



## Dissociation and Self-states; knowledge for clinical practise.

### Recognising and sensitively intercepting 'in-session' enactments of dissociation.

Dissociation – i.e. disruption to integrated psychological functioning – occurs in a range of forms and spans a wide spectrum of experiences. These range from 'normal everyday' (e.g. daydreaming, absorption in a task, 'highway hypnosis') to protection from overwhelm (i.e. a response to trauma). Yet although manifesting in disordered, as well as healthy, expressions, dissociation is not well understood within the field of mental health and is problematically under recognized by clinicians.

This seminar introduces the phenomenon of dissociation in its various forms ('healthy and adaptive, pathological and self-protective'). It also addresses the high stakes of attending to dissociation in the context of therapy. Research shows the role of dissociation in normal personality structure as well as the many costs of failure to recognize and address its comorbid forms. A model of mind which takes account of dissociative processes provides a rich resource for enhanced therapeutic practice with respect to both severe disorders and ordinary 'problems in living'. Practically attuning to dissociation (i.e. the 'how' as well as the 'what') will be emphasized.

Specific exercises and 'in session' enactments within counselling and psychotherapy will be incorporated and handouts and reference lists will be provided.

#### Learning objectives of this training:

1. Define dissociation and provide illustrations of both its normative (healthy) and pathological forms.
2. Describe the significance of dissociative processes to the developing mind and the role of positive relational experiences in generating a coherent identity and the capacity to link self-states.
3. List the core dissociative symptoms and define the key dissociative disorders.
4. Explain the phrase 'a healthy defense gone wrong' (Steinberg & Schnall, 2003) in terms of dissociation as a response to overwhelm (trauma).
5. Describe the differences between implicit and explicit memory and attune to the role of somatic and non-verbal experience in dissociative processes.
6. Understand the relationship between unformulated experience and enactments and ways of addressing/resolving these in therapy.



**Pam Stavropoulos** PhD is an educator, consultant and therapist, with a particular interest in the politics of trauma and depression. A member of the Scientific Committee of the International Society for the Study of Trauma and Dissociation (ISSTD) she is co-author of the nationally and internationally endorsed Practice Guidelines for Treatment of Complex Trauma and Trauma Informed Care and Service Delivery (ASCA). A former Fulbright scholar, Pam has held lectureships at Macquarie University and the University of New England, and is a former Program Director at the Jansen Newman Institute where she also taught in the Master's program. She is the author of *Living under Liberalism: The Politics of Depression in Western Democracies* (Florida: Universal, 2008) has written research reports in the community health sector, and is also a clinical supervisor.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

## Morning Session

Reappraising the unconscious: the key role/s of dissociation.  
Dissociation `vs` repression: the stakes of the distinction.  
An alternative model of mind.  
Normative and pathological: different types of dissociation.  
Everyday expressions, core dissociative symptoms; dissociative disorders.  
The emergent self: dissociation and relationality.  
Identity as a composite.  
Towards self-coherence, impediments to linkage.

## Afternoon Session

`Good Me`, `Bad Me` and `Not Me` (Sullivan in Stern, 2010).  
`What lens are we looking through?' Dissociation and trauma.  
`Forgetting to remember` (Silberg, 2013).  
Dissociation and personality `parts`.  
Enactments: translation of internal experience into action.  
`Playing Out/Acting Out` The interpersonalization of dissociation (Stern, 2010).  
Implications for therapy: `Life as Performance Art` (Chefetz, 2015).  
Trapped behind the mask. Mediating mutual enactments.  
Working with diverse self-states (`parts`).  
Evaluation and Closing.

***“The capacity to dissociate confers both benefits and risks; learn about the nature and many implications of dissociation in a seminar that will enhance your understanding of the mind and assist application of this knowledge to your clinical practice.”***

Pam Stavropoulos PhD.

### How will you benefit from attending this training?

- Honed attunement to the subtle expressions of dissociative processes and their potential significance to a wide range of client presentations.
- Increased capacity to recognize dissociative symptoms of otherwise diverse client behaviours and enhanced capacity to work with them.
- Apply knowledge of dissociative processes to ongoing clinical challenges.
- Increased capacity to recognize and sensitively intercept `in session` enactments.

### Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

The presentation is appropriate for professional Psychotherapists, Psychologists, Psychiatrists, Social Workers, Allied Health Professionals.

A basic knowledge of working with trauma an advantage but it will also be provided (note that the seminar is relevant to both trauma-related and non-trauma-related client presentations).

### Here's what attendees said about Pam's presentation of this event recently:

*“Presenter was excellent, demonstrated high level of interest and experience in the area. Excellent presentation skills”.*

*“Content was comprehensive and very well evidence based. Thank you for your wisdom, examples of practice and discussions Pam”*

*“As a student this course was extremely valuable in giving me a solid foundation on a difficult topic”*

*“Content of the seminar was really helpful to me. The presenter clearly has lots of experience and knowledge and conveyed it clearly.”*

*“This was the best training I have ever been on, and would recommend any I meet to do this training. It's a wonderful training. Thank you.”*

*“The trainer's knowledge was amazing”*

*“Well presented course that raised many points relevant to my current clinical practice”*

*“I thoroughly enjoyed the course and will definitely attend more PDP courses and in particular Pam”*