

Clinical Mastery with Kathy Steele

Inside the Clinical Mind: *Working with Distrust and Dissociative Defences*

Mastery Session Live Online with

Kathy Steele

Zoom Webinar

10 February 2026, Tuesday

Times:

7:00 pm – 8:30 pm, London UK

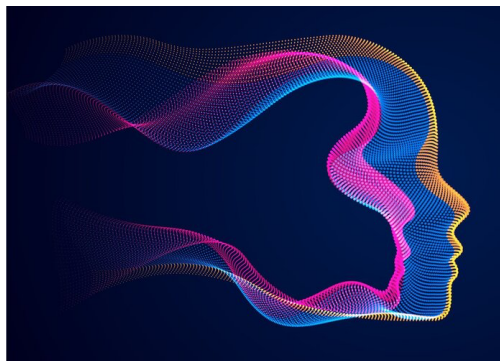
2:00 pm – 3:30 pm, New York, USA

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Assessment and Therapeutic Work with Trauma-Related Dissociation Video Course

CPD hours: up to 10.5 CPD hours depending on the ticket type

Includes Video Course + Exclusive 90-Minute Mastery Session Live Online (optional)



Location: Online streaming only

(webinar tickets for the video course & live mastery session bundle include complimentary access to a video recorded version for 2 years, the individual ticket for accessing video course only, includes complimentary access to video course for 1 year)

Inside the Clinical Mind: Working with Distrust and Dissociative Defences

10 February 2026 | 7 pm UK | 90 minutes | Live Online | 1.5 CPD Hours

When closeness feels unsafe



In the treatment of complex trauma, safety itself can evoke fear.
Clients long for connection, yet instinctively retreat the moment it appears.

What looks like resistance is often the nervous system's last-ditch attempt to stay alive — dissociative defences that once protected, now imprison.

This Mastery session invites you to enter the *clinical mind* of Kathy Steele — one of the world's leading authorities on trauma-related dissociation — to understand how she assesses, stabilises, and gently shepherds clients toward trust when connection feels dangerous.

★ **This Mastery evening is built around Kathy Steele's definitive video course**

Assessment and Therapeutic Work with Trauma-Related Dissociation

8h41m | 9 CPD Hours | 2-year access in the combined option

Across eight modules, this landmark training offers a complete roadmap to recognising and working with dissociative processes:

What the full video course covers

- How to identify dissociative structures without over-pathologising
- The practicalities of assessing amnesia, time loss, and internal voices
- Distinguishing ego states from dissociative parts — and why it matters
- The full three-phase treatment model Kathy helped define
- Techniques for stabilisation, pacing, and trauma-related phobias
- Systemic approaches to parts: cooperation, communication, "talking through"
- How to maintain therapeutic presence, boundaries, and regulation

This course is the **clinical foundation**.
The Mastery evening is the **clinical application**.

Together, they offer an unusually complete learning arc: theory, practice, moment-to-moment reasoning.

★ **How the Video + Mastery Session Work Together**

- The **video course** gives you Kathy's structured, integrative model.
- The **Mastery session** shows how she *thinks* when the model meets the reality of the room.

You'll watch her navigate:

- protective withdrawal
- fragmented internal systems
- implicit phobias of attachment
- rupture, repair, and relational pacing
- the therapist's own somatic countertransference

It's a rare opportunity to witness not just *what* she does, but *why* she does it.



★ How to Join

We offer two pathways:

- **Full Video Course (1-year access) — £199**

Ideal if you want the full framework for working with trauma-related dissociation.

- **Video Course (2-year access) + 90-Minute Mastery Session — £219**

For **£20 more**, you join Kathy live (plus replay) *and* extend video access to two years.

This combined option is recommended: the Mastery evening assumes familiarity with the video material and builds directly on it.

★ Inside the Mastery Session

Clinical Orientation (10 min)

Why safety evokes fear, and how dissociation functions as protective withdrawal.

Live Case Exploration (40 min)

Kathy works through participant case submissions, illustrating how she assesses readiness, regulates distance, and builds cooperation among competing internal systems.

Clinical Commentary & Dialogue (30 min)

Real-time analysis of pacing, alliance management, attachment dilemmas, and the therapist's own autonomic regulation.

Integration & Closing (10 min)

Practical takeaways + reflective prompts for supervision and future sessions.

★ You'll come away with

- ✓ A clear framework for assessing dissociative structure and treatment readiness
- ✓ Strategies to build trust with clients who fear both safety *and* connection
- ✓ Techniques for navigating therapeutic impasse without rupturing the alliance
- ✓ Guidance for sustaining your own regulation and empathy
- ✓ Insight into balancing containment and exploration over the long arc of trauma therapy

★ About Kathy Steele

Kathy Steele, MN, CS, is a leading authority on complex trauma and dissociation, past President of the International Society for the Study of Trauma and Dissociation (ISSTD), and co-author of *Treating Trauma-Related Dissociation* and *The Haunted Self*. Known for her clarity, warmth, and integrative clinical teaching, she has trained thousands of psychotherapists worldwide in advanced trauma treatment.



Join Kathy Steele for a live, in-depth exploration of how to recognise and work compassionately with the protective systems that make closeness feel unsafe — and learn how authentic connection becomes the foundation of integration.

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There is no known commercial support for this program.

For more information on how to access webinar joining links, handouts and video recordings please visit <https://www.nscience.uk/faqs/>

Questions and requests for information: cpd@nscience.world

If you have a disability, please contact us in advance of the course so we can accommodate your needs:

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