

**“Advanced Issues in Working with
Complex Dissociative Disorders: Chronic
Shame, Resistance, and Traumatic Memory
(with and without EMDR)”**

With Kathy Steele, MN, CS, APRN

April 22-23, 2017 9:00 – 5:00

14600 Minnetonka Blvd., Minnetonka, MN 55345

This advanced workshop will focus on several topics that can be particularly challenging in the treatment of complex dissociative disorders. We will explore chronic shame in depth, its physiology and functions, its many manifestations, and practical ways to resolve it, using cognitive, emotional, somatic, and imagery approaches, as well as EMDR when appropriate. Chronic resistance will be discussed as a co-creation of therapist and client, and can best be understood as a phobic avoidance of what is perceived to be intolerable. Therapists will learn how to recognize and address resistance step by step without evoking further defense in the client, and will learn to recognize their own contributions to resistance. Shame and resistance are essential to address in the context of processing traumatic memory.

On the second day we will focus on special approaches to resolving traumatic memory in dissociative clients, with and without EMDR. One of the unique challenges of approaching dissociated traumatic memories is how to support not only the person as a whole, but each dissociative part, in remaining grounded and present. Resourcing each part is important. Specific interventions will be discussed, including hypnotic imagery and other approaches that can be utilized with EMDR when appropriate. Participants will learn how to deal with non-verbal or pre-verbal memory with somatic approaches. We will also discuss the important of “bearing witness,” in which memory is shared in relationship as a narrative, rather than always viewed as a therapeutic problem. We will discuss how to determine which approaches might be most helpful to a particular client.

**Learn from
a true expert!**

Learn detailed understanding and practical approaches to work with your complex clients.

Kathy Steele is a world renowned expert in the field of dissociation. She is also a remarkable teacher who can make advanced concepts easy to understand & incorporate with clients.

Meet The Presenter



Kathy Steele, MN, CS, APRN has been treating complex trauma and dissociation for over three decades in private practice in Atlanta, GA. Kathy is a past president of the International Society for the Study of Trauma and Dissociation (ISSTD), and has received a number of awards for her clinical and published works. She has (co-)authored numerous publications in the field of trauma and dissociation and frequently teaches internationally.

Her books include *Treating Trauma-Related Dissociation: A Practical, Integrative Approach* (2017, with Suzette Boon & Onno van der Hart); *Coping with Trauma Related Dissociation: A Skills Training for Patients and Therapist* (2011, with Suzette Boon & Onno van der Hart); and *The Haunted Self: Structural Dissociation of the Personality and Treatment of Chronic Traumatization*, (2006, with Onno van der Hart & Ellert Nijenhuis).

Who Should Attend?

Psychologists, Social Workers, Marriage and Family Therapists, Licensed Professional Counselors, Psychiatrists, Psychiatric Nurses, and anyone else who works in the Mental Health Field. EMDR training is not required to attend and this training is not a Basic Training in EMDR Therapy; However, the content of the workshop can be very helpful to help EMDR therapists treat complex clients.

Where to Stay

A special room rate has been arranged at the Crowne Plaza Hotel Minneapolis West, 3131 Campus Drive, Plymouth, MN 55441, phone: 763-559-6600.

The special rate is \$115 per night.

Mention EMDR Institute to get this rate.

They have a free shuttle that will take you to and from the workshop. (It only goes within a 10 mile radius, so you would need to take the Super Shuttle to the airport.)

They also have complimentary wireless internet throughout the building.

There is plenty of free parking.

You will have free access to their three-level Athletic club, with pool, hot tub and saunas, free weights, machines and racquet ball and basketball courts. There are also great walking/biking trails on the property.

It is conveniently located off I-494.

You can also Google other hotels within 5 miles of the workshop venue.

LEARNING OBJECTIVES

Participants will be able to:

- Describe the functions and physiology of chronic shame in highly traumatized individuals.
- Employ at least five interventions to resolve chronic shame.
- Describe the important functions of resistance in psychotherapy.
- Employ at least five interventions to resolve enduring resistance in dissociative clients.
- Assess which approaches will be most effective for resolving traumatic memory in dissociative clients.
- Utilize somatic interventions, time distortion, and hypnotic imagery to help resolve dissociative traumatic memories.

