

Treating Dissociative Identity Disorder



The
Power
of the
Collective
Heart

Sarah Y. Krakauer

Foreword by Carolyn Zerbe Enns

Treating Dissociative Identity Disorder The Power Of The Collective Heart

**Suzette Boon, Kathy Steele, Onno van
der Hart**



Treating Dissociative Identity Disorder The Power Of The Collective Heart:

Treating Dissociative Identity Disorder Sarah Y. Krakauer, 2001 First Published in 2001 Routledge is an imprint of Taylor Francis an informa company *Treating Dissociative Identity Disorder* Sarah Y. Krakauer, 2013-10-28 This is a book about the triumph of inner authority over the debilitating effects of trauma and abuse In a simple and straightforward style a three phase model for treating dissociative identity disorder previously known as multiple personality disorder is introduced The Collective Heart model is consistent with the current standards of care which emphasize caution and restraint Additionally the Collective Heart model has several unique features It highlights the retrieval of personal authority rather than the retrieval of traumatic memories identifies the fundamental inner unity underlying the fragmented personality system and introduces techniques that facilitate communication between personalities and between each personality's conscious mind and the collective heart Six chapters of fascinating case vignettes illustrate therapeutic techniques and show how clients tap into their underlying inner unity to create the conditions for their own maturation making it safe for their alters to grow heal and eventually join the host as a seamless harmonious whole **Coping with Trauma-related Dissociation** Suzette

Boon, Kathy Steele, Onno van der Hart, 2011-03-15 This training manual for patients who have suffered severe trauma includes a short educational piece homework sheets and exercises that promote essential emotional and life skills **The Haunted Self** Onno van der Hart, Ellert R. S. Nijenhuis, Kathy Steele, 2014-09-02 Life is an ongoing struggle for patients who have been chronically traumatized They typically have a wide array of symptoms often classified under different combinations of comorbidity which can make assessment and treatment complicated and confusing for the therapist Many patients have substantial problems with daily living and relationships including serious intrapsychic conflicts and maladaptive coping strategies Their suffering essentially relates to a terrifying and painful past that haunts them Even when survivors attempt to hide their distress beneath a facade of normality a common strategy therapists often feel besieged by their many symptoms and serious pain Small wonder that many survivors of chronic traumatization have seen several therapists with little if any gains and that quite a few have been labeled as untreatable or resistant In this book three leading researchers and clinicians share what they have learned from treating and studying chronically traumatized individuals across more than 65 years of collective experience Based on the theory of structural dissociation of the personality in combination with a Janetian psychology of action the authors have developed a model of phase oriented treatment that focuses on the identification and treatment of structural dissociation and related maladaptive mental and behavioral actions The foundation of this approach is to support patients in learning more effective mental and behavioral actions that will enable them to become more adaptive in life and to resolve their structural dissociation This principle implies an overall therapeutic goal of raising the integrative capacity in order to cope with the demands of daily life and deal with the haunting remnants of the past with the unfinished business of traumatic memories Of interest to clinicians students of clinical

psychology and psychiatry as well as to researchers all those interested in adult survivors of chronic child abuse and neglect will find helpful insights and tools that may make the treatment more effective and efficient and more tolerable for the suffering patient Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy Carol

Forgash, Margaret Copeley, 2007-12-17 This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis This volume which takes a multi perspective approach to the practice of EMDR and Ego State Therapy presents a wide variety of ways to integrate these two therapies both with each other and with other complementary methods in the treatment of trauma and dissociation European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits This book pioneers the integration of EMDR with ego state techniques and opens new and exciting vistas for the practitioners of each From the foreword by John G Watkins PhD founder of ego state therapy This read truly does have something for everyone who works with trauma and dissociative processes American Journal of Clinical Hypnosis The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician s abilities to work with this terribly injured population This book blends concepts from neurobiology hypnosis family systems theory and cognitive therapy to enhance treating this population It is a well written book that the novice as well as the seasoned clinician can benefit from Mark Dworkin author of EMDR and the Relational Imperative This book conveys complex concepts that will be of interest to seasoned therapists with a clarity that will appeal to the novice as well This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma Sarah Chana Radcliffe M Ed C Psych Assoc Author Raise Your Kids without Raising Your Voice I believe that this book is a significant contribution to the fields of psychology and EMDR It is the first of its kind anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients Sara G Gilman in Journal of EMDR Practice and Research Volume 3 2009 This is a book about polypsychism and trauma It offers a number of creative syntheses of EMDR with several models of polypsychism It also surveys and includes many other models of contemporary trauma theory and treatment techniques The reader will appreciate its enrichment with case examples and very generous bibliographic material If you are a therapist who works with patients who have been traumatized you will want this book in your library Claire Frederick MD Distinguished Consulting Faculty Saybrook Graduate School and Research Center Training in EMDR seems to have spread rapidly among therapists in recent years In the process awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice By integrating it with ego state therapy this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population Steven N Gold PhD President Elect APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly

