

# HEALING THE DIVIDED MIND

## Practical Approaches to Working with the Dissociative Client

A Two-Day workshop with Kathy Steele, MN, CS

Therapists can sometimes feel overwhelmed by the challenges and confusing presentations of clients who experience serious trauma-related dissociative disorders. This highly practical workshop will offer in-depth skills to understand and work with dissociative parts as an inner organization of self, using integrated psychotherapy approaches. Participants will learn to work systemically to support the individual as a whole person. A brief overview of the concept of dissociation from the perspective of child development and neuroscience will be provided, as well as an outline of phased or sequenced treatment, which is the current standard of care for dissociative disorders. We will focus on specific and practical skills to deal with dissociation both from a perspective of improving functioning in daily life and of cultivating the client's ability to engage as a collaborative partner in therapy. Participants will learn a wide range of interventions to stabilize clients prior to working with trauma-

matic memories. Trauma-related phobias, especially the phobia of inner experience (that is, thoughts, emotions, sensations, memories, wishes, needs), will be addressed, and their treatment will be described as a central part of therapy. Attachment and dependency issues in therapy will also be explored. Dissociative clients have a particular attachment style in which they have a simultaneous need both to connect and to avoid perceived danger in relationships. Participants will learn how to maintain connection and optimal closeness/distance with clients who simultaneously experience the therapist as needed and dangerous. Effective ways to work with both the dependent client and the highly avoidant client will be offered. Participants will learn how to recognize and address attachment-seeking behaviors that can underlie crisis and chaos in the therapy. Role play and case example will illustrate specific approaches and interventions.

### OBJECTIVES

- Participants will be able to delineate step-wise systemic methods of working with dissociation that emphasize the integrity of the whole person.
- Participants will be able to employ five interventions to help clients overcome the phobia of inner experience (thoughts, emotions, sensations, memories, wishes, needs, etc.).
- Participants will be able to identify five interventions to help resolve the client's disorganized (dissociative) attachment style.

### THURSDAY MARCH 26

- 8 AM - Registration (Coffee and pastries)
- 8:30 AM - Morning Session (Snacks mid-morning)
- 12:00 PM - Break for lunch (On your own)
- 1:30 PM - Afternoon Session (Snacks mid-afternoon)
- 5:00 PM - End for the day

### FRIDAY MARCH 27

- 8 AM - Arrive (Coffee and pastries)
- 8:30 AM - Morning Session (Snacks mid-morning)
- 12:00 PM - Break for lunch (On your own)
- 1:30 PM - Afternoon Session (Snacks mid-afternoon)
- 5:00 PM - End for the day

### REGISTRATION OPTIONS:

- Student/Military Registration (Please have proof of eligibility at registration): \$225
- Early Registration (Payment and registration received by 2/15): \$275
- Registration (2/16 and after): \$300



REGISTER AT: [www.mntraumaproject.com](http://www.mntraumaproject.com)

**KATHY STEELE, MN, CS, APRN** is Clinical Director at Metropolitan Counseling Services, a psychotherapy and training center, and is in private practice in Atlanta, Georgia. She is also Adjunct Faculty at Emory University School of Nursing. Kathy is a past President of the International Society for the Study of Trauma and Dissociation. She is the recipient of a number of awards for her clinical and published works. She has numerous publications in the field of trauma and dissociation, and frequently lectures internationally. Her books include *The Haunted Self: Structural Dissociation of the Personality and Treatment of Chronic Traumatization* (with Onno van der Hart & Ellert Nijenhuis), and *Coping with Trauma-related Dissociation: Skills Training for Patients and Therapists* (with Suzette Boon & Onno van der Hart). A third book is underway, entitled *Treating Trauma-related Dissociation* (with Suzette Boon & Onno van der Hart).

**LOCATED AT:**  
The Wellstone Center  
179 Robie Street East  
St. Paul, MN 55107-2360

Continuing Education Applications have been submitted and are under review for LP, LPC/LPCC, LADC, LICSW, and LMFT Boards - Tentatively - 13 CEUs