Workshop Content and Timeline

Both Days: 8:30 – 9:00 = Registration and elaborate continental breakfast

Saturday, April 22, 2017:

9:00 – 9:30: Introduction to the workshop; Understanding chronic shame

9:30 – 10:00: Functions and physiology of chronic shame; Understanding shame in the context of trauma

10:00 – 10:15: Shame, psychic equivalence, and failures in mentalizing; Approaching chronic shame therapeutically

Break: 10:15 – 10:30

10:30 – 11:00: Top down approaches to shame; Using an ideal figure image

11:00 -- 12:00: Developing shame resilience

12:00 – 1:15: Lunch on your own

1:15 – 1:45: Resistance as phobic avoidance; Resistance as physiology; Recognizing resistance; Resistance as a co-creation of therapist and client

1:45 – 2:30: Resistance in dissociative disorders

2:30 – 2:45: Break

2:45 -- 3:45: Assessing and preparing for resistance; Practical approaches to resistance: Recognizing implicit contracts; Developing and using a collaborative relationship with the client

3:45 – 5:00: Practical approaches to resistance continued: Conflict resolution among dissociative parts; working with the “felt sense” of resistance and fear of change

Workshop Content and Timeline, Continued

Sunday, April 23, 2017:

- 9:00 – 9:30:** Introduction to treatment of traumatic memory in dissociative clients; A brief history of and controversies in treatment of traumatic memory
- 9:30 – 10:00:** Nonrealization as a core of traumatic memories: Implications for treatment; the tension between knowing and not knowing; addressing trauma-related phobias in course of approaching traumatic memories; Countertransference and transference issues related to traumatic memory
- 10:00 – 10:15:** Contraindications to working directly with traumatic memory; Minimalist approaches to traumatic memory in Stabilization Phase
- 10:15 – 10:30: Break**
- 10:30 – 11:00:** Integrating EMDR with other approaches to traumatic memory; Working with dissociative parts to prepare for work with traumatic memory: Grounding, containment, cooperation, compassion, reduction of conflicts
- 11:00 – 11:30:** Screen techniques and dual attention approaches; Counting techniques
- 11:30 – 12:00:** Titration of traumatic memory: Various approaches
- 12:00 – 1:15: Lunch on your own**
- 1:15 – 1:45:** Titration of traumatic memory, continued.
- 1:45 – 2:30:** Working with dissociative parts in traumatic memory
- 2:30 – 2:45: Break**
- 2:45 – 3:15:** Regulation: SUDS, rheostat, and use of safe space during traumatic memory work
- 3:15 – 3:45:** Additional techniques and role play
- 3:45 – 4:55:** Realization and integration of traumatic memory: What they look like and what they mean
- 4:55 – 5:00: Closure and Sign out**

Continuing Education

The following CEUs have been approved: EMDRIA = 13 (for those who have completed an EMDRIA Approved training in EMDR Therapy); MN Social Work = 13.5; MN Psychology = 13; MN MFT = 13; . SD Counselors and Marriage & Family Therapists = 13. A Certificate of Completion will be awarded for full participation in both days, including the Board Log Numbers. Jill Strunk, Ed.D., L.P. maintains responsibility for this program in accordance with EMDRIA standards.

The official definition of EMDR Therapy is available at www.emdria.org

Registration

“Advanced Issues in Working With Complex Dissociative Disorders: Chronic Shame, Resistance, and Traumatic Memory (with and without EMDR)”

With Kathy Steele, MN, CS, APRN

Name (with initials of degrees and licenses)

License type(s), number(s), and state(s) Year completed EMDR training (optional)
(Completion of EMDR Basic Training necessary only if you want EMDRIA CEUs)

Work Address, City, State and Zip Code

Work Phone:

e-mail:

\$275 if postmarked by April 10, 2017

\$300 if postmarked AFTER April 10, 2017

\$250 if postmarked by April 10, 2017 & three or more people register together

I am registering with _____ & _____

\$225 if postmarked by April 10, 2017 and working 30+ hours in the following nonprofit organization: _____

\$225 if full time student at _____ and postmarked by April 10, 2017
(Tuition fee is refundable if you cancel before April 10, 2017; If you cannot attend because of weather, your fee will be refunded even if you cancel the night before; however, I cannot reimburse airfare, so I recommend you consider flying Southwest, which gives banked credit for flights you cancel.)

Method of payment (check one)

Amount of payment _____

Check (payable to Jill Strunk) money order Visa Master Card

To pay by credit card, Hold down the control key and click on the link below, then fill out the secure form and submit it. (Please fax me the registration form as well)

<https://secure.affinipay.com/pages/jillmstrunkeddlp/payments>

Signature of Card Holder (Payment made by clicking control key and link above)

Please return this form with payment to:

Jill Strunk, Ed.D., L.P.
4001 Huntingdon Drive
Minnetonka, MN 55305

Phone: 952-936-7547

Fax: 952-936-2260

e-mail: jillstrunk1@gmail.com