

**PTSD As A Future-Oriented Survival Strategy: The Role of Dissociation**  
May 5, 2020 | 12:00 – 1:30PM Eastern Daylight Time



**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 review the history of PTSD from the 19th century through DSM-III (1980), DSM-IV (1994) and DSM-5 (2013). He will discuss the survival functions of PTSD symptoms including flashbacks and hyper-arousal and will explain how PTSD can be conceptualized as a disorder of the future. He will illustrate treatment strategies that follow from this perspective with brief case examples. Dr. Ross will relate the discussion to the mammalian defense systems fight, flight and freeze throughout.

### Objectives

Upon completion of this webinar participants will be able to:

- Describe the history of PTSD from the 19th century through DSM-III, DSM-IV and DSM-5
- Describe the survival functions of flashbacks, hyper-arousal and other PTSD symptoms
- Describe how PTSD can be conceptualized as a future-oriented survival strategy

## **References**

American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders*. (5th ed.). Washington, DC: Author.

Dutra, S.J., & Wolf, E.J. (2017). Perspectives on the conceptualization of the dissociative subtype of PTSD and implications for treatment. *Current Opinion in Psychology*, 14. doi: 10.1016/j.copsyc.2016.10.03.

Hyland, P., Shevlin, M., Brewin, C.R., Cloitre, M., Downes, A.J., Jumbe, S., . . . Roberts, N.P. (2017). Validation of posttraumatic stress disorder (PTSD) and complex PTSD using the International Trauma Questionnaire. *Acta Psychiatrica Scandinavica*, 136, 313-322.

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