



- Training cycle 2021 -

From trauma-generated dissociation to integration:

How to be successful with phase-oriented treatment for patients suffering from Complex Dissociative Disorders

Trainer: Prof. Dr. Onno van der Hart (NL)

Doctor responsible for training: Dr Nadia KADI - VAN ACKER, psychiatrist.

INAMI accreditation in progress

1st and 2nd October 2021 - Brussels -

Face-to-face training, given in English and translated into French.

Bio:

Onno van der Hart, PhD, is Emeritus Professor of Psychopathology of Chronic Traumatization at the Department of Clinical and Health Psychology, Utrecht University, the Netherlands, and was until 2017, a psychologist/psychotherapist. He is a past-president of the International Society for the Study of Traumatic Stress (ISSTS).

He is a Janet scholar and an international consultant and educator in the treatment of complex trauma-related disorders.

He has co-authored: Steele, K., Boon, S., & Van der Hart, O. (2018). *Traiter la dissociation d'origine traumatique*. Louvain-la-Neuve: De Boeck [French edition of *Treating trauma-related dissociation: A practical, integrative approach*. New York: Norton, 2017]; Boon, S., Steele, K., & Van der Hart, O. (2014). *Gérer la dissociation d'origine traumatique: Exercices pratiques for patients et thérapeutes*. Louvain-la-Neuve: De Boeck [French edition of *Coping with trauma-related dissociation: Skills training for patients and therapists*. New York: Norton, 2011]; Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2010). *Le soi hanté: Dissociation structurelle et traitement de la traumatisation chronique*. Bruxelles/Paris: De Boeck [French edition of: *The haunted self: Structural dissociation and the treatment of chronic traumatization*. New York: Norton, 2006]; and Craparo, G., Ortu, F., & Van der Hart, O. (Eds.) (2019). *Rediscovering Pierre Janet: Trauma, dissociation, and a new context for psychoanalysis*. New York: Routledge. (French edition in preparation.)



His website is: www.onnovdhart.nl

2. Presentation of the training

Too many times therapists have tried to help clients with complex trauma-generated dissociative disorders with integrating (“processing”) their traumatic memories with disastrous results. Often, an ignorance or misunderstanding of the nature of their clients’ dissociation of the personality and overlooking the need for phase-oriented treatment are causes of such debacles. Based on the theory of structural dissociation of the personality (TSDP) and extensive clinical expertise with phase-oriented treatment, this workshop aims at educating participants in: (1) effective and safe approaches to the integration of traumatic memories in clients with complex dissociative disorders; and (2) continue treatment with the aim of further integration of the personality and further increased adaptive functioning.

With these clinical goals in mind, only a brief presentation of TSDP can be given. TSDP holds that traumatic experiences are integrative failures resulting in a division of the survivor’s personality, that is, of the dynamic biopsychosocial system as a whole that determines his or her characteristic mental and behavioral actions, into two or more insufficiently integrated subsystems, called dissociative parts of the personality. Some of them exert functions related to goals in daily life, and others are stuck in traumatic experiences and involved defensive failures that is, contain the survivor’s traumatic memories. The more severe the traumatization and the earlier it started, the more dissociative parts—involving more complex trauma-related disorders—can be expected to exist. Adequate assessment of this dissociation is regarded as necessary for the treatment of these disorders.

Phase-oriented treatment, the *standard of care* for the therapy with patients with complex dissociative disorders, consists of the following phases: (1) stabilization, symptom reduction, and skills training; (2) treatment of traumatic memories; and (3) personality (re)integration and rehabilitation. Phase-oriented treatment aims at systematically overcoming a large number phobias which maintain dissociation and thus less than optimal functioning. It takes the form of a spiral, in which these different treatment phases can be alternated according to the needs of the patient. Guided by the Janetian theory of structural dissociation of the personality, the whole treatment involves heightening the patient’s integrative capacity and fostering integration, that is, increasing mental health, and in this workshop the specific goals and ways to reach them in Phase 2 and Phase 3 are highlighted. It is essential to carefully prepare for:

Phase 2 work and do as much as possible work to overcome the phobia of traumatic memories, as will also receive attention in this workshop, the emphasis is on the two-level integration of traumatic memories per se: (1) *guided synthesis* (and related forms such as EMDR), which involves the sharing of a traumatic memory among dissociative parts of the personality, with some of them oriented to the present; and (2) *guided realization*, which involves making trauma memories part of one’s “autobiography.” Thus the patient becoming the owner of these memories, realizing they pertain to past events.

Phase 3 treatment, also very important, regrettably receives little attention in clinical practice and literature. This workshop is geared toward correcting this state of affairs, and aims at acquainting participants with the skills for the dominant themes in this phase: grief work; unification of the personality; overcoming the phobias of intimacy, change, and normal life; and development of the necessary skills in these domains. In general, clients who have reached stable unification of their personality are more capable of dealing with the stressors of daily living.

