**International Society for the Study of Trauma and Dissociation**

**Professional Training Program**

**Master Seminar**

Curriculum for 2021 – 2022

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Course Directors:

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Intended Participants: Licensedmental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors) who are personally treating clients with Complex Posttraumatic Stress Disorder and Dissociative Disorders and who have personally treated a significant number of such clients in a minimum of eight (8) years in clinical practice. In addition, the participants must have taken the ISSTD Advanced Topics in Complex Trauma and Dissociative Disorders course or its equivalent (to be assessed by the facilitator.)

Meeting Frequency: Once monthly for 8 months

Course Format: Eight (8) twohour sessions of combined literature discussion/seminar and discussion of cases presented by students.

Course Materials: Required textbooks are listed below and must be purchased by the participant. Additional materials including journal articles and Additional Materials will be provided at no cost via the online course portal. Access to the course portal is sent to registered participants two to three weeks in advance of the first class.

About the Curriculum: Faculty and participants in this seminar should be aware that this course is born out of the effort of Elizabeth Bowman, M.D. to provide a quality educational experience for colleagues in Indianapolis. In 2004-05, the Advanced Course was developed by Steve Frankel, Ph.D., J.D. It was piloted by Dr. Frankel in Davis, CA, and by Don Beere, Ph.D. in Cincinnati. *In 2006, the Master Class/Seminar was developed and continued by Joan A. Turkus, M.D.* The course you are about to take represents the collaborative suggestions of faculty, feedback from students, and an effort to increase the relevance of the curriculum. We hope this improves a course, which during its years of existence has already received rave reviews from nearly all participants.

**Required Texts:**

* Howell, E. (2020) *Trauma and Dissociation Informed Psychotherapy: Relational Healing and the Therapeutic Connection.* W.W. Norton & Company, New York, NY.
* Quiros, L. (2021) *Incorporating Diversity and Inclusion into Trauma-Informed Social Work: Transformational Leadership.* Routledge, New York, NY.
* Gold, S. (2020) *Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential.* APA, Washington, DC.

**Required Articles:**

* Chandele Butler, Martin J. Dorahy & Warwick Middleton (2019) The Detachment and Compartmentalization Inventory (DCI): An assessment tool for two potentially distinct forms of dissociation, Journal of Trauma & Dissociation: 20:5, 526-547, DOI:10.1080/15299732.2019.1597809
* Sally Jowett, Thanos Karatzias, Mark Shevlin & Philip Hyland (2021): Psychological trauma at different developmental stages and ICD-11 CPTSD: The role of dissociation, Journal of Trauma & Dissociation, DOI: 10.1080/15299732.2021.1934936
* Rachel Atchley & Carter Bedford (2021) Dissociative Symptoms In Posttraumatic Stress Disorder: A Systematic Review, Journal of Trauma & Dissociation, 22:1, 69-88, DOI: 10.1080/15299732.2020.1760410
* Jennifer M. Gómez, Robyn L. Gobin & Melissa L. Barnes (2021) Discrimination, Violence, & Healing within Marginalized Communities, Journal of Trauma & Dissociation, 22:2, 135-140, DOI: 10.1080/15299732.2021.186905
* Devon S. Isaacs, Melissa Tehee, Julii Green, Kee J.E. Straits & Tamara Ellington (2020) When psychologists take a stand: Barriers to trauma response services and advocacy for American Indian communities, Journal of Trauma & Dissociation, 21:4, 468-483, DOI: 10.1080/15299732.2020.1770148
* Leah Keating & Robert T. Muller (2020) LGBTQ+ based discrimination is
* associated with ptsd symptoms, dissociation, emotion dysregulation, and attachment insecurity among LGBTQ+ adults who have experienced Trauma, Journal of Trauma & Dissociation, 21:1,124-141, DOI: 10.1080/15299732.2019.1675222
* Seventy F. Hall & Maur J. DeLaney (2019): A Trauma-Informed Exploration of the Mental Health and Community Support Experiences of
* Transgender and Gender-Expansive Adults, Journal of Homosexuality, DOI: 0.1080/00918369.2019.1696104
* Amy E. Ellis, Vanessa Simiola, Laura Brown, Christine Courtois & Joan

M. Cook (2018) The role of evidence-based therapy relationships on treatment outcome for adults with trauma: A systematic review, Journal of Trauma & Dissociation, 19:2, 185-213

* Yael Lahav, Anat Talmon, Karni Ginzburg & David Spiegel (2019) Reenacting Past Abuse – Identification with the Aggressor and Sexual Revictimization, Journal of Trauma & Dissociation, 20:4, 378-391, DOI: 10.1080/15299732.2019.1572046
* Sherry Hamby, Elizabeth Taylor, Kimberly Mitchell, Lisa Jones & Chris Newlin (2020) Poly-victimization, Trauma, and Resilience: Exploring Strengths That Promote Thriving After Adversity, Journal of Trauma & Dissociation, 21:3, 376-395, DOI: 10.1080/15299732.2020.1719261

**Course Goals:** At the completionof this seminar, participants will have state-of-the-art knowledge to increase their diagnostic and treatment skills with clients who present with Complex Posttraumatic Stress Disorder (PTSD) and Dissociative Disorders within a biopsychosocial context. The seminar is designed for the study of academic and clinical material at a Master Seminar’s level. This seminar will explore current concepts of relational healing and therapeutic connection. Next, the material will move to a discussion of the sociocultural context in which the trauma occurs, with the focus on racism/ colonialism and sexual orientation/gender identity and diversity. The final section will cover Contextual Trauma Therapy as it relates to overcoming traumatization and reaching full potential. Overall, these readings and discussions will include in-depth understanding of current theoretical and practical concepts of trauma and provide an integrative framework for working with trauma survivors.

**Session One** – Content Level: Advanced

Master Topic: The Ubiquity of Trauma & Dissociation to which Clinicians are not Immune

This session will focus on the meaning of trauma understood as that which causes dissociation.

Objectives:

1. Describe your understanding of the relationship of trauma and dissociation

2. Discuss the contexts: its high prevalence and the way in which clinicians are affected

3. Prepare and present case reports and process therapeutic interventions

Readings:

* Howell, E. (2020) *Trauma and Dissociation Informed Psychotherapy: Relational Healing and the Therapeutic Connection.* W.W. Norton & Company, New York, NY. Introduction & Chapters 1-4 (pp. xix-75).
* Chandele Butler, Martin J. Dorahy & Warwick Middleton (2019) The Detachment and Compartmentalization Inventory (DCI): An assessment tool for two potentially distinct forms of dissociation, Journal of Trauma & Dissociation: 20:5, 526-547, DOI:10.1080/15299732.2019.1597809

Timed Outline:

1 hour: Discussion of Chapters 1-4 in *Trauma and Dissociation Informed Psychotherapy*

15 minutes: Discussion of “An assessment tool for two potentially distinct forms of dissociation”

45 minutes: Case presentations

**Session Two –** Content Level: Advanced

Master Topic: Psychological Concepts Related to Dissociation

The session will focus on concepts of dissociation, repression, and disorganized attachment**.**

Objectives:

1. Summarize the usage and meaning of repression, dissociation, and the unconscious

2. Formulate connections among disorganized attachment, dissociation, and self-criticism

3. Prepare and present case reports and process therapeutic interventions

Readings:

* Howell, E. (2020) *Trauma and Dissociation Informed Psychotherapy: Relational Healing and the Therapeutic Connection.* W.W. Norton & Company, New York, NY. Chapters 5-7 (pp. 77-133).
* Sally Jowett, Thanos Karatzias, Mark Shevlin & Philip Hyland (2021): Psychological trauma at different developmental stages and ICD-11 CPTSD: The role of dissociation, Journal of Trauma & Dissociation, DOI: 10.1080/15299732.2021.1934936

Timed Outline:

1 hour: Discussion of Chapters 5-7 in *Trauma and Dissociation Informed Psychotherapy*

15 minutes: Discussion of “Psychological trauma at different developmental stages and ICD-11 CPTSD: The role of dissociation”

45 minutes: Case presentations

**Session Three** – Content Level: Advanced

Master Topic: The Closed System as the Therapist Becomes Real

This session will focus on structural models and how the traumatized dissociative self can enter the process of healing.

