



**International Society for the Study of Trauma and Dissociation
Professional Training Program
Master Seminar
Curriculum for 2022 – 2023**

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Intended Participants: Licensed mental 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 9 months

Course Format: Nine (9) two and a half hour (2.5 hrs) sessions of combined literature discussion/seminar and discussion of cases presented by participants.

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 participants, 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:

1. Brand, B., Schielke, H., Schiavone, F., Lanius, R. (2022) *Finding Solid Ground: Overcoming Obstacles in Trauma Treatment*. Oxford University Press, New York, NY.
2. Brand, B., Schielke, H., Schiavone, F., Lanius, R. (2022) *The Finding Solid Ground Program Workbook: Overcoming Obstacles in Trauma Recovery*. Oxford University Press, New York, NY.
3. Brown, D., Elliot, D. (2016) *Attachment Disturbances in Adults: Treatment for Comprehensive Repair*. W.W. Norton & Company, New York, NY.
4. Epstein, O. (Ed) (2022) *Shame Matters: Attachment and Relational Perspectives for Psychotherapists*. Routledge, New York, NY.

Required Articles:

1. M. Shae Nester, Hugo J. Schielke, Bethany L. Brand & Richard J. Loewenstein (2022) Dissociative Identity Disorder: Diagnostic Accuracy and DSM-5 Criteria Change Implications, *Journal of Trauma & Dissociation*, 23:4, 451-463, DOI: 10.1080/15299732.2021.1989123
2. Mary-Anne Kate, Graham Jamieson, Martin J Dorahy & Warwick Middleton (2021) Measuring Dissociative Symptoms and Experiences in an Australian College Sample Using a Short Version of the Multidimensional Inventory of Dissociation, *Journal of Trauma & Dissociation*, 22:3, 265-287, DOI: 10.1080/15299732.2020.1792024
3. Paul Frewen, Bethany L. Brand, Hugo J. Schielke, Ian V. McPhail & Ruth Lanius (2022): Examining the 4-D Model in Persons Enrolled in the Top DD Internet Intervention, *Journal of Trauma & Dissociation*, DOI: 10.1080/15299732.2022.2079794
4. Brianna C. Delker, Rowan Salton & Kate C. McLean (2020) Giving Voice to Silence: Empowerment and Disempowerment in the Developmental Shift from Trauma 'Victim' to 'Survivor-Advocate', *Journal of Trauma & Dissociation*, 21:2, 242-263, DOI: 10.1080/15299732.2019.1678212
5. Giovanni Liotti (2017) Conflicts between motivational systems related to attachment trauma: Key to understanding the intra-family relationship between abused children and their abusers, *Journal of Trauma & Dissociation*, 18:3, 304-318, DOI: 10.1080/15299732.2017.1295392
6. Leah Keating, Robert T. Muller & Catherine C. Classen (2018) Changes in attachment organization, emotion dysregulation, and interpersonal problems among women in treatment for abuse, *Journal of Trauma & Dissociation*, 19:2, 247-266, DOI: 10.1080/15299732.2017.1331946
7. Adah Sachs (2017) Through the lens of attachment relationship: Stable DID, active DID and other trauma-based mental disorders, *Journal of*



- Trauma & Dissociation, 18:3, 319-339, DOI: 10.1080/15299732.2017.1295400
8. Vedat Şar MD & Tuğba Türk-Kurtça PhD (2021) The Vicious Cycle of Traumatic Narcissism and Dissociative Depression Among Young Adults: A Trans-Diagnostic Approach, *Journal of Trauma & Dissociation*, 22:5, 502-521, DOI: 10.1080/15299732.2020.1869644
 9. Tamara L. Newton (2021) In Their Own Words: Women'S Memories of Felt Emotions During Worst Incidents of Intimate Partner Abuse, *Journal of Trauma & Dissociation*, 22:5, 563-580, DOI: 10.1080/15299732.2020.1869649

Course Goals: At the completion of 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 level. This seminar will provide invaluable resources on the treatment of dissociative trauma-related disorders based on evidence-informed and practical approach. Next, the material will move to a discussion of the attachment disturbances in adults including interventions for treatment. The final section will cover papers on shame from an attachment and relational perspective given at a conference at the Bowlby Centre. 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: Assessment of Dissociation, Trauma-related Disorders and Dissociative Disorders and an Overview of their Treatment

