DID: How To Recognize It And Principles Of Treatment

Presenter: Colin A. Ross, MD

Presenter Biography: Colin Ross, MD is an internationally renowned clinician, researcher, author and lecturer in the field of dissociation and trauma-related disorders. He is the founder and President of The Colin A. Ross Institute for Psychological Trauma.

Dr. Ross obtained his MD from the University of Alberta in 1981 and completed his training in psychiatry at the University of Manitoba in 1985. He has been running a hospital-based Trauma Program in Dallas, Texas since 1991.


Dr. Ross has authored 34 books and over 230 professional papers, has reviewed for numerous professional journals and grant agencies, and is a past President of the International Society for the Study of Trauma and Dissociation. He has appeared in a number of television documentaries and has published essays, aphorisms, poetry, short stories, and screenplays. Dr. Ross is adept at imparting complex information to diverse professional audiences on a variety of subjects. He has spoken widely throughout North America and Europe and in China, Malaysia, Australia and New Zealand.

Content Level: Intermediate

Potential to Distress: Yes

Abstract: In this workshop, Dr. Ross will explain how to diagnose and treat dissociative identity disorder (DID). He will explain the four meanings of the word “dissociation” in the literature, which can be a source of confusion, and then will briefly review research data on the prevalence and reliability of DID and demonstrate how to use the Dissociative Experiences Scale (DES) and Dissociative Disorders Interview Schedule (DDIS) to diagnose DID. Attendees will be able to use and score the DES and DDIS upon completion of the training.

The remainder of the workshop will be about treatment. Dr. Ross will explain a number of principles of the therapy including: the central paradox of DID; the problem of host resistance; talking through to alter personalities; orienting alter personalities to the body and the present; and the principle of therapeutic neutrality. Dr. Ross will provide case examples of specific techniques and there will be time for discussion and brief case consultations.

Timed Outline
15 Minutes – Introduction/Overview
30 Minutes – Definitions of Dissociation and Repression
45 Minutes – How to Use the DES and DDIS
30 Minutes – Break
90 minutes – Principles of Treatment
Objectives
Upon Completion of this presentation, participants will be able to:

- List four meanings of the word ‘dissociation’
- Describe data on the epidemiology of DID
- Explain the use of the dissociative experiences scale and the dissociative disorders interview schedule
- Discuss principles and strategies for the treatment of DID

References


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