Objectives:

1. Identify the common structural models of the dissociated psyche.

2. Discuss new research and ways of thinking about the dissociative self and the process of healing.

3. Prepare and present case reports and process therapeutic interventions.

Readings:

* Howell, E. (2020) *Trauma and Dissociation Informed Psychotherapy: Relational Healing and the Therapeutic Connection.* W.W. Norton & Company, New York, NY. Chapters 8-10 & Endnotes (pp. 135-188).
* Rachel Atchley & Carter Bedford (2021) Dissociative Symptoms In Posttraumatic Stress Disorder: A Systematic Review, Journal of Trauma & Dissociation, 22:1, 69-88, DOI: 10.1080/15299732.2020.1760410

Timed Outline

1 hour: Discuss Chapters 8-10 and endnotes in *Trauma and Dissociation Informed Psychotherapy*

15 minutes: Discussion of “Dissociative Symptoms In Posttraumatic Stress Disorder: A Systematic Review”

45 minutes: Case presentations

**Session 4** – Content Level: Advanced

Master Topic: Lived Experience as a Teaching Tool for Clinicians

This session will explore positive disruption.

Objectives:

1. Define the understanding of trauma-informed practice as the foundation for positive disruption and transformative leadership
2. .Describe ways in which our understanding of racism and colonialism is important for all clinicians

3. Prepare and present case reports and process therapeutic interventions.

Readings:

* Quiros, L. (2021) *Incorporating Diversity and Inclusion into Trauma-Informed Social Work: Transformational Leadership.* Routledge, New York, NY. Introduction & Chapters 1-4 (pp. xvi-81).
* Jennifer M. Gómez, Robyn L. Gobin & Melissa L. Barnes (2021)

Discrimination, Violence, & Healing within Marginalized Communities, Journal of Trauma & Dissociation, 22:2, 135-140, DOI: 10.1080/15299732.2021.186905

* Devon S. Isaacs, Melissa Tehee, Julii Green, Kee J.E. Straits & Tamara Ellington (2020) When psychologists take a stand: Barriers to trauma response services and advocacy for American Indian communities, Journal of Trauma & Dissociation, 21:4, 468-483, DOI: 10.1080/15299732.2020.1770148

Timed Outline:

30 minutes: Discussion of Chapters 1-4 in *Incorporating Diversity and Inclusion into Trauma-Informed Social Work*

45 minutes: Discussion of “Discrimination, Violence, & Healing within Marginalized Communities” and “When psychologists take a stand: Barriers to trauma response services and advocacy for American Indian communities”

45 minutes: Case presentations

**Session Five** – Content Level: Advanced

Master Topic: Challenges to Transformative Leadership

The session will focus on leadership both its transformation and new vision, particularly as related to transgender and gender diversity

Objectives:

1. Identify positive disruption of greater understanding of gender diversity in current clinical practices.
2. Describe how current negative and positive disruptions are challenges
3. Prepare and present case reports and process therapeutic options.