Abstract: This session will focus on the concepts of dissociation and its related disorders. Included will be an overview of the relationships between trauma-related disorders and dissociation. This will be followed by a discussion and guidelines for the assessment and neurobiology of these disorders. An overview of the treatment of complex trauma-related and dissociative disorders will be discussed based on research findings. The accompanying journal article will add to the diagnostic accuracy and DSM-5 criteria change implications of Dissociative Identity Disorder (DID). There will be an opportunity to present case reports.

Objectives:

1. Describe the assessment of dissociation and its trauma-related disorders.
2. Discuss the current concepts of the treatment of dissociative disorders.
3. Prepare and present case reports and process therapeutic interventions.

Readings:

1. Brand, B., Schielke, H., Schiavone, F., Lanius, R. (2022) *Finding Solid Ground: Overcoming Obstacles in Trauma Treatment*. Oxford University Press, New York, NY. Foreword & Chapters 1-4 (pp. vii-81).
2. M. Shae Nester, Hugo J. Schielke, Bethany. L. Brand & Richard J. Loewenstein (2022) Dissociative Identity Disorder: Diagnostic Accuracy and DSM-5 Criteria Change Implications, *Journal of Trauma & Dissociation*, 23:4, 451-463, DOI: 10.1080/15299732.2021.1989123

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations



Session Two – Content Level: Advanced

Master Topic: Challenges Related to the Treatment of Dissociative Disorders

Abstract: The session will focus on the challenges to the treatment of dissociative disorders. This includes understanding and addressing the impact of trauma on relational functioning. Challenges to addressing clinical issues of dissociation, emotions, somatic symptoms, and working with dissociative self-states are included. Stabilizing unhealthy and safe behaviors will be an additional focus. Then there will be an overview of *The Finding Solid Ground* program. The accompanying journal article will discuss measuring dissociative symptoms and experiences. There will be an opportunity to present case reports.

Objectives:

1. Summarize the understanding and ways in which to address the impact of trauma on relational functioning.
2. Formulate concepts in working with dissociative self-states.
3. Prepare and present case reports and process therapeutic interventions.

Readings:

1. Brand, B., Schielke, H., Schiavone, F., Lanius, R. (2022) Finding Solid Ground: *Overcoming Obstacles in Trauma Treatment*. Oxford University Press, New York, NY. Chapters 5-9 (pp. 82-169).
2. Mary-Anne Kate, Graham Jamieson, Martin J Dorahy & Warwick Middleton (2021) Measuring Dissociative Symptoms and Experiences in an Australian College Sample Using a Short Version of the Multidimensional Inventory of Dissociation, *Journal of Trauma & Dissociation*, 22:3, 265-287, DOI: 10.1080/15299732.2020.1792024

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations

Session Three – Content Level: Advanced

Master Topic: The Finding Solid Ground Program: Part I

Abstract: This session introduces the program and the modular concept of the treatment of dissociative disorders. It begins with reviewing the stages of trauma treatment and principles of trauma-informed care. This is followed by a



discussion of grounding and a list of ways that patients have said work well for them to get grounded. Actively working to notice differences between the past and present as well as ways to separate them are included. Strategies to shore up foundations and getting and feeling safer are covered as well. The accompanying journal article will examine 4-dimensional (4-D) model of trauma-related dissociation. There will be an opportunity to present case reports.

Objectives:

1. Identify several grounding strategies.
2. Discuss guiding dissociative clients to becoming safer.
3. Prepare and present case reports and process therapeutic interventions.