validated In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma

Clinician's Thesaurus, 7th Edition Edward L. Zuckerman, 2012-03-12 This book has been replaced by Clinician's Thesaurus 8th Edition ISBN 978 1 4625 3880 5

Treating Trauma-Related Dissociation Kathy Steele, Suzette Boon, Onno van der Hart, 2016-11-29 Winner of the 2017 International Society for the Study of Trauma and Dissociation ISSTD Pierre Janet Writing Award Establishing safety and working with dissociative parts in complex trauma therapy Therapists around the world ask similar questions and struggle with similar challenges treating highly dissociative patients This book arose not only out of countless hours of treating patients with dissociative disorders but also out of the crucible of supervision and consultation where therapists bring their most urgent questions needs and vulnerabilities The book offers an overview of the neuropsychology of dissociation as a disorder of non realization as well as chapters on assessment prognosis case formulation treatment planning and treatment phases and goals based on best practices The authors describe what to focus on first in a complex therapy and how to do it how to help patients establish both internal and external safety without rescuing how to work systematically with dissociative parts of a patient in ways that facilitate integration rather than further dissociation how to set and maintain helpful boundaries specific ways to stay focused on process instead of content how to deal compassionately and effectively with disorganized attachment and dependency on the therapist how to help patients integrate traumatic memories what to do when the patient is enraged chronically ashamed avoidant or unable to trust the therapist and how to compassionately understand and work with resistances as a co creation of both patient and therapist Relational ways of being with the patient are the backbone of treatment and are themselves essential therapeutic interventions As such the book also focused not only on highly practical and theoretically sound interventions not only on what to do and say but places strong emphasis on how to be with patients describing innovative compassionately collaborative approaches based on the latest research on attachment and evolutionary psychology Throughout the book core concepts fundamental ideas that are highlighted in the text in bold so they can be seen at a glance are emphasized These serve as guiding principles in treatment as well as a summing up of many of the most important notions in each chapter Each chapter concludes with a section for further examination These sections include additional ideas and questions exercises for practicing skills and suggestions for peer discussions based on topics in a particular chapter meant to inspire further curiosity discovery and growth

Healing the Unimaginable Alison Miller, 2018-05-08 Healing the Unimaginable Treating Ritual Abuse and Mind Control is a practical task oriented instructional manual designed to help therapists provide effective treatment for survivors of these most extreme forms of child abuse and mental manipulation

Abnormal Psychology Ronald J. Comer, 2010-07-27 Taking a look at the field of abnormal psychology including major theoretical models of

abnormality research directions clinical experiences therapies and controversies this book covers personality disorders the psychodynamic perspective neuroscience the empirically based treatment movement and more [Hungry for Ecstasy](#) Sharon Klayman Farber, 2012-11-16 Hungry for Ecstasy Trauma The Brain and the Influence of the Sixties by Sharon Klayman Farber explores the hunger for ecstatic experience that can lead people down the road to self destruction In an attempt to help mental health professionals and concerned individuals understand and identify the phenomenon and ultimately intervene with patients friends and loved ones Farber speaks both personally and professionally to the reader She discusses the different paths taken on the road to ecstatic states There are religious ecstasies ecstasies of pain and near death experiences cult induced ecstasies creative ecstasies and ecstasies from hell Hungry for Ecstasy explores not only the neuroscientific processes involved but also the influence of the sixties in driving people to seek these states Finally Farber draws from her own personal and professional experience to advise others how to intervene on behalf of the person whose behavior puts his or her life at risk

Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols Marilyn Luber, 2009-08-17 This excellent book contains many different scripts applicable to a number of special populations It takes a practical approach and walks therapists step by step through the EMDR therapeutic process Readers will not be disappointed Score 93 4 stars Doody's Praise from a practicing EMDR therapist and user of Eye Movement Desensitization and Reprocessing EMDR Scripted Protocols Kudos to everyone who contributed to this important volume It is an indispensable resource Thank you thank you thank you Andrea B Goldberg LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant in training Bloomfield and Newark NJ This book outlines some of the basic elements of the 11 Step Standard Procedure of EMDR and the Standard Three Pronged EMDR Protocol Unlike other EMDR books however this book focuses on applying EMDR scripted protocols to special populations Special populations discussed include children adolescents couples and clients suffering from complex posttraumatic stress disorder dissociative disorders anxiety addictive behaviors and severe pain This is a volume rich in wisdom and insight that every EMDR clinician working with special populations will need in his or her collection Key topics include EMDR preparation assessment and desensitization phases for children Integrating EMDR into couples therapy EMDR protocol for treating sexual dysfunction EMDR informed treatment approaches for dissociative disorders Clearing the pain of unrequited love with EMDR An EMDR approach to treating substance abuse and addiction EMDR for pain patients Self care for EMDR practitioners

Marketplace of the Marvelous Erika Janik, 2015-03-10 An entertaining introduction to the quacks snake oil salesmen and charlatans who often had a point Despite rampant scientific innovation in nineteenth century America traditional medicine still adhered to ancient healing methods subjecting patients to bleeding blistering and induced vomiting and sweating Facing such horrors many patients ran with open arms to burgeoning practices that promised new ways to cure their ills Hydropaths offered cures using healing waters and tight wet sheet wraps Phineas Parkhurst Quimby experimented with magnets and tried to replace

bad diseased thoughts with good healthy thoughts while Daniel David Palmer reportedly restored a man's hearing by knocking on his vertebrae Lorenzo and Lydia Fowler used their fingers to read their clients heads claiming that the topography of one's skull could reveal the intricacies of one's character Lydia Pinkham packaged her Vegetable Compound and made a famous family business from the homemade cure all And Samuel Thomson rejecting traditional medicine introduced a range of herbal remedies for a vast array of woes supplemented by the curative powers of poetry Bizarre as these methods may seem many are the precursors of today's notions of healthy living We have the nineteenth century practice of medical gymnastics to thank for today's emphasis on regular exercise and hydropathy's various water cures for the notion of regular bathing and the mantra to drink eight glasses of water a day And much of the philosophy of health introduced by these alternative methods is reflected in today's patient centered care and holistic medicine which takes account of the body and spirit Moreover these entrepreneurial alternative healers paved the way for women in medicine Shunned by the traditionalists and eager for converts many of the masters of these new fields embraced the training of women in their methods Some women like Pinkham were able to break through the barriers to women working to become medical entrepreneurs themselves In fact next to teaching medicine attracted more women than any other profession in the nineteenth century the majority of them in irregular health systems These eccentric ideas didn't make it into modern medicine without a fight of course As these new healing methods grew in popularity traditional doctors often viciously attacked them with cries of quackery and pressed legal authorities to arrest fine and jail irregulars for endangering public safety Nonetheless these alternative movements attracted widespread support from everyday Americans and the famous alike including Mark Twain Louisa May Alcott and General Ulysses S Grant with their messages of hope self help and personal empowerment Though many of these medical fads faded and most of their claims of magical cures were discredited by advances in medical science a surprising number of the theories and ideas behind the quackery are staples in today's health industry Janik tells the colorful stories of these quacks whose oftentimes genuine wish to heal helped shape and influence modern medicine *Internationale Bibliographie der Rezensionen wissenschaftlicher Literatur*, 2003 **Vivir**

con disociación traumática Suzette Boon, 2015-11-17 Vivir con disociación traumática contiene explicaciones lícitas habilidades prácticas y la sabiduría colectiva de tres terapeutas con décadas de experiencia en el tratamiento de pacientes con disociación Este libro sirve como manual para los terapeutas como guía para los formadores y como libro de consulta para los pacientes con trastornos disociativos al ofrecer una combinación actualizada de las mejores prácticas clínicas con los avances recientes de la terapia mindfulness y de los abordajes cognitivo conductuales de la disociación patológica Dr Frank W Putnam profesor de Pediatría y Psiquiatría Facultad de Medicina de la Universidad de Cincinnati Este es el primer libro que ofrece formación en habilidades estructuradas para quienes sufren trastornos disociativos como consecuencia de un trauma Boon Steele y van der Hart articulan una integración práctica de las actuales teorías relevantes y de las terapias para el trauma y la