Readings:

* Quiros, L. (2021) *Incorporating Diversity and Inclusion into Trauma-Informed Social Work: Transformational Leadership.* Routledge, New York, NY. Chapters 5-6 (pp. 82-141).
* Leah Keating & Robert T. Muller (2020) LGBTQ+ based discrimination is associated with ptsd symptoms, dissociation, emotion dysregulation, and attachment insecurity among LGBTQ+ adults who have experienced Trauma, Journal of Trauma & Dissociation, 21:1,124-141, DOI: 10.1080/15299732.2019.1675222
* Seventy F. Hall & Maur J. DeLaney (2019): A Trauma-Informed Exploration of the Mental Health and Community Support Experiences of Transgender and Gender-Expansive Adults, Journal of Homosexuality, DOI: 10.1080/00918369.2019.1696104

Timed Outline:

30 minutes: Discussion of Chapters 5-6 in *Incorporating Diversity and Inclusion into Trauma-Informed Social Work*

45 minutes: Discussion of “LGBTQ+ based discrimination is associated with ptsd symptoms, dissociation, emotion dysregulation, and attachment insecurity among LGBTQ+ adults who have experienced Trauma” and “A Trauma-Informed Exploration of the Mental Health and Community Support Experiences of Transgender and Gender-Expansive Adults, Journal of Homosexuality”

45 minutes: Case presentations

**Session Six** – Content Level: Advanced

Master Topic: Overview and Conceptual Foundations

This session covers the surge in recognition of trauma and traumatization.

Objectives:

1. Discuss the contextual trauma theory model.
2. Conceptualize an initial case
3. Prepare and present case reports and process therapeutic options.

Readings:

* Gold, S. (2020) *Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential.* APA, Washington, DC. Introduction & Chapters 1-5 (pp. 3-112).
* Amy E. Ellis, Vanessa Simiola, Laura Brown, Christine Courtois & Joan

M. Cook (2018) The role of evidence-based therapy relationships on treatment outcome for adults with trauma: A systematic review, Journal of Trauma & Dissociation, 19:2, 185-213

Timed Outline:

1 hour: Discussion of Chapters 1-5 in *Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential*

15 minutes: Discussion of “The role of evidence-based therapy relationships on treatment outcome for adults with trauma: A systematic review”

45 minutes: Case presentations

**Session Seven**– Content Level: Advanced

Master Topic: Forging a Collaborative Relationship

This session covers consensus-based, individual treatment, and trauma-informed systemic approaches.

Objectives:

1. Discuss the elements of importance in a collaborative process.
2. Managing the creation of a sense of safety.
3. Prepare and present case reports and process therapeutic options.

Readings:

* Gold, S. (2020) *Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential.* APA, Washington, DC. Chapters 6-8 (pp. 113-182).
* Yael Lahav, Anat Talmon, Karni Ginzburg & David Spiegel (2019) Reenacting Past Abuse – Identification with the Aggressor and Sexual Revictimization, Journal of Trauma & Dissociation, 20:4, 378-391, DOI: 10.1080/15299732.2019.1572046

Timed Outline:

1 hour: Discussion of Chapters 6-8 in *Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential*

15 minutes: Discussion of “Reenacting Past Abuse – Identification with the Aggressor and Sexual Revictimization”

45 minutes: Case presentations

**Session Eight** – Content Level: Advanced

Master Topic: Learning to Modulate Dissociation and Resolving Trauma

This session focus on identifying complex dissociation and resolving trauma.

Objectives:

1. Define strategies for modulating/extinguishing dissociative reactions.
2. Summarize ways in which to resolve trauma.
3. Prepare and present case reports and process therapeutic options.

Readings:

* Gold, S. (2020) *Contextual Trauma Therapy: Overcoming Traumatization and Reaching Full Potential.* APA, Washington, DC. Chapters 9-13 (pp. 183-284) & Epilogue.
* Sherry Hamby, Elizabeth Taylor, Kimberly Mitchell, Lisa Jones & Chris Newlin (2020) Poly-victimization, Trauma, and Resilience: Exploring Strengths That Promote Thriving After Adversity, Journal of Trauma & Dissociation, 21:3, 376- 395, DOI: 10.1080/15299732.2020.1719261

Timed Outline:

1 hour: Book Chapter(s)

15 minutes: Journal Article

45 minutes: Case presentations

**Course Chairs and Directors:**

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