

Outline

Types of Dissociation, Risk Factors and Symptomology

The function of dissociation

The role of early traumatic stress and insecure attachment

The neurobiology of trauma and dissociation

What dissociation looks like in therapy

What to expect - how working with dissociated clients is different

A review of current research, risks and treatment limitations

Assessment of Trauma and Trauma-Related Dissociation

How to recognize subtle signs of dissociation in trauma survivors

Dissociative Experiences Scale

Adult Attachment Interview

Adverse Childhood Experiences Questionnaire

Managing Dissociation In and Out of Therapy Sessions:

A Phase Oriented Approach to Establish Safety, Increase Stabilization and Reduce Symptoms

Establishing safety

Teaching clients to recognize dissociation

Implementing effective grounding and containment skills

Bring dissociating clients back to the body with mindfulness and relaxation techniques

Simple ways to re-engage clients when they "check-out" during therapy

How therapists can prevent colluding with avoidance

Maximize attunement and build trust - exercises that get clients to open up

Handling crises and risk management

Culturally sensitive trauma work

Using Evidence-Based Treatments with Dissociating Clients:

Managing Dissociation When Using CBT, DBT and EMDR

CBT

Identifying, recognizing and challenging negative core beliefs that triggers dissociative reactions

Techniques to recognize and shift negative thoughts about the world

Breaking down destructive beliefs that lead to distressing emotions and trigger dissociation

Dialectical Behavior Therapy

Distress tolerance skills to decrease triggers and bring clients back to the here and now

Self-soothe to IMPROVE the moment

Paced Breathing

Emotion Regulation skills to increase emotional awareness and change unwanted emotions

Developing skills to regulate vulnerable emotions

Eye Movement Desensitization and Reprocessing

Should I use "EMDR with dissociating clients?"

Advanced training required

Grounding and calm place techniques

Vicarious Trauma and the Clinician

Recognizing the signs and symptoms of vicarious trauma

Managing clinician self-doubt and shame

Clinician self-care

Maintaining healthy therapeutic boundaries

Clinicians getting support

Live Webinar Schedule

(Times listed in Eastern)

8:00 Program begins

11:50-1:00 Lunch Break


4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.


Objectives

1. Assess trauma survivors for signs of dissociation with the Dissociative Experiences Scale.
2. Use psychoeducation to teach clients how to recognize signs of dissociation in themselves.
3. Develop treatment plans that include grounding and containment skills so clients can orient themselves to the present when they notice they are dissociating.
4. Integrate distress tolerance skills from DBT into treatment to decrease triggers and manage dissociative symptoms.
5. Use CBT techniques to break down destructive beliefs that can lead clients to distressing emotions and trigger dissociation.
6. Evaluate if and when EMDR should be used with clients experiencing dissociative symptomology.

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Trauma-Related Dissociation

Safe and Effective Use of
DBT, CBT and EMDR
When Your Client Dissociates

Live Interactive Webinar
Tuesday, June 21, 2022

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Trauma-Related Dissociation

Safe and Effective Use of
DBT, CBT and EMDR
When Your Client Dissociates

- Know exactly what to do when clients enter dissociative states
- Decrease triggers and bring clients back to the here and now
- Manage complete shutdown or crisis situations
- EMDR, DBT or CBT – guidance when using specific modalities

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Trauma-Related Dissociation

Safe and Effective Use of DBT, CBT and EMDR When Your Client Dissociates

“There was nothing alarming in our session...then her posture collapsed and she didn’t say anything.”

Do I intervene? Should I just wait for the episode to pass?

Dissociation can be one of the most unnerving elements of trauma treatment. It can be as subtle as a client staring into space or as alarming as them slumping into their chair and becoming unresponsive.

But whether it’s extreme or just being “checked out,” **dissociation can be a major roadblock to successful therapy**. And if you don’t know how to identify and work with it, your clients could fail to respond to treatment.

This one-day webinar will provide you with the **skills, knowledge and clinical interventions** you need to identify and appropriately respond to dissociative states in your clients, from understated to unsettling.

When you register you’ll get a comprehensive training so you can safely and confidently:

- Re-engage clients when they “check-out” during therapy
- Manage complete shutdown situations and unnerving dissociative states
- Decrease triggers and bring clients back to the here and now
- Handle crisis situations
- Appropriately respond to dissociation when using DBT, CBT or EMDR

Don’t wait to add these must have strategies to your trauma treatment toolbox.

Register today!

Target Audience:

Counselors • Social Workers • Marriage and Family Therapists • Psychiatrists • Psychologists
Psychotherapists • Addiction Counselors • Nurses



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Meet Your Speaker



Katelyn Baxter-Musser, LCSW, CDBT, is a Licensed Clinical Social Worker in private practice in Maine where her areas of expertise include trauma, PTSD, abuse, domestic violence, depression, anxiety, grief and relationship issues.

In over 10 years of clinical experience, Ms. Baxter-Musser has successfully worked with dissociating clients across the spectrum of severity with techniques that ground them, bring them back to the body, and re-engage them in therapy. She formerly served as the trauma healing services clinical coordinator for La Frontera Arizona, a non-profit organization dedicated to providing behavioral health counseling, crisis intervention and support to families and individuals facing domestic violence, abuse, hate crimes and other issues.

Ms. Baxter-Musser is trained in Dialectical Behavioral Therapy, Cognitive Behavioral Therapy and is a Certified EMDR therapist. She is a member of the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, the National Center for Crisis Management and the Maine Collaborative Law Alliance. She sits on the EMDRIA Standards and Training Committee and is the regional coordinator for the EMDRIA Southern Maine Regional Network.

Speaker Disclosure:

Financial: Katelyn Baxter-Musser, LCSW, CDBT, is the Owner, Operator and Trainer at Inner Awakening Counseling & Consulting and receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.

Non-Financial: Katelyn Baxter-Musser, LCSW, CDBT, is a member of the EMDRIA Standards and Training Committee, the Southern Maine EMDR Collation, the National Association of Social Workers, the American Academy of Experts in Traumatic Stress, and the National Center for Crisis Management.

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This activity is pending approval from the National Association of Social Workers.



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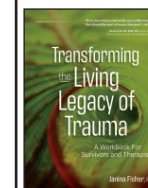
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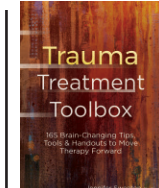


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Janina Fisher, Ph.D.

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