

WORKING WITH DISSOCIATIVE PROCESSES IN CLINICAL PRACTICE: *ENGAGING THE FEAR OF FEELING REAL*



**FRIDAY 20TH & SATURDAY 21ST
SEPTEMBER 2019**

Trinity on Hampden Conference Centre,
230 Hampden Rd, Crawley WA 6009

REGISTRATION FROM 8:30AM. WORKSHOP STARTS AT 9:00AM SHARP

WORKING WITH DISSOCIATIVE PROCESSES IN CLINICAL PRACTICE



DAY 1

Friday, 20th September 2019

9:00AM- 10:00AM

Recognising Dissociative Processes in Your Casework

Morning Tea

10:50AM - 12:20PM

Process Interventions and Psychodynamics of Self-states

Lunch

1:15PM - 2:45PM

Catastrophic Shame, Negativity and Dissociative Self-states

Afternoon Tea

3:00PM - 4:30PM

'Attackments': Subjugation, Shame and Dissociative Self-states
Case presentation

DAY 2

Saturday, 21st September 2019

9:00AM- 10:00AM

The Neurobiology of Emotion, Self-states, and the Gateway to Treatment

Morning Tea

10:50AM - 12:20PM

Addictive Processes, the Compulsion to Repeat, and Enactment

Lunch

1:15PM - 2:45PM

Self-states, Suicidality, and Self-harming Behaviours

Afternoon Tea

3:00PM - 4:30PM

Depersonalization: Can We Dance to the Music?



PRESENTER

Dr Richard A. Chefetz M.D.

TOPIC

Working with Dissociative Processes in Clinical Practice: Engaging the Fear of Feeling Real

Dissociative processes are most evident in the rapid shifts in self-states identified by the close tracking of 'no-go zones' - those places in our psyche that are too dangerous or painful to enter. These places frequently result from persistent early trauma, commonly as a consequence of growing up in an environment where the child's caretaker(s) are either frightened or frightening, or both.

Working therapeutically with individuals with such disorganised attachments presents considerable difficulties since, by definition, the dissociative processes are designed to 'hide' both the fear and the longing for connection from both oneself and the Other. This can result in behaviours which fluctuate between angry attacks on the therapeutic relationship and a tenacious attachment to it. An intolerable dilemma arises from a longing to feel 'real' yet also desperately wanting to avoid the associated pain that comes with it. This requires the therapist to survive, detoxify, and metabolize the emotional turmoil that results from the internal shame and fear of humiliation, intolerable loss, intense dislike, disgust, and contempt that often underpin such 'attachments'.

In this workshop, Dr Chefetz marries dissociation and its clinical manifestations with a wealth of extended case histories. Drawing on theories of self-states and their involvement in dissociative experiences, he demonstrates how to identify and work with persistent dissociative processes, and their related neurobiological and psychodynamic underpinnings.

Dr Chefetz is a psychiatrist in private practice in Washington, D.C. He was President of the International Society for the Study of Trauma and Dissociation in 2002, and Co-Founder and Chair of their Dissociative Disorders Psychotherapy Training Program for eight years. Dr Chefetz is a Distinguished Visiting Lecturer at the William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology; and a faculty member at the Washington School of Psychiatry, the Institute of Contemporary Psychotherapy & Psychoanalysis, and the Washington Baltimore Center for Psychoanalysis.

He has published numerous journal articles on psychoanalytic perspectives on trauma and dissociation; and published the internationally acclaimed Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real in 2015 with W.W. Norton, in their Interpersonal Neurobiology series.

YOU ARE INVITED TO ATTEND THE INAUGURAL
PROFESSIONAL DEVELOPMENT OPPORTUNITY OF
OUR NEW
NOT-FOR-PROFIT MEMBERSHIP ORGANISATION,
COMPLEX TRAUMA WA.

WORKING WITH DISSOCIATIVE PROCESSES IN CLINICAL PRACTICE



2 DAY WORKSHOP

Friday, 20th September & 21st September 2019

REGISTRATION

Registration opens on 1 July 2019.

Please register at www.complextraumawa.org.au

Inaugural membership offer ends on the 16th August 2019.

Cancellation prior to September 1st will attract a \$50 processing fee.

Cancellation after September 1st will attract full fee - *transfer of registration is possible.*

PRICE

\$800 Workshop Registration

Workshop Registration + Inaