

# **The Child Survivor: Healing Developmental Trauma and Dissociation**

**Bergen, Norway 20<sup>th</sup> – 22<sup>nd</sup> of June 2012**



## **Joyanna L. Silberg, Ph.D**

This course is geared for child and adolescent practitioners seeking a hands on approach to working with children and adolescents who have been victims of severe trauma and develop dissociation. Through didactic presentations, case material, case consultation and practice, participants will be prepared to deal with a broad range of symptoms that are a consequence of trauma.

Children who have been victims of complex trauma may evidence memory problems, rage reactions, self-destructive behavior, flashbacks and other symptoms that can be therapeutically challenging. The presenter will address how Dissociation-Focused interventions for children and adolescents can help solve these difficult treatment challenges. The course will begin with a comprehensive theoretical approach to understanding childhood traumatic reactions and dissociative symptoms and disorders within existing neurobiological theories, attachment literature, family processes, and developmental perspectives. The theoretical

approach is based on Daniel Siegel, Giovanni Liotti, Frank Putnam, and Allan Schore. The course will then focus on assessment strategies focusing on interviewing techniques and how to distinguish normative fantasy from dissociation in young children.

The course will then present a phased base treatment approach that moves from helping the young client make sense of their internal world and eventually move to processing traumatic contents.

Children with histories of trauma often have varying self-conceptions which change depending on context. Their rage may be sequestered and inaccessible and harbored in a part of the self that they consider “bad”, and their fears may be projected into childlike states. Healing involves self-acceptance of all of the feelings associated with these different self-conceptions.

The participants will practice dissociation-focused interventions that bridge these disparate self-view. Working with child and adolescent victims of severe trauma involves helping with cognitive restructuring that helps establish a sense of renewed optimism, and the belief in the possibility of change for themselves and for others. The participants will learn methods for re-instilling positive beliefs in children and adolescents following severe trauma.

All interventions presented are developmentally sensitive and aimed to restore the children and adolescents to a normative developmental trajectory.

The presenter will emphasize the importance of flexible give and take in relating to the child survivor and describe in detail the transferential stances that are often difficult for therapists to manage. This course will heavily utilize case material in the form of videos, and artwork, as well as practice and role play to help participants become familiar with a broad range of effective techniques. The course will end with case consultation so participants can practice application of these principles to their own caseload.

### **Joyanna Silberg:**

Joyanna Silberg, Ph.D. is the coordinator of Trauma Disorder Services for Children and Adolescents at Sheppard Pratt Health System and the Executive Vice-President of the Leadership Council on Child Abuse & Interpersonal Violence. Her psychotherapy practice specializes in children and adolescents suffering from dissociative symptoms and disorders, and her forensic practice specializes in child sexual abuse.

She is past-president of the International Society for the Study of Trauma & Dissociation (ISSTD) and contributing editor to the

society's journal, the Journal of Trauma and Dissociation. She is the recipient of the 1992 Walter P. Klopfer Award for her research, 1997 Cornelia Wilbur Award for clinical excellence, and the 2011 William Friedrich Award for work on Child Sexual Abuse. Silberg is the editor of The Dissociative Child and co-editor of Misinformation Concerning Child Sexual Abuse and Adult Survivors, and her book, The Child Survivor will be released in November of 2012. She has written numerous articles on trauma and dissociation in children and adolescents and has presented nationally and internationally on child abuse, psychotherapy, and protecting abused children in family court.

**Venue and schedule:**

The course will be held at SAS Radisson Bryggen Hotel, Bergen, Norway. Day one will start at 10 am and end at 6 pm, and the two other days will start at 9 am and end at 5 pm.

**Subscription:**

The fee is 4900 NOK, and includes lunches, tea, coffee, fruit, cookies etc. Members of ESTD (European Society for Trauma and Dissociation) will be given 500 NOK with a paid membership on May 10 at the latest. You can subscribe by online registration at [www.krisepsyk.no](http://www.krisepsyk.no) You can also find a norwegian description of the training at [www.krisepsyk.no](http://www.krisepsyk.no) and on the country section on [www.estd.org](http://www.estd.org). Questions regarding the course can be sent to [email@krisepsyk.no](mailto:email@krisepsyk.no). Latest subscription is on 10.th of May 2012. One has to pay for the whole course, in case of withdrawals after this date.

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