and ego states (and implications for treatment)

13:00 - 14:00 LUNCH

14:00 - 14:15 Disorganized attachment and dissociation

14:15 - 14:45 What maintains dissociation over time?

Substitute actions when integration is not sufficient

14:45 - 15:50 Phase oriented treatment

Goals in each phase

Is stabilization necessary, and if so, when and why?

15:50 - 16:00 Developing a treatment frame and boundaries

16:00 - 16:20 BREAK

16:20 - 17:00 Treatment frame and boundaries, continued

17:00 - 17:30 Principles of treatment

17:30 - 17:45 Setting realistic goals

17:45 - 18:00 Q&A

18:00 CLOSE

Day 2: Assessing Dissociation

10:00 - 10:15 Introduction to assessment: Comprehensive strategies and diagnostic controversies

10:15 - 10:30 Challenges in assessment

Resource assessment

10:30 - 11:00 Prognosis assessment and readiness for therapy

11:00 - 11:20 Assessing comorbidity, including personality disorders

Is comorbid condition made worse by dissociation or is it due to dissociation?

11:20 - 11:40 BREAK

11:40 - 12:00 Assessment of Complex PTSD

12:00 - 13:00 Assessment for Dissociative Disorders: Symptoms

Amnesia

Distinguishing amnesia from narrowed attention

Positive / negative symptoms

Psychoform / somatoform symptoms

13:00 - 14:00 LUNCH

14:00 - 15:00 Passive influence

Schneiderian first-ranked symptoms of schizophrenia

Distinguishing psychotic hallucinations from dissociation

Overt and covert switching

15:00 - 15:15 Alterations of identity and identity confusion

15:15 - 15:30 Depersonalization and Derealization

15:30 - 15:45 Primary, secondary and tertiary dissociation, and treatment implications

15:45 - 16:00 Distinguishing DID from other forms of dissociative disorders

16:00 - 16:20 BREAK

16:20 - 16:40 Distinguishing DID from Borderline Personality Disorder

16:40 - 17:20 Practice session of assessment (Participants will be given a case and will

engage in a role

play of assessment strategies)

17:20 - 17:35 Discussion of role play and Q&A

17:35 - 18:00 Assessing the client's reactions to being dissociative, with treatment implications

18:00 CLOSE

Day 3: Stabilization

10:00 – 10:15 Assessing when to stabilize and when to engage in deeper work

10:15 – 10:45 Stabilization skills for daily life functioning

10:45 – 11:20 Building resources for strength, resilience and positive emotions

Top down interventions

Bottom up interventions

11:20 – 11:40 BREAK

11:40 – 12:15 Working with dissociative parts to stabilize

Conflict management between dissociative parts

Focus on daily life instead of traumatic memories

Improving awareness and cooperation between parts

Reducing switching among dissociative parts

12.15 – 13.00 Skills practice in small groups (stabilization with dissociative parts)

13:00 – 14:00 LUNCH

14:00 – 14:10 Discussion of group practice

14:10 – 14:45 Working with action systems to stabilize

Identifying and deactivating defenses

Increasing interest and curiosity

Using social engagement to stabilize

14:45 – 15:30 Skills Practice in small groups

15:30 – 15:45 Discussion of practice

15:45 – 16:00 Mindfulness and Grounding skills

When to use external versus internal mindfulness

16:00 – 16:20 BREAK

16:20 – 16:35 Containment skills

16:35 – 17:35 Skills to overcome trauma-related phobias

Emotion regulation skills

17:35 – 17:50 Reflection and mentalization skills

17:50 – 18:00 Q&A

18:00 CLOSE

Day 1: Working with Dissociative Parts

10:00 – 10:30 Levels of systemic intervention with dissociative parts

Determining the needed level of intervention

Which parts to work with first

10:30 – 10:45 When not to work with dissociative parts

10:45 – 11:20 A rational approach to working with dissociative parts

What are the goals of working with various parts?

Specific approaches

11:20 – 11:40 BREAK

11:40 – 12:15 Strengthening parts that function in daily life

Strategizing about how to increase communication

Encouraging responsibility and accountability of the person as a whole

12:15 – 13:00 Communicating with dissociative parts

“Talking through”

Using a dissociative part as “spokesperson” or “translator”

Working directly with a dissociative part

Communication through writing or art

Ideomotor finger signals (hypnotic technique)

13:00 – 14:00 LUNCH

14:00 – 15:00 Working with hostile, angry, or perpetrator-imitating parts

15:00 – 15:45 Working with child parts in the context of the whole person

15:45 – 16:25 Working with other types of parts

Working with groups of parts

The concept of the therapist as “go-between”

16:25 – 16:45 BREAK

16:00 – 16:45 Skills practice in small groups – Communicating with dissociative parts or

working with hostile parts

16:45 – 17:00 Discussion of practice

17:00 CLOSE

Day 2: The Therapeutic Relationship: Conflict, Defense, Dependency, and Collaboration

10:00 – 10:15 Introduction to attachment and dependency

10:15 – 10:30 Dilemmas in using a parent-child attachment model in therapy

10:30 – 10:45 Collaboration and sharing as an evolutionary prepared motivational action system

10:45 – 11:20 Differences among attachment, dependency and collaboration in therapy

11:20 – 11:40 BREAK

11:40 – 12:20 A collaborative model of attachment

12:20 – 13:00 Using a collaborative model effectively

13:00 – 14:00 LUNCH

14:00 – 14:45 Developing a felt sense of attachment

14:45 – 15:50 Using collaboration to develop positive emotion and experiences

15:50 – 16:00 Using collaboration to develop positive emotion, cont'd.

