

The Haunted Self

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Understanding and Treating
Trauma-Generated Dissociation,
with an Emphasis on Working
with Dissociative Parts.

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Onno van der Hart, PhD

24-25 November, 2018. Ashling Hotel,
Parkgate Street, Arran Quay, Dublin 8.



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SCHEDULE DAY ONE | Nov 24th

8:30 – 9:30am	Registration and check-in
9:30 - 11:00am	Understanding trauma-generated dissociation of the personality as integrative failure; a severe form of non-realization; understanding integrative capacity/mental level
11:00 -11:20am	Break
11:20 - 13:00pm	Distinguishing dissociative parts of the personality mediated by daily life action (motivational) systems and those mediated by the defence action system and stuck in trauma-time; identifying their manifestations in positive and negative dissociative systems; the need for adequate diagnosis and assessment
13:00 - 14:15pm	Lunch
14:15 - 15:45pm	Treatment frame and plan; principles of phase-oriented treatment, in particular overcoming the phobias that maintain dissociation of the personality, thus prevent integration and interfere with adaptive functioning; with an emphasis on overcoming the phobia of dissociative parts
15:45 - 16:05pm	Break
16:05 - 17:15pm	Continuation of (a system approach to) working with dissociative parts: fostering acceptance and collaboration among dissociative parts
17:15 - 18:00pm	Book signing

SCHEDULE DAY TWO | Nov 25th

9:00 11:00am	Continuation of (a system approach to) working with dissociative parts: with an emphasis on helping the personality system to accept, and care for, child parts including pre-verbal parts
11:00 – 11:20pm	Break
11:20 – 13:00pm	Continuation of (a system approach to) working with dissociative parts: with an emphasis on helping hostile and perpetrator-imitating part; helping aversive parts to become members of the therapeutic team
13:00 – 14:15pm	Lunch
14:15 - 15:45pm	Continuation of (a system approach to) working with dissociative parts: dealing with the key issue of an often ambivalent relationship with the parents c.q. perpetrators, delegated to parts idealising and parts hating them and keeping the traumatic memories of the abuse
15:45– 16:05pm	Break
16:05– 17:15pm	Based on collaboration between therapist and patient/client and among dissociative parts, overcoming the phobia of traumatic memories—with the key phobia of realisation--and preventing demanding too much of the patient's/client's integrative capacity in the treatment; briefly, phase 3 treatment: grieving and unification of the personality