3. PROGRAM

DAY 1 Friday the 1st of October 2021 *◇ morning (9am-12.30pm)*

Learning objectives :

1. Understand trauma-generated dissociation as, primarily, an integrative failure and, secondarily, as a coping strategy or defense
2. Understand how different dissociative parts are mediated by respectively action system of daily life functioning and the defense action system
3. Understand how various phobias maintain the dissociation of the personality and, within the context of phase-oriented treatment, constitute targets for therapeutic interventions
4. Understand the nature of traumatic memories
5. Understand the differences between the levels of integration, that is, synthesis and realization with its dimensions of personification and presentification

DAY 1 Friday the 1st of October 2021 *◇ afternoon (2pm - 5.30pm)*

Learning objectives :

1. Know the indications and contra-indications of Phase 2, the treatment of traumatic memories
2. Know how to help clients to create and work with therapeutic imagery for safely approaching traumatic memories
3. Understand the protective functions of perpetrator-imitating parts and knows how to work with them
4. Understand the protective functions of perpetrator-idealizing parts and know how to motivate them for the integration of traumatic memories

DAY 2 Saturday the 2nd of october 2021 ◊ *morning (9am-12.30pm)*

Learning objectives:

5. Know the respective steps of integration of traumatic memories in terms of guided synthesis and guided realization
6. Know the basic structure of guided synthesis
7. Know the possibilities of choosing target traumatic memories
8. Know the various forms of fractionated synthesis
9. Understand the dynamics of shame and disgust, as well as how to work with them in Phase 2 treatment
10. Understand the realization of traumatic memories in terms of integrating these experiences in one's life history: personfication and presentification

DAY 2 Saturday the 2nd of october 2021 ◊ *afternoon (2pm - 5.30pm)*

Learning objectives:

11. Recognizing and knowing how to work with the dynamics of joy of completion and grief reactions
12. Knowing pathways of unification of the personality and how to assist clients in this regard, including the utilization of guided imagery
13. Knowing how to help clients to overcome the phobias of intimacy, change, and normal life; and development of the necessary skills in these domains.
14. Knowing clients' temporary biopsychosocial sensitivities once unification of the personality has taken place and how to relate to them

Phase 3 treatment: further personality integration and rehabilitation, with the dynamics of joy completion and grief reactions. Phase 3 work may have to alternate with Phase 1 and Phase 2 treatment.

4. Teaching Methods

PowerPoint presentations (slides in French and English and oral translation English/French) and discussions of theoretical contributions (based on the principle that nothing is as practical as a good theory) and of therapeutic approaches (including the understandings on which the three treatment phases are based). Where possible, clinical video presentations—and, if circumstances allow for it—live demonstrations and role-playing will be included.

5. LANGUAGE

Training given in English and translated into French.

6. Public / Pre-Requisite :

[Only health professionals \(doctors, psychiatrists, psychologists, psychotherapists\)](#)

Recommended literature:

Participants are recommended to present before the workshop:

- Steele, K., Boon, S., & Van der Hart, O. (2018).
Traiter la dissociation d'origine traumatique (Louvain-la/Neuve: De Boeck).
- Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2010).
Le soi hanté: Dissociation structurelle et traitement de la traumatisation chronique (Bruxelles/Paris: De Boeck).

7. DATES and PLACE of training

The training will take place over two days (14 hours) on FRIDAY the 1st and SATURDAY the 2nd of October 2021.

Timetable: Welcome from 08.30am to 09.00am
Training from 09.00am to 12.30pm , and from 02.00 to 17.30pm.

Location of the training course :

Centre du Psychotrauma Montoyer

1 rue Montoyer (*Maison des Ailes • 5th floor / lift*)
1000 Bruxelles

Access :

Underground : Line 2 & 6 (railways gare du midi/ South station), TRONE station, Exit « Montoyer ».
Railways : Gare du Luxembourg.

8. REGISTRATION FEES and CONDITIONS

◇ *The number of places is limited.*

◇ <i>Registration confirmed BEFORE 15 September:</i>	<i>Individuals</i>	<i>by a third party organization</i>
<i>Fees :</i>	500 €* 	550 €
◇ <i>Registration confirmed AFTER 15 September:</i>	<i>Individuals</i>	<i>by a third party organization</i>
<i>Fees :</i>	550 €* 	605 €

The fees include: teaching, materials and coffee breaks.

** A 10% discount is applied to individuals who are former students of the centre; i.e. 450€.*

1. The amount should be paid to the following account

BE52 3631 6842 7709

BIC: BBRUBEBB

in the name of : "Montoyer Dr Kadi Psychiatrist SPRL »

Communication: **Your name and surname + CM-FOR21-10-0102**

2. Send us a MAIL on formation@centremontoyer.be announcing your payment and completed with your complete invoicing details, if any, as well as your function.

3. Upon receipt of the registration fee, an e-mail confirming your registration will be sent to you.

8 ACCREDITATIONS and CERTIFICATIONS :

- Application for accreditation with the INAMI is underway.
- A certificate of attendance will be issued subject to participation in the two days of training.

9 GENERAL CONDITIONS

a) Modifications :

- The organisers reserve the right to change the venue, the course and the content of the programme, to postpone or cancel the course without being held legally responsible.
- In the event of cancellation, candidates will receive a full refund of their registration fee, to the exclusion of all other damages (hotel reservations, transport, etc.).

b) Cancellation by the candidate:

The candidate announces his/her cancellation in writing (e-mail) which will be confirmed by return. An amount of 80% of the registration fee will be reimbursed in case of cancellation before the deadline of 1st September 2021, to the exclusion of all other costs. After this date, no refund will be made, unless agreed.

c) Copyright :

Copyright is not transferred to the participants and remains the property of its authors. The candidate is not allowed to use the material other than in the strict context of the training. The following actions are therefore not permitted: reproduction, directly or indirectly, in whole or in part, adaptation, modification, translation, marketing and distribution of the course materials in any format to any third party.

Your registration confirms acceptance of the general conditions.

Organisation et contact :

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- Administration contact +32 (0)473 526 975 (between 5.30pm & 9pm during 7/7).