16:00 – 16:20 BREAK

16:20 – 17:00 Understanding dependency needs in trauma survivors

17:00 – 17:30 Interventions for working with dependency

17:30 – 17:45 Interventions, cont'd.

17:45 – 18:00 Q&A

18:00 CLOSE

Day 3: Working with Chronic Shame and Resistance

10:00 – 10:15 Introduction to chronic shame

The therapist's shame

10:15 – 10:30 Functions of shame

Physiology of shame

10:30 – 11:00 Obstacles to recognizing and dealing with shame

The many manifestations of shame

Shame and other emotions

Shame and animal defenses

11:00 – 11:20 Understanding major defenses against shame

11:20 – 11:40 BREAK

11:40 – 12:00 Treatment approaches to chronic shame

Top down approaches

12:00 – 13:00 Treatment approaches, cont'd

Imagery approaches

Bottom up approaches

13:00 – 14:00 LUNCH

14:00 – 14:20 Developing resilience to shame

14:20 – 14:45 Understanding and compassionately accepting resistance

Resistance as phobic avoidance

Resistance as protection

Temporary versus enduring resistance

14:45 – 15:15 Resistance as a co-created problem of patient and therapist

15:15 – 15:45 Inner conflict and resistance

Dissociation and resistance

15:45 – 16:00 Working with resistance

Defining inner conflicts

16:00 – 16:20 BREAK

16:20 – 16:40 Working with resistance, continued

Top down approaches

16:40 – 17:20 Working with resistance, continued

Working with the felt sense of resistance

17:20 – 17:35 Working with resistance, continued

Pacing

Collaborative approaches

Goal setting to reduce resistance

17:35 – 17:45 Working with resistance, continued

The person of the therapist

17:45 – 18:00 Q&A

18:00 CLOSE

Day 1: Treatment of Traumatic Memory

10:00 - 10:15 Introduction to integrative approaches to processing traumatic memory

10:15 - 10:45 The centrality of the therapeutic relationship

Containment

Bearing witness

Supporting social engagement

10:45 - 11:20 The central conflict of knowing and not knowing

Controversies in the treatment of traumatic memory

11:20 - 11:40 BREAK

11:40 - 12:15 Remembering versus reliving

What is different with traumatic memory in dissociative disorders

Containment strategies and flashbacks

12.15 - 13.00 Choosing an approach

Choosing techniques

When NOT to use techniques

Working with resistances

13:00 - 14:00 LUNCH

14:00 - 14:10 Synthesis and realization in the treatment of traumatic memory

14:10 - 14:45 Preparing for the work

14:45 - 15:30 Working with dissociative parts

15:30 - 15:45 Special techniques

15:45 - 16:00 Special techniques, continued

16:00 - 16:20 BREAK

16:20 - 16:35 Practice or role play

16:35 - 17:35 Practice or role play, continued

17:35 - 17:50 Resolving impasses with traumatic memory

17:50 - 18:00 Q&A

18:00 CLOSE

Day 2: Working with Perpetrator-Imitating Parts and Issues in Integration

10:00 - 10:30 Additional focus on working with perpetrator-imitating parts

10:30 - 10:45 Role play and practice

10:45 - 11:20 Role play and practice

11:20 - 11:40 BREAK

11:40 - 12:15 How to support gradual integration

Approaches to blending

How to support integration of two or more parts

Collaborative inner group or complete integration: Controversies

13:00 - 14:00 LUNCH

14:00 - 16:45 Phase 3 Treatment goals review

Introduction to integration of dissociative parts

Blending, fusion, unification

How to support gradual integration

15:30 - 15:50 BREAK

15:50 - 17.00 Approaches to blending

How to support integration of two or more parts

Post-integration issues

17:00 CLOSE

Day 3: Case Consultation

10:00 - 11:20 Case Consultation

11:20 - 11:40 BREAK

11:40 - 13:00 Case Consultation

13:00 - 14:00 LUNCH

14:00 - 15:30 Case Consultation

15:30 - 15:50 BREAK

15:50 - 17:00 Case Consultation

17:00 END



KATHY STEELE, MN, CS has been in private practice in Atlanta, Georgia for over 30 years, and is an adjunct faculty at Emory University. Kathy is a Past President and Fellow of the International Society for the Study of Trauma and Dissociation (ISSTD).

She has (co)authored numerous publications, including three books on trauma and dissociation.

Kathy has received a number of awards for her clinical and written works, including the 2010 Lifetime Achievement Award from ISSTD. She frequently teaches around the world.

LANGUAGE

ENGLISH

LOCATION

LONDON

FEE

£1,600 (VAT included)

The registration fee can be paid into 4 different instalments, as specified below:

- 1° (£480) at the moment of registration
- 2° (£400) within 31/08
- 3° (£400) within 31/10
- 4° (£320) within 30/11
- **EARLY BIRD: £1400**
- **STUDENT FEE: £1400**

REGISTRATION

Please visit our website www.international-isc.com to register to the Event. If you have any questions or need additional details and/or assistance, please email us at the following address: segreteria@isctraining.com.

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