Readings:

1. Brand, B., Schielke, H., Schiavone, F., Lanius, R. (2022) *The Finding Solid Ground Program Workbook: Overcoming Obstacles in Trauma Recovery*. Oxford University Press, New York, NY. Preface & Modules 1-4 (pp. vii-138).
2. Paul Frewen, Bethany L. Brand, Hugo J. Schielke, Ian V. McPhail & Ruth Lanius (2022): Examining the 4-D Model in Persons Enrolled in the Top DD Internet Intervention, *Journal of Trauma & Dissociation*, DOI: 10.1080/15299732.2022.2079794

Timed Outline

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations

Session 4 – Content Level: Advanced

Master Topic: The Finding Solid Ground Program: Part II

Abstract: This session will explore additional treatment strategies for dissociative disorders. These include shifting from trauma-based thought to healing-focused thinking and making the decision to get healthier and safer. This will be followed by learning more ways to recognize and reduce patterns contributing to risky or unsafe behavior. There will be a focus on improving relationships with self, sticking to the process and building on progress. The accompanying journal article will add to the understanding of empowerment in the developmental shift from trauma victim to survivor-advocate. There will be an opportunity to present case reports.

Objectives:

1. Define ways in which to address trauma-based thinking.

2. Describe interventions to improve relationship with aspects of self.
3. Prepare and present case reports and process therapeutic interventions.

Readings:

1. Brand, B., Schielke, H., Schiavone, F., Lanius, R. (2022) *The Finding Solid Ground Program Workbook: Overcoming Obstacles in Trauma Recovery*. Oxford University Press, New York, NY. Modules 5-8 (pp. 139-250).
2. Brianna C. Delker, Rowan Salton & Kate C. McLean (2020) Giving Voice to Silence: Empowerment and Disempowerment in the Developmental Shift from Trauma 'Victim' to 'Survivor-Advocate', *Journal of Trauma & Dissociation*, 21:2, 242-263, DOI: 10.1080/15299732.2019.1678212

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations

Session Five – Content Level: Advanced

Master Topic: Overview of Attachment and Psychopathology

Abstract: The session will focus on attachment and psychopathology. The psychopathology will include anxiety disorders, affective disorders, trauma-related disorders, addictions, and personality disorders. This will be followed by an overview of treatment for attachment disturbances. This will start with Bowlby's attachment-based psychotherapy, psychoanalytic approaches, attachment-informed psychotherapy, and new forms of attachment-informed treatment will be added to the discussion. The accompanying journal article will cover conflicts between motivational systems related to attachment trauma. There will be an opportunity to present case reports.

Objectives:

1. Describe psychiatric diagnosis related to disruption of attachment.
2. Identify how attachment disturbances affect development.
3. Prepare and present case reports and process therapeutic options.

Readings:

1. Brown, D., Elliot, D. (2016) *Attachment Disturbances in Adults: Treatment for Comprehensive Repair*. W.W. Norton & Company, New York, NY. Chapters 5-6 (pp. 166-279).
2. Giovanni Liotti (2017) Conflicts between motivational systems related to attachment trauma: Key to understanding the intra-family relationship



between abused children and their abusers, *Journal of Trauma & Dissociation*, 18:3, 304-318, DOI: 10.1080/15299732.2017.1295392

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations

Session Six – Content Level: Advanced
Master Topic: Comprehensive Attachment Treatment

Abstract: This session covers an introduction to the three (3) pillars of attachment treatment. The first pillar is the ideal parent figure (IPF) protocol. The second pillar is fostering a range of metacognitive skills. The third pillar is fostering collaborative nonverbal and verbal behavior. The principles and practices for framing and responding to patient experiences will be discussed within the IPF frame. Clinical applications: methods for promoting metacognitive skills will be discussed as well as the ability to take a wider perspective. The accompanying journal article will discuss changes in attachment organization, emotion dysregulation, and interpersonal problems among women in treatment for abuse. There will be an opportunity to present case reports.

Objectives:

1. Describe the three (3) pillars of interventions for attachment disturbances.
2. Discuss metacognitive interventions for attachment disturbances.
3. Prepare and present case reports and process therapeutic options.