disociación Ofrecen una combinación práctica de capítulos instructivos cortos fichas de tareas para casa y ejercicios que estimulan habilidades fundamentales tanto emocionales como para la vida práctica Además pueden utilizarse tanto en tratamientos individuales como grupales Los autores empiezan con una visión panorámica de la disociación y de sus síntomas definiendo las habilidades específicas para gestionarla aprender a reflexionar comprender y regular las emociones cuestionar los pensamientos disfuncionales manejar la ira el miedo la vergüenza y la culpa controlar los desencadenantes aprender a hacer frente al deseo de autolesionarse y avanzar a pequeños pasos en las relaciones con los demás Además ofrecen ejercicios diarios que facilitan adoptar rutinas de sueño y alimentación más sanas así como aprender a maximizar el tiempo libre para relajarse reflexionar y recargarse

SUZETTE BOON PHD es psicóloga clínica y psicoterapeuta en el Centro de Trauma de Altrecht Zeist Holanda Es cofundadora de la Asociación Europea de Trauma y Disociación ESTD y fue su primera presidenta Miembro de la Asociación Internacional para el estudio del Trauma y de la Asociación ISSTD ha recibido diversos premios por su trabajo en el diagnóstico y tratamiento de los trastornos disociativos KATHY STEELE MN CS es Directora Clínica de los Servicios de Orientación Metropolitana y trabaja en un centro privado de la Asociación de Psicoterapia Metropolitana de Atlanta Georgia EEUU Expresidenta de la Asociación Internacional para el Estudio del Trauma y de la Asociación ha recibido una serie de premios por su trabajo y es coautora de *El yo atormentado la disociación estructural y el tratamiento de la traumatización crónica* ONNO VAN DER HART PHD es profesor honorario de Psicopatología de la Traumatización crónica Departamento de Psicología Clínica y de Salud de la Universidad de Utrecht Utrecht Holanda y psicólogo y psicoterapeuta en el Centro Sinai de Salud Mental en Amstelveen Expresidente de la Asociación Internacional para el Estudio del Estrés Traumático ISTSS y coautor de *El yo atormentado la disociación estructural y el tratamiento de la traumatización crónica*

Fundamentals of Abnormal Psychology Ronald J. Comer, 2004-04-23 This is a concise textbook on abnormal psychology that integrates various theoretical models sociocultural factors research clinical experiences and therapies The author encourages critical thinking about the science and study of mental disorders and also reveals the humanity behind them

Traumabedingte Dissoziation bewältigen Suzette Boon, Kathy Steele, Onno van der Hart, 2025-10-15 Ein praktischer Begleiter für Ihre Therapie Dieses Manual richtet sich an Menschen mit einer dissoziativen Identitätssörung DIS oder einer nicht näher bezeichneten dissoziativen Störung NNBDs sowie an ihre Therapeutinnen und Therapeuten In klarer Sprache werden die Grundlagen von Dissoziation und anderen traumabedingten Symptomen erklärt Sie lernen dissoziierte Selbstanteile besser zu verstehen und konstruktiv mit ihnen zu arbeiten Jedes Kapitel behandelt ein zentrales Lernthema und vermittelt praktische Fertigkeiten die die Heilung unterstützen und Ihnen im täglichen Leben helfen können Das Manual ist für die Anwendung im Rahmen einer Einzeltherapie oder in einer strukturierten von Fachleuten geleiteten Gruppe konzipiert Auch Angehörige können durch die Lektüre ein tieferes Verständnis entwickeln und Betroffene gezielter unterstützen Ein Buch das Orientierung gibt und Mut macht

Abnormal Psychology, Fifth Edition Ronald J. Comer, 2004 Extensive updating

throughout and a dramatically enhanced media and supplements package including all new video case studies makes this new edition of Abnormal Psychology the most effective yet

