

# AN INTEGRATIVE APPROACH TO TREATING COMPLEX PTSD AND DISSOCIATIVE DISORDERS

**SPEAKER: KATHY STEELE, MN, CS, APRN**

**NOVEMBER 16 & 17, 2017**

This two day workshop will offer an integrative approach to create safety, reduce and resolve symptoms, and stabilize clients who have complex PTSD and dissociative disorders.

Cork International Hotel,  
Cork Airport Business Park, Cork.

Contact: 087 109 1195  
info@pcpsi.ie

To book your place visit:  
[www.pcpsi.ie/shop](http://www.pcpsi.ie/shop)



**PCPSI**

Professional Counselling &  
Psychotherapy Seminars Ireland

# SCHEDULE DAY ONE | NOV 16TH

8:30 – 9:30am	Registration and check-in
9:00 - 11:00am	<b>Introduction to an integrative approach to working with Complex PTSD and Dissociative Disorders   Assessment strategies that support more effective treatment   Using prognostic factors to guide treatment planning</b>
11:00 -11:20am	Break
11:20 - 1:00pm	<b>What is dissociation? How we define it changes how we treat it   Assessing dissociation</b>
1:00 - 2:00pm	Lunch ( lunch not provided )
2:00 - 3:30pm	<b>Principles of treatment for CPTSD and DD   Using a sequenced paced approach to enhance integration</b>
3:30 - 3:45pm	Break
3:45 - 5:00pm	<b>Integrative skills: Using top-down and bottom-up approaches   Stabilization skills: three types of regulation; learning to metalize; working with inner conflicts; focus on compassion</b>

## SCHEDULE DAY TWO | NOV 17TH

9:00 – 11:00am	<b>Treatment implications of the Polyvagal theory   Collaboration: A different approach to the development of secure attachment</b>
11:00 – 11:20am	Break
11:20 – 1:00pm	<b>Working with dependency and relational avoidance</b>
1:00 – 2:00pm	Lunch ( lunch not provided)
1:30 – 3:00pm	<b>Resistance or protection? How we frame challenges in treatment changes how we work   When the therapist contributes to resistance   Effective ways to work with resistance</b>
3:30 - 3:45pm	Break
3:45– 5:00pm	<b>Understanding and treating chronic shame: The gateway to compassion and integration</b>



**PCPSI**

Professional Counselling &  
Psychotherapy Seminars Ireland