

Toronto Regional Conference

DID: How To Recognize It And Principles Of Treatment

October 2, 2021 | 9:00AM – 12:30 PM



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's book, *The Trauma Model: A Solution To the Problem of Comorbidity in Psychiatry*, was first published in 2000, with a second edition appearing in 2007. Other books of his include: *Trauma Model Therapy: A Treatment Approach for Trauma, Dissociation and Complex Comorbidity* (2009), *The C.I.A. Doctors: Human Rights Violations by American Psychiatrists* (2006), *Moon Shadows: Stories of Trauma & Recovery* (2007), *Structural Dissociation: A Proposed Modification of the Theory* (2013), *The Trump Card: A Psychiatrist Analyzes Reactions to Donald Trump* (2017), *Treatment of Dissociative Identity Disorder* (2018), *Be A Teammate With Yourself* (2019), *The Genetics of Schizophrenia* (2020), and *Opus 5 In B Flat And Other Poems* (2020).

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

Denko, L., Schmahl, C., Bockhacker, L., Vonderlin, R., Bohus, M., & Kleindienst, N. (2018). Dissociation in psychiatric disorders: A meta-analysis of studies using the Dissociative Experiences Scale. *American Journal of Psychiatry*, 175, 37-46.

Mychailyszyn, M. P., Weberman, A., Brand, B. Şar, V., & Draijer, N. (2021). Differentiating dissociative from non-dissociative disorders: a meta-analysis of the Structured Clinical Interview for DSM Dissociative Disorders (SCID-D). *Journal of Trauma & Dissociation*, 22, 19-34.

Myrick, A., Webermann, A.R., Loewenstein, R. J., Lanius, R., Putnam, F. W., & Brand, B. L. (2017). Six-year follow-up of the treatment of patients with dissociative disorders. *European Journal of Psychotraumatology*, 8, doi:1080:20008198.2017.1344080.

Şar, V., Önder, C., Kılınçaslan, A., Zoroğlu, S. S., & Alyanak, B. (2014). Dissociative identity disorder among adolescents: Prevalence in a university psychiatric outpatient unit. *Journal of Trauma & Dissociation*, 15, 402-419.

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 3 APA continuing education credits