

Traumarelated structural dissociation of the personality

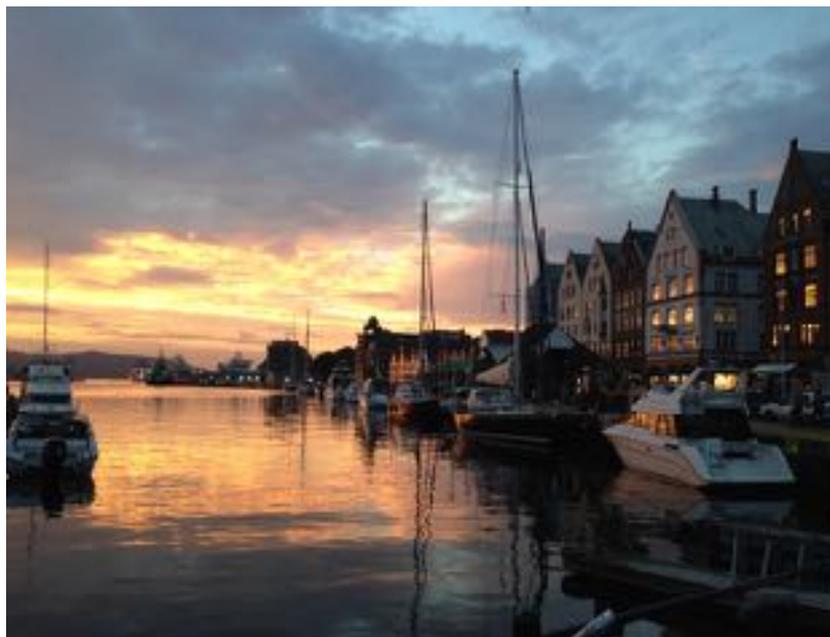
Enactive Trauma Therapy

Advanced course

Ellert Nijenhuis, PhD

Bergen, Norway

September 2018 – May 2019



Course description:

This advanced course on *enactive trauma therapy* is specifically designed for colleagues who have followed the basic course on the treatment of trauma-related dissociation of the personality, and who wish to further develop their skills in treating patients who have been chronically traumatized. The course focuses on discussing and practicing clinical skills and challenging interventions that flow from an enactive theory of trauma-related dissociation. This theory has been described in *The*

Haunted Self: Structural Dissociation and the Treatment of Chronic Traumatization by Onno van der Hart, Ellert Nijenhuis, and Kathy Steele (Norton, New York, 2006), and more specifically in *The Trinity of Trauma, Part I, II, and III* by Ellert Nijenhuis (Vandenhoeck & Ruprecht, 2015 (Part I & II), 2017 (Part III)). These books will be used in the course.

Participants are invited to present difficult clinical cases. These cases will be used to practice making historical, functional and holistic analyses, to design detailed treatment plans and specific interventions, and to prepare the execution of the interventions in a skillful way. All participants take part in role-plays and home-work groups to ensure that they leave the course with a solid experiential understanding of how dissociative patients feel, think, and act, and with an advanced command of the clinical tools required for conducting therapy with complex cases.

Although the case discussions are bound to address a wide spectrum of theoretical and clinical issues, the four weekends of the course will have their own emphases. The first weekend is geared toward improving the participants' skills to make a variety of in-depth analyses of the patient's functioning. The analyses include assessing the patient according to an enactive perspective as well as to a Janetian analysis of the patient's "mental economy." This analysis examines what have been, are and will be (if nothing is changed) the patient's mental income and costs, and how a more profitable balance can be reached. The first weekend will also address how clinicians can assist patients to overcome a severe phobia of the diagnosis and a deep phobia of collaboration and attachment in the first phase of treatment.

The second weekend involves the in-depth analysis and treatment of substitute actions—lower level actions such as suicidality, substance (ab)use, and disruption of personal relationships, including the relationship with the therapist and the therapeutic team. These actions commonly relate to reenactments of traumatizing events and relationships that substitute for more difficult, but more adaptive higher level actions. Reflexive mental actions will also be examined in the framework of substitute actions, and ways to foster more reflective and creative actions are discussed and practiced.

In the third weekend, participants rehearse a variety of ways in which patients can be assisted to integrate their traumatic memories. The integration of traumatic memories can be a difficult mental action that only succeeds when the patient manages to deepen and maintain the collaborative and attachment relationship with the therapist and the therapeutic team. This principle will be emphasized. Participants will be acquainted with the mental and behavioral actions that survivors of relational traumatization engage in to annihilate attachment relationships and they will learn to quickly detect the signs of (impending) such attachment disruptions. They will

subsequently practice how patients can be assisted in repairing the collaborative and attachment relationship with the therapist and the therapeutic team.

The fourth and last weekend focuses on transference and countertransference enactments and reenactments. Participants will be invited to analyse their own responses to their different patients in terms of a psychology of action. In this context, they will recognize how countertransference reactions can be understood as substitute actions, as actions that stand in for more adaptive and creative, but more demanding clinical conduct. Generally speaking, countertransference reenactments emerge when the patient's actions elicit the therapist's action system of defense so strongly that the therapist loses the capacity to be integrative and therapeutically effective. Ways to detect, manage, and overcome such most understandable but ineffective reenactments will be explored and rehearsed.



Ellert Nijenhuis er født i 1951. Han er klinisk psykolog og forsker, og arbeider i Nederland. Han er en av verdens fremste eksperter på traumatisering og har arbeidet med dette klinisk de siste 30 årene. Ved siden av har han drevet mye forskning og undervisning. Han har også skrevet en rekke kliniske og vitenskapelige artikler, samt flere bøker, som "The Haunted Self" som kom ut i 2006 og «Trinity of Trauma, vol 1 & 2 (2015) og vol. 3 (2017). Nijenhuis har fått en rekke priser og utmerkelser for sitt

arbeid, bl.a. i 2004 da han ble utnevnt som "Knight of the Order of the Dutch Lion" av dronningen i Nederland for hans forskning og arbeid på dette feltet. Han har vært plenumsforeleser på mange internasjonale konferanser og han nyter stor respekt for sitt arbeid.

Hjemmeside: www.enijenhuis.nl

Time and place:

The course will be held on Clinic for Crisis Psychology (earliger Center for Crisis Psychology), Fortunen 7, in the center of Bergen.

1. part: 17. og 18. September 2018

2. part: 10. og 11. December 2018

3. part: 4. og 5. March 2019

4. part: 27. og 28. May 2019

The courses will last from 1000 AM to 0530 PM the first day, and 0900 to 0430 PM the second day. The language will be in English.

Price:

15000 NOK incl. warm lunch, and breakes with coffee/tea all days. It is possible to devide the payment in two.

It will be a reduction of 10% for members of the ESTD Europeen Society for Trauma and Dissociation. To get this reduction, membership must be paid before 1. September 2018.

Application:

To apply for the course, write and email to Arne Blindheim on ar-blind@online.no. Application is for all 8 days.

One can unsubscribe freely before 1st. of August 2018. After that one must pay for the whole course.

Further information can be obtained by writing to Arne Blindheim on ar-blind@online.no.