

Stabilization of DID
September 27, 2019 | 12:00 PM – 1:30 PM EDT



Presenter: Colin A Ross, MD

Presenter Biography: Colin A. Ross, M.D completed medical school at the University of Alberta and his psychiatry training at the University of Manitoba in Canada. He is a Past President of the International Society for the Study of Trauma and Dissociation, and is the author of over 225 papers and 31 books. He has spoken widely throughout North America and Europe, and in China, Malaysia, Australia and New Zealand. He has been a keynote speaker at many different conferences, and has reviewed for over 30 different professional journals. Dr. Ross is the Director of hospital-based Trauma Programs in Denton, Texas, Torrance, California and Grand Rapids, Michigan. He has been running a hospital Trauma Program in the Dallas area

since moving to Texas in 1991. Dr. Ross' books cover a wide range of topics. His clinical books focus on trauma and dissociation and include: *Dissociative Identity Disorder. Diagnosis, Clinical Features and Treatment of Multiple Personality, Second Edition* (1997); *Schizophrenia: Innovations in Diagnosis and Treatment* (2004); *The Trauma Model: A Solution to the Problem of Comorbidity in Psychiatry* (2007); *Trauma Model Therapy: A Treatment Approach for Trauma Dissociation and Complex Comorbidity* (2009); *Structural Dissociation: A Proposed Modification of the Theory* (2013); and *Treatment of Dissociative Identity Disorder: Techniques and Strategies for Stabilization* (2018). Dr. Ross has published a series of treatment outcome studies in peer-reviewed journals, which provide evidence for the effectiveness of Trauma Model Therapy. Many of his papers involve large series of cases, with original research data and statistical analyses, including a paper entitled "Trauma and Dissociation in China" in the *American Journal of Psychiatry*. Besides his clinical psychiatry interests, Dr. Ross has published papers and books on cancer and human energy fields, as well as literary works including essays, fiction, poetry and screenplays. He has several different hobbies including travel.

Abstract: In this webinar, Dr. Ross will describe strategies and techniques for the stabilization of individuals with dissociative identity disorder (DID). These will include: the central paradox of DID; the problem of host resistance; talking through to alter personalities; orienting alter personalities to the body and the present; and additional techniques. The emphasis will be on practical techniques and case examples. The techniques can be used throughout therapy but are particularly important in the early stages of treatment.

Objectives

Upon Completion of this webinar, participants will be able to:

- Describe the central paradox of dissociative identity disorder
- Describe the problem of host resistance in dissociative identity disorder
- Describe techniques for orienting alter personalities to the body and the present
- Describe the technique of 'talking through' for increasing inter-personality communication and cooperation
- Describe additional techniques for stabilization of individuals with dissociative identity disorder

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