

Shame and Its Relationship to Dissociation: Research Findings and Implications for Therapy in Those with Complex Trauma Disorders

September 2, 2021 | 6:00 PM – 7:30 PM EDT

Presenter: Martin Dorahy, PhD



Presenter Biography: Martin Dorahy, PhD, DClinPsych, is a clinical psychologist and professor in the Department of Psychology, University of Canterbury, Christchurch, New Zealand. He has a clinical, research and theoretical interest in complex trauma, dissociative disorders and self-conscious emotions (e.g., shame). He has published peer-reviewed journal articles and book chapters, and co-edited four books in the area of psychotraumatology. He is a member of the the New Zealand College of Clinical Psychologists, New Zealand Psychological Society, and the New Zealand Association of Psychotherapists. He is a Fellow and Past President of the International Society for the

Study of Trauma and Dissociation (ISSTD). He maintains a clinical practice, focused primarily on the adult sequelae of childhood relational trauma. He enjoys skiing and mountain biking and would like to be much better at both!

Content Level: Beginning/Introductory

Potential to Distress: No

Abstract: This workshop explores the relationship between shame and dissociation, and their clinical relevance for the psychotherapy dyad. Given the interpersonal nature of psychotherapy, the conditions are ripe for the evocation of shame, which is elicited by failing at a goal we wish to succeed in or feeling excluded from a connection we wish to make or maintain. Shame activation elicits dissociation, and both clinical observations and empirical research also indicate that dissociation has the propensity to activate shame. Studies exploring the bi-directional relationship between shame and dissociation will first be examined, along with work trying to explore the basis of this connection, and what interventions might be helpful for dissociative clients/patients experiencing shame in the therapeutic setting.

Objectives

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

- Describe how shame impacts on the therapeutic relationship
- describe the relationship between shame and dissociation
- Identify types of interventions that dissociative clients/patients indicate are helpful for shame attenuation during therapy

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

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Kluft, R. P. (2007). Application of innate affect theory to the understanding and treatment of dissociative identity disorder. In E. Vermetten, M. J. Dorahy and D. Spiegel (Eds.), *Traumatic dissociation: Neurobiology and treatment* (pp. 301-316). Arlington, VA: American Psychiatric Press.

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Benau, K. (2020). Shame, Pride and Dissociation: Estranged Bedfellows, Close Cousins and Some Implications for Psychotherapy with Relational Trauma Part I: Phenomenology and Conceptualization. *Mediterranean Journal of Clinical Psychology*, 8 (1). Doi: <https://doi.org/10.6092/2282-1619/mjcp-2154>

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