

Invitation to a 4-days Course

Introduction to the latest theory of Structural Dissociation of the Personality, introduction to the "Trauma and Dissociation Symptoms Interview" (TADS-I), and to TOP 10 recommended strategies for prevention and stabilization of dissociative symptoms.

The number of individuals suffering from dissociative disorders, as a consequence of early relational trauma, is greater than previously assumed. For many early traumatized patients, dissociation may be an underlying cause for the development of a complex symptom-profile. However, many of these patients may receive treatment for several years for different psychiatric disorders and not get help for the core problem because it has not been recognized. There are many reasons why it may be difficult to diagnose a dissociative disorder, among others: disagreement within the field of trauma and dissociation with respect to the definition and concept of dissociation; patients tend to hide their dissociative symptoms; and differential diagnostic challenges in relation to personality disorders and psychosis. Furthermore, clinicians are not systematically educated in diagnosing and treating dissociative disorders. Therefore, you have to sign up for this course.

Course description:

PART I: May 23-24, 2018, 8.30am-4.30pm, lectured by Arne Blindheim

During the 1st part of the course, central trauma theories are presented to provide participants with an understanding of traumatization, the development of symptoms, and trauma-related dissociation.

We start with a historical review, to get a common understanding of the background for contemporary theories. The theoretical foundation will mainly be based on the theory of structural dissociation of personality, developed by Onno van der Hart, Ellert Nijenhuis, and Kathy Steele, and as presented in the book "The Haunted Self" (2006). In addition, Ellert Nijenhuis's further development of this theory will be introduced, as described in the trilogy "The Trinity of Trauma", vol. 1 & 2 (2015) and vol. 3 (2017). Other theories will be reviewed, as well as different concepts of traumatization and dissociation, and essential research.

The theoretical presentation will be linked to clinical practice by including clinical vignettes and videos from therapy sessions. Main directions for assessment and treatment will be presented, including how to help patients cope with selfmutilation, drug-addiction and -abuse, obsessive behavior, somatic symptoms, inner conflicts and voice-hearing.

PART II: October 2-3, 2018, 8:30am-4.30pm, lectured by Ellen Jepsen

During the 2nd part of the course, the diagnostic interview "Trauma and Dissociation Symptoms Interview" (TADS-I) will be presented. The TADS-I is a semi-structured interview for assessment of dissociation and other trauma-related symptoms. The interview was developed by Suzette Boon et al. She is an internationally recognized pioneer within the field of trauma and dissociation. She is a wellknown researcher with many publications in the field since the 80'ies, and she has received several awards. The TADS-I has been translated into several languages. A Danish translation is expected to be launched at the course.

With the use of clinical vignettes and diagnostic cases, the focus for the second day will be recommended core strategies for stabilizing patients with dissociative symptoms and disorders. A "TOP 10" of the most recommended strategies has been identified in a study among internationally leading experts within the field of trauma and dissociation. These strategies will be used as guide for presentation and demonstration of concrete interventions for stabilizing, such as: grounding, containment, fostering of "inner cooperation", affect-tolerance and impulse control, relational skills, self-care, etc.

Organizer: Regionsfunktion for PTSD, Afdeling for specialfunktioner, Psykiatrien Region Sjælland.
The course is supported by the European Society for Trauma and Dissociation, Norway and Denmark.

Target group: Professionals working with patients suffering from chronic traumatization

Time: Part I: May 23-24, 2018, at 8.30am-4.30pm
Part II: October 2-3, 2018 at 8.30am-4.30pm

Registration: Register to Lise Møller: Lisem@regionsjaelland.dk
Registration is possible for part I and part II together, or separately for each part. For participation in Part II it is recommended to have knowledge on trauma and dissociation from earlier on.

Place: Psykiatrisygehuset i Slagelse, Fælledvej 6, bygning 3, 4. sal, 4200 Slagelse.

Fee: 1*2-days = 1600 Dkr. incl. coffee/tea, lunch-sandwich & sweets
2*2-days = 2900 Dkr. Including coffee/tea, lunch-sandwich & sweets

Registration deadline: Monday April 16, 2018. The registration is binding, i.e. also in case of illness.

Lecturers:

Part I

Arne Blindheim, M.A., Clinical psychologist

Arne is Norwegian and a clinical psychologist, working at the *Senter for Krisepsykologi* in Bergen, Norway. For the last 15 years, Arne has worked almost only with traumatized patients. He has received education from Ellert Nijenhuis, The Netherlands, and he is trained in sensorimotor psychotherapy from the UK. He is a certified EMDR-supervisor. He has had much focus on spreading knowledge about traumatization and trauma-therapy through teaching and courses, and he organizes courses with international experts within the field of trauma and dissociation.

For several years he was a member of the board of European Society for Trauma and Dissociation (ESTD), and is now national contact-person for Norway.

Part II

Ellen K.K. Jepsen, M.D., Ph.d.

Ellen is Danish, but has been working as psychiatrist at the Trauma Unit at Modum Bad in Norway since 2002. Ellen has specialized in assessment and treatment of adults suffering from severe consequences of early relational trauma, in particular patients with complex dissociative disorders. She has had much education in the field of trauma and dissociation, among others from Suzette Boon, Ellert Nijenhuis, Janina Fisher. Ellen is currently working as researcher as part of the Treatment of Patients with Dissociative Disorder (TOPDD) research team, with prof. Bethany Brand as principal investigator, to evaluate the effect of an online psychoeducational intervention for dissociative patients. The main focus of Ellen's Ph.d. thesis was the impact of dissociation on treatment of early sexually abused adults. She received the "Richard P. Kluft Award" in 2014 for best article in Journal of Trauma and Dissociation with the title: «Early Traumatized Inpatients: High in Psychoform and Somatoform Dissociation: Characteristics and Treatment Response». Ellen is certified supervisor in psychodynamically oriented psychotherapy, and she has experience with teaching and giving lectures in more European countries. Together with Arne, she is ESTD national contact-person.