

**Living Legend Webinar**

**The Battle Within: A Parts Framework to Heal Internal Wounds and Conflicts**

**September 23, 2021 | 6:00 PM – 6:30 PM EDT**

**Presenter:** Naomi Halpern, Social Worker



**Presenter Biography:** Naomi is director of Delphi Training and Consulting, based in Victoria, Australia. She trained as a social worker in the UK and pursued post graduate studies in Human Rights at Curtin University, Western Australia.

She has over 30 years' experience in complex and developmental trauma. Naomi provides clinical consultation for post-traumatic stress disorder, dissociative disorders and related comorbidity, for mental health professionals working with survivors of sexual abuse, rape, and gender-based violence, torture and other trauma.

A skilled speaker and trainer, she presents her work in complex trauma, vicarious trauma, stress management and resilience nationally and internationally to a wide range of organizations including federal and state government agencies, law firms, community mental health teams, hospitals, private practitioners, sexual assault centres and the United Nations.

Naomi is co-author with Dr Colin A Ross, USA, of a treatment manual: (2009) Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity, Manitou Inc. and co-researcher/author on two international studies into Maladaptive Daydreaming.

Naomi is a Fellow of the International Society for the Study of Trauma and Dissociation, collaborating researcher at the International Consortium for Maladaptive Daydreaming Research, University of Haifa and an Advisory Board Member for the Hecht Trauma Institute, California Southern University.

**Content Level:** Intermediate

**Potential to Distress:** No

**Abstract:** An iceberg floats upon a vast expanse of ocean. Beneath the surface sits a hidden mountain, the structure supporting and keeping the iceberg afloat. The iceberg invites, "Come close, but not too close, or I'll sink you. When I sink you, I will feel momentarily safe from harm, but I will remain alone and adrift in a dark, inhospitable ocean". This metaphor illustrates the experience of trauma clients. What is visible to the world belies what is hidden from view, the foundation upon which fears and defenses rest.

Betrayal trauma, abuse and neglect impacts bio-psycho-social development, attachment style and relational capacity. Internal conflicts are driven by competing narratives and perspectives, with the shared goal of safety and survival. However, what was once effective and vital for survival as a child, becomes detrimental as an adult. Outmoded protective behaviors and beliefs serve to increase vulnerability and isolation, such as sinking any ship that sails too close.

This webinar navigates the inner world of the client from a parts perspective. The roles, functions, and interactions between 'Getting on with normal life parts' (Apparently Normal Parts), and 'Traumatized parts' (Emotional Parts), will be examined.

Practical strategies to facilitate healing through relationship building between parts and experimenting with new ways to negotiate relationships within the client's internal world and external world will be explored.

**Objectives**

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

- Identify the presentation, role and function of 'Getting on with normal life' parts
- Identify the presentation of five 'Traumatized' parts; Fight, Flight, Freeze, Submit and Attach
- Facilitate internal communication utilizing cognitive, somatic, and experiential approaches
- Facilitate conflict resolution between parts

### **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**

Dell, P. (2011) An Excellent Definition of Structural Dissociation and a Dogmatic Rejection of All Other Models, *Journal of Trauma & Dissociation* 12(4):461-4; discussion 469-73, DOI: 10.1080/15299732.2011.570236

Fisher, J. (2017) Trauma-Informed Stabilisation Treatment: A New Approach to Treating Unsafe Behaviour, *Australian Clinical Psychologist*, Volume 3, Issue 1, Article 007

Laha, Y., Talmon, A., Ginzburg, K. & Spiegel, D. (2019) Reenacting Past Abuse – Identification with the Aggressor and Sexual Revictimization, *Journal of Trauma & Dissociation*, 20(4) 378-391, Doi.org/10.1080/15299732.2019.1572046

Laoide, A., Egan, J. & Osborn, K. (2018) What was once essential, may become detrimental: The mediating role of depersonalization in the relationship between childhood emotional maltreatment and psychological distress in adults, *Journal of Trauma & Dissociation*, 19(5) 514-534 Doi.org/10.1080/15299732.2017.1402398

YalchM.M. & Levendosky, A.A. (2019) Influence of betrayal trauma on borderline personality disorder traits, *Journal of Trauma & Dissociation*, 20(4) 392-401, Doi.org/10.1080/15299732.2019.1572042

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#### **ASWB**

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