

Things I Wish I Had Been Told About Working with Complex Trauma and Dissociation

February 11, 2021 | 6:00 PM – 7:30 PM EST



Presenter: Kathy Steele, MN, CS

Presenter Biography: Kathy Steele, MN, CS has been in private practice in Atlanta, Georgia since 1985, and is an Adjunct Faculty at Emory University. Kathy is a Fellow and a past President of the ISSTD, and is the recipient of a number of awards for her clinical and published works, including the 2010 Lifetime Achievement Award from ISSTD. She has authored numerous publications in the field of trauma and dissociation, including three books, and frequently lectures internationally on topics related to trauma, dissociation, attachment, and therapeutic resistance and impasses.

Content Level: Beginning/Introductory

Potential to Distress: No

Abstract: Many of us entered the field of complex trauma and dissociation with a notion that helping our clients get better meant resolving traumatic memories. While this is true for most clients, it is far from being sufficient to support both therapists and clients through the challenges of complex treatment. There is little preparation to help therapists understand and cope with the intense emotions that arise in themselves, the overwhelming urges to act and do something to relieve the suffering of a client; the frustrations and impasses; the need to hold intolerable knowing and feeling; the resistances and defenses of the client; the aggression and entitlement of some clients; and vicarious traumatization and burnout. We will explore several specific areas that are helpful for therapists, including recognizing prognostic factors and resistance, managing dependency, shame, and aggression; maintaining therapeutic boundaries; treating dissociative parts as aspects of one person, and most importantly, learning to ride the waves of our own tendencies and strong emotions. Principles of treatment and of self-care will guide our discussion.

Objectives:

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

- Identify areas in which they struggle with clients who have experienced complex trauma and dissociation
- Name at least four principles of treatment that support good psychotherapy for complex trauma and dissociation
- Discuss the value of clear and predictable boundaries in the treatment of complex trauma and dissociation

Can't Make it?

If your schedule won't allow for you to attend, the webinar will be recorded and made available for purchase approximately two weeks after the live event. The recordings cost is \$25 for ISSTD members and \$45 for non-members. The webinar recording can be accessed on the CE-Credit.com website or in ISSTDWorld for ISSTD members. Exam fees for Continuing Education credits start at an additional \$10.46.

References

Urmanche, A. A., Oliveira, J. T., Gonçalves, M. M., Eubanks, C. F., & Muran, J. C. (2019). Ambivalence, resistance, and alliance ruptures in psychotherapy: It's complicated. *Psychoanalytic Psychology, 36*(2), 139–147. <https://doi.org/10.1037/pap0000237>

Cavanagh, A., Wiese-Batista, E., Lachal, C., Baubet, T., & Moro, M.R. (2015)., Countertransference and trauma. *Journal of Traumatic Stress Disorders and Treatment*, 4:2 <http://dx.doi.org/10.4172/2324-8947.1000149>

Cristelle T.A. (2011). Client perspectives of therapist self-disclosure: Violating boundaries or removing barriers? *Counselling Psychology Quarterly*, 24(2), 85-100. doi: 10.1080/09515070.2011.589602

Foreman, T. (2018). Wellness, exposure to trauma, and vicarious traumatization: A pilot study. *Journal of Mental Health Counseling*, 40 (2), 142–155. doi.org/10.17744/mehc.40.2.04

Neacsiu, A. D., J., Rompogren, J., Eberle, J. W., & McMahon, K. (2018). Changes in problematic anger, shame, and disgust in anxious and depressed adults undergoing treatment for emotion dysregulation. *Behavior Therapy*, 49(3), 344-359. doi.org/10.1016/j.beth.2017.10.004.

Continuing Education

ASWB

The International Society for the Study of Trauma and Dissociation (ISSTD), #1744, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ISSTD maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021. Social workers completing this course receive 1.5 continuing education credits.

CE Learning Systems is a co-sponsor of this event for the following approvals for 1.5 continuing education credits pending approval:

APA

ISSTD's Continuing Education Co-sponsor, CE Learning Systems, is approved by American Psychological Association to sponsor continuing education for psychologists. CE Learning Systems maintains responsibility for this program and its content.

NYSW

CE Learning Systems SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0060.

NYLMHC

CE Learning Systems, LLC is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0072.

NYLCAT

CE Learning Systems (d/b/a CE-credit.com), is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists. #CAT-0008.

Texas Board of Social Work Examiners

CE-Go, a service of CE Learning Systems, is approved to offer continuing education courses by the Texas State Board of Social Worker Examiners (#6460). CE Learning Systems maintains responsibility for the courses.