

Diagnosis and treatment of Trauma-related dissociation of the personality

Four-day course with Ellert Nijenhuis

Sri Lanka

January 10th-14th 2012



Abstract

This course presents the theory of structural dissociation and an associated psychology of action, as well as their application in the various treatment phases of chronically traumatized individuals. The theory hypothesizes that traumatisation divides the biopsychosocial system that constitutes an individual's personality. The basic division is between biopsychosocial action systems that direct us in functions of daily life (e.g., attachment, play, exploration) and reproduction (i.e., survival of the species), and in an action system that directs us in animal-defence like reactions to major threat (i.e., survival of the individual), and/or an action system for attachment. In chronic traumatisation, structural dissociation becomes ever more complex and fixed.

The course highlights the breakdown of integrative actions during traumatisation that causes structural dissociation, describes mental and behavioural actions that maintain structural dissociation, as well as mental and behavioural actions that are typically wanting in chronic trauma survivors. Integrative actions needed to resolve structural dissociation and become more efficient in meeting daily life challenges will be detailed and discussed. Phase-oriented treatment is primarily framed in terms of overcoming specific trauma-related phobias.

Phase 1 is geared toward overcoming phobias of trauma-derived mental and behavioural actions, of dissociative parts of the personality, and of attachment and attachment loss with the therapist. Phase 2 is foremost directed toward overcoming the phobia of traumatic memories, and phobias related to insecure attachment to perpetrator(s). In Phase 3, treatment is focused on overcoming phobias of normal life, healthy risk-taking and change, and intimacy. In clinical practice, these phases are flexible and recursive.

The course includes didactics on theory, research, assessment, and treatment. Techniques for each treatment phase will be discussed and demonstrated using video presentations, live demonstrations, and practical exercises.



About Ellert Nijenhuis

Ellert R.S. Nijenhuis, Ph.D. (www.enijenhuis.nl) , is a psychologist, psychotherapist, and researcher. He received his Ph.D. with the highest honours at the Medical Department of the Vrije Universiteit Amsterdam for his book: *Somatoform dissociation: Phenomena, measurement, and theoretical issues* (reprint: W.W. Norton, New York/London).

He works at the Top Referent Trauma Centre of Mental Health Care Drenthe, Assen, The Netherlands, where he engages in the diagnosis and treatment of severely traumatized patients. He performs his innovating scientific research at this hospital, and collaborates with the University of Groningen, London, and Zürich, as well as several clinics.

His empirical and experimental research addresses the psychology and psychobiology of chronic traumatization and dissociation. He has written many clinical and scientific articles, book chapters, and he provides presentations, workshops, and courses. He is a former member of the Executive Council of the ISST-D. In 2005, together with Helga Matthess, he founded Psychotraumatology Institute Europe, PIE

November 2006 witnessed the release of the book *The haunted self: Structural dissociation and the treatment of chronic traumatization*, authored by Onno van der Hart, Ellert Nijenhuis and Kathy Steele (W.W. Norton, New York/London.)

Course length: 4 Days. January 10th- 14th 2012
(January 12th day off)
Start time 08.45. Finish time 19.00

Location: The coastal town of *Mount Lavinia*, 12 kilometers south of the City of Colombo and 54 kilometers from the Bandaranaike International Airport. *Hotel Mount Lavinia* **** (www.mountlaviniahotel.com) is easy to reach, yet away from the congestion of the capital. It is situated atop a rock and looks over the aquamarine waters of the Indian Ocean.

Course fee: 880 €uro, including welcome dinner, four lunch and refreshments. Accommodation at Hotel Mount Lavinia is not included. Double room for two persons: approximately \$ 130/night. Single supplement. Reservations and rates www.mountlaviniahotel.com

Information and course registration:

Contact Eva Hedenstedt, Wise Mind AB, Sweden, eva@wisemind.se +46 702652575, +46 90774735 www.wisemind.se
Last day to register September 30th 2011