Readings:

1. Brown, D., Elliot, D. (2016) *Attachment Disturbances in Adults: Treatment for Comprehensive Repair*. W.W. Norton & Company, New York, NY. Chapters 7-9 (pp. 280-425).
2. Leah Keating, Robert T. Muller & Catherine C. Classen (2018) Changes in attachment organization, emotion dysregulation, and interpersonal problems among women in treatment for abuse, *Journal of Trauma & Dissociation*, 19:2, 247-266, DOI: 10.1080/15299732.2017.1331946

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations



Session Seven– Content Level: Advanced

Master Topic: Application of the Three (3) Pillars of Treatment

Abstract: This session covers the third pillar of fostering collaborative capacity and behavior. This is followed by type-specific treatment: the application of the three pillars concept to dismissing, anxious-preoccupied and disorganized attachment disorders. This will be an integration of the three pillars concept and its application. The accompanying journal article proposes the existence of two distinct presentations of Dissociative Identity Disorder (DID): Stable and Active DID. There will be an opportunity to present case reports.

Objectives:

1. Conceptualize enhancing collaborative capacity and behavior in therapy.
2. Discuss the application of the three (3) pillars to a type-specific attachment disturbance.
3. Prepare and present case reports and process therapeutic options.

Readings:

1. Brown, D., Elliot, D. (2016) *Attachment Disturbances in Adults: Treatment for Comprehensive Repair*. W.W. Norton & Company, New York, NY. Chapters 10-13 (pp. 426-588).
2. Adah Sachs (2017) Through the lens of attachment relationship: Stable DID, active DID and other trauma-based mental disorders, *Journal of Trauma & Dissociation*, 18:3, 319-339, DOI: 10.1080/15299732.2017.1295400

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations

Session Eight – Content Level: Advanced

Master Topic: Shame: Attachment and Relational Perspectives for Psychotherapists, Part I

Abstract: This session will first focus on shame as a behavioral system: links to attachment, defense, and dysregulation. This will be followed by caring for the human spirit in pride and shame and seeking kindness from birth. There will be a discussion of primary shame and attachments: subjugation, shame, and the



attachment to painful affects and objects. The accompanying journal article discusses the vicious cycle of traumatic narcissism and dissociative depression, including the associations between narcissism, childhood trauma, dissociation and attachment styles. There will be an opportunity to present case reports.

Objectives:

1. Discuss several analytic concepts of the understanding of shame.
2. Identify the links of shame to attachment and dysregulation.
3. Prepare and present case reports and process therapeutic options.

Readings:

1. Epstein, O. (Ed) (2022) *Shame Matters: Attachment and Relational Perspectives for Psychotherapists*. Routledge, New York, NY. Introduction & Chapters 1-4 (pp. 1-76).
2. Vedat Şar MD & Tuğba Türk-Kurtça PhD (2021) The Vicious Cycle of Traumatic Narcissism and Dissociative Depression Among Young Adults: A Trans-Diagnostic Approach, *Journal of Trauma & Dissociation*, 22:5, 502-521, DOI: 10.1080/15299732.2020.1869644

Timed Outline:

75 minutes: Book Chapter(s)
15 minutes: Journal Article
60 minutes: Case presentations

Session Nine – Content Level: Advanced

Master Topic: Shame: Attachment and Relational Perspectives for Psychotherapists, Part II

Abstract: This session focus on additional concepts related to shame within systems. There will be discussion of shame and the legacy of internalized oppression. This will be followed by the issue of the aggressor within: attachment trauma, segregated systems, and the double face of shame. Also, the sovereignty of shame in the dissociated mind will be covered. The accompanying journal article will discuss the dynamics of felt emotions during intimate partner abuse, anger, and shame being the most prevalent. There will be an opportunity to present case reports.

Objectives:

1. Outline the mentalization of shame in groups.
2. Interpret the impact of shame in the dissociated mind.
3. Prepare and present case reports and process therapeutic options.



Readings:

1. Epstein, O. (Ed) (2022) *Shame Matters: Attachment and Relational Perspectives for Psychotherapists*. Routledge, New York, NY. Chapters 5-9 (pp. 77-168).
2. Tamara L. Newton (2021) In Their Own Words: Women'S Memories of Felt Emotions During Worst Incidents of Intimate Partner Abuse, *Journal of Trauma & Dissociation*, 22:5, 563-580, DOI: 10.1080/15299732.2020.1869649

Timed Outline:

75 minutes: Book Chapter(s)

15 minutes: Journal Article

60 minutes: Case presentations



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