

Healing the Divided Mind: *A Practical, Integrative Approach to Working with Dissociative Clients* Kathy Steele

Video Course
CPD/CE credits: 6

Price: £139



Online video access remains available for 1 year from the date you receive the video course.

Therapists can sometimes feel overwhelmed by the challenges and confusing presentations of clients who experience trauma-related dissociative disorders. This highly practical workshop will offer **in-depth skills to understand and work with inner conflicts and dissociative parts of self.**

The overall objective of the workshop is to learn practical skills, which can help improve our client's functioning in daily life and cultivating our client's ability to engage as a collaborative partner in therapy. Through a series of clinical vignettes, we, as participants at this workshop will learn a wide **range of interventions to stabilize clients prior to working with traumatic memories.** Trauma-related conflicts and phobias, especially the phobia of inner experience (i.e., thoughts, emotions, sensations, memories, wishes, needs), will be addressed, and their treatment will be described as a central part of therapy. Also, we will explore specific avoidance defences that are common in these clients and learn compassionate approaches to resolve them.

Our learning objectives at this workshop are:

- Employ at least **five interventions to help clients overcome trauma-related phobias:** The central roles of fear and shame
 - The phobia of inner experience
 - Learning to normalize, accept, regulate and tolerate inner experience
 - Mentalizing and compassion as strategies to cope with inner experience
 - **The phobia of attachment and attachment loss**
 - Relational strategies to deal with simultaneous or alternating approach and avoidance
 - The **phobia of adaptive change:** *"If I change, I will not be myself."*



- The **phobia of dissociative self-states**: “Not me, not mine, not real, not true”
 - Working with dissociative self-states in an integrative, stepwise fashion which emphasises the integrity of the whole person
- The **phobia of traumatic memory**: Reliving versus remembering
 - Containment strategies
 - Titration of traumatic memory work
- Relational strategies for grounding, containment, and integration of traumatic memory
- Identify and help the client resolve specific conflicts that are common in developmental trauma
- Identify interventions **to help resolve the client’s disorganized (dissociative) attachment style**
- Employ interventions to improve stabilization by working with dissociative parts of self
- Identify common avoidance defences in clients who are dissociative and employ interventions to resolve them

While techniques are helpful adjuncts to treatment, a consistent and predictable therapeutic relationship is a primary factor in whether and how clients improve. Participants will learn how to maintain optimal relational closeness/distance with **clients who simultaneously experience the therapist as both needed and dangerous**, as well as how to effectively repair frequent ruptures in the relationship. Ample case examples will illustrate specific approaches and interventions.

About the speaker

Kathy Steele, MN, CS has been treating complex trauma, dissociation, and attachment issues since 1985. She is in private practice with Metropolitan Psychotherapy Services and is Adjunct Faculty at Emory University in Atlanta, Georgia, US. Kathy is a Past President and Fellow of the International Society for the Study of Trauma and Dissociation (ISSTD), and has also previously served on the Board of the International Society for Traumatic Stress Studies (ISTSS). She has been involved with developing treatment guidelines for Dissociative Disorders and well as for Complex Posttraumatic Stress Disorder. Kathy has received a number of awards for her work, including the 2010 Lifetime Achievement Award from ISSTD, an Emory University Distinguished Alumni Award in 2006, and the 2011 Cornelia B. Wilbur Award for Outstanding Clinical Contributions. She is known for her humour, compassion, respect, and depth of knowledge as a clinician and a teacher, and for her capacity to present complex issues in easily understood and clear ways using an integrative psychotherapy model that draws from both traditional and somatic approaches. She is sought as a consultant and supervisor, and as an international lecturer.

She has co-authored three books as part of the acclaimed Norton Series on Interpersonal Neurobiology: *The Haunted Self: Structural dissociation of the personality and chronic traumatization* (2006, Van der Hart, Nijenhuis, & Steele – W. W. Norton); *Coping with trauma-related dissociation: Skills training for patients and therapists* (2011, Boon, Steele, & Van der Hart – W. W. Norton); and most recently, *Treating trauma-related dissociation: A practical, integrative approach* (2017, Steele, Boon, & Van der Hart – W. W. Norton). She has also (co)authored numerous book chapters and journal articles.

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