Trauma und Persönlichkeitsstörungen Wolfgang Wöller, 2013

Wie führen traumatische Ereignisse zu Persönlichkeitsstörungen Wolfgang Wöller erläutert die Zusammenhänge zwischen der Persönlichkeitsstörung eines Menschen und seinen traumatischen Erlebnissen in Kindheit und Jugend Der Fokus liegt dabei auf chronischen Bindungs und Beziehungstraumatisierungen Diese traumabedingte Schädigung anzuerkennen und daraus entsprechende Konsequenzen für die Behandlung zu ziehen ist die Grundvoraussetzung für eine gelingende Intervention bei schweren Verhaltensauffälligkeiten Die Ressourcenbasierte Psychodynamische Therapie RPT traumabedingter Persönlichkeitsstörungen die verschiedene therapeutische Ansätze mit einbezieht Setzt genau dort an Sie leuchtet die Folgen von Beziehung und pathologischer Bindung detailliert aus und versucht sie durch neue Erfahrungen in der therapeutischen Beziehung auszubalancieren Zahlreiche Interventionsbeispiele helfen die RPT in den therapeutischen Alltag zu integrieren Wissenschaftlich fundiert und gut lesbar Für alle die sich mit frühen Traumatisierungen auseinandersetzen Die wichtigsten Neuerungen in der 2 vollständig bearbeiteten und erweiterten Auflage Aktuelle Forschungsergebnisse aus Neurobiologie und Psychotraumatologie Neueste Resultate der Psychotherapieforschung zu traumabedingten Persönlichkeitsstörungen Weiterentwicklung therapeutischer Techniken der Ressourcenaktivierung und der schonenden Traumabearbeitung

Gérer la dissociation d'origine traumatique Suzette Boon, Kathy Steele, Onno van der Hart, 2017-04-10 Regroupant les contributions les plus récentes de trois thérapeutes chevronnés dans la gestion quotidienne des troubles dissociatifs cet ouvrage constitue une référence pour les thérapeutes un manuel pour les formateurs et un outil d'évolution pour les patients Un traumatisme psychologique provoque toujours des ravages dans l'ensemble du psychisme humain affectant plus ou moins sévèrement les personnes dans tous les secteurs de leur vie Dans certains cas il donne naissance des troubles dissociatifs les personnes atteintes doivent alors réinterroger toutes leurs croyances pour surmonter la fragmentation causée par l'expérience traumatique Dans ce livre la fois référence pour les thérapeutes manuel pour les formateurs et outil d'accompagnement pour les patients les auteurs abordent la dissociation d'origine traumatique dans une perspective scientifique L'objectif apprendre aux patients mobiliser leurs compétences pour la gérer particulièrement dans ses aspects quotidiens tels que l'organisation de la journée la régulation des motions l'amélioration du sommeil la faculté de prise de décision Avec ses fiches de travail pratiques et ses exercices clairs cet ouvrage constitue un outil indispensable pour toutes les personnes confrontées à des titres divers au traumatisme et aux troubles de la personnalité qu'il engendre

Gérer la dissociation d'origine traumatique Mme Suzette Boon, Kathy Steele, Onno van der Hart, 2014-09-05 Le traumatisme psychologique provoque souvent des ravages dans l'ensemble du psychisme humain affectant sévèrement les personnes dans tous les secteurs de leur vie Ce problème psychologique peut terme se complexifier et donner naissance des troubles dissociatifs pour lesquels des soins appropriés doivent alors être prodigués ce stade le chemin allant de la survie la vie nécessite de réinterroger et de remanier toutes les

croyances principales d'utiliser les ressources propres de la personne qui a été fragmentée par l'expérience traumatique

Ouvrage de référence pour les thérapeutes manuels pour les formateurs et outil d'évolution pour les patients cet ouvrage regroupe les contributions de trois thérapeutes internationaux chevronnés dans le domaine du traitement des troubles dissociatifs Il aborde la dissociation dans une perspective scientifique et actuelle rester centré sur les compétences de chacun gérer la dissociation elle-même et toutes les conséquences psychologiques qui en résultent Dans un langage clair et accessible il propose une ample documentation sur la nature des troubles des consignes et outils destinés aux patients pour mieux gérer leurs émotions et leurs pensées ainsi que des pistes de travail pour tous les thérapeutes qui les accompagnent Toutes les personnes confrontées à divers traumatismes récents ou anciens tireront profit de la lecture et de l'utilisation de cet ouvrage indispensable une réelle amélioration

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