

## Toronto Regional Conference

### Dissociation: A Foundational Overview

October 1, 2021 | 8:30AM – 1:00 PM



**Presenter:** Christine C Forner, MSW, RSW

**Presenter Biography:** Christine Forner, BSW, MSW, SP has over thirty years' experience working with individuals with Trauma, Post Traumatic Stress Disorders, Traumatic Dissociation, Developmental Trauma and Dissociative Disorders. She has specialized training in EMDR, Sensorimotor Psychotherapy, Psychotherapeutic Meditation techniques and Neurofeedback. She holds a Masters of Social Work degree from the University of Calgary. Since 2011, Christine has worked in private practice, specializing in complex trauma and dissociative disorders. Christine teaches locally and at an international level on dissociation, complex trauma, and the intersection of dissociation and mindfulness. She was the President of the International Society for the Study of Trauma and Dissociation in 2019, served on the board of the ISSTD since 2010 and was the ISSTD treasurer from 2012-2017.

Christine is the author of *Dissociation, Mindfulness and Creative Meditations: Trauma informed practices to facilitate growth* (Routledge, 2017).

Christine has been the recipient of the ISSTD President's Award in 2011, 2013, 2016, and 2021. She is also an ISSTD Fellow, recipient of the 2021 ISSTD Mid-Achievement Career Award and a finalist for the 2019 Richard Kluff Best Article Award sponsored by Taylor & Francis.

**Content Level:** Beginning/Introductory

**Potential to Distress:** Yes

**Abstract:** For many, when venturing into the world of trauma and dissociation, there is a great deal of mystery and misinformation. Within academic and clinical setting there is little to no education on the field's theoretical foundations and history. This workshop is intended for students, emerging professionals and experienced practitioners who are interested in learning about the fundamentals of dissociation as a distinct response to trauma. The premise of this workshop is to cover essential information regarding dissociation and the dissociative disorders field. This course will cover:

- Theories of trauma and dissociation
- Impact of the false memory "war"
- Current dissociative models
- Breakdown of the dissociative disorders
- Neurobiology of trauma and dissociation
- Assessment and evaluation
- Current treatments

This workshop is designed to demystify dissociation and provide participants with a broad based understanding of it as a response to overwhelming stress.

#### Timed Outline

60 Minutes – What Causes Dissociation

60 Minutes – Theories of Dissociation

30 Minutes – Break

60 Minutes – Neurobiology of Dissociation

60 Minutes – Treatment of Dissociation, Q&A

## Objectives

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

- Discuss the importance of a solid theoretical foundation regarding dissociative experiences
- Understand the historical background of the dissociative field in working with this population in the greater mental health fields
- Discuss whether a client is dealing with Faculty Dissociation (un-integrated psychological symptoms) or Multiplicity (more than one center of consciousness), or a combination of both and in turn evaluate their own skills and know whether it is ethical to work with the client or refer them elsewhere.
- Obtain neurobiological information to assist with their clinical and educational experiences
- Distinguish between complex trauma, post-traumatic stress disorders and dissociative disorders

## References

Loewenstein RJ: Dissociation debates: everything you know is wrong. *Dialogues Clin Neurosci* 2018; 20:229–242

Farina, B., Speranza, A.M., Dittoni, S., Gnoni, V., Trentini, C., Vergano, C.M., ..., Marca, G.D. (2014). Memories of attachment hamper EEG cortical connectivity in dissociative patients. *European Archives of Psychiatry and Clinical Neuroscience*, 264, 449–458. <https://doi.org/10.1007/s00406-013-0461-9>

Forner, C. (2019a). What Mindfulness can learn about Dissociation and what dissociation can learn from Mindfulness, *Journal of Trauma & Dissociation*, 20(1), 1-15, DOI: 10.1080/15299732.2018.1502568

Kate, MA., Hopwood, T., & Jamieson, G., (2020) The prevalence of Dissociative Disorders and dissociative experiences in college populations: a meta-analysis of 98 studies, *Journal of Trauma & Dissociation*, 21:1, 16-61, DOI: 10.1080/15299732.2019.1647915

Lanius, R.A., Boyd, J.E., McKinnon, M.C., Nicholson, A.A., Frewen, P., Vermetten, E., Spiegel D. (2018). A Review of the Neurobiological Basis of Trauma-Related Dissociation and Its Relation to Cannabinoid- and Opioid-Mediated Stress Response: a Transdiagnostic, Translational Approach. *Current Psychiatry Reports*, 20(12), 118. <https://doi.org/10.1007/s11920-018-0983-y>

## Continuing Education

### APA

The International Society for the Study of Trauma and Dissociation is approved by the American Psychological Association to sponsor continuing education for psychologists. The International Society for the Study of Trauma and Dissociation maintains responsibility for this program and its content.

This session is approved for 4 APA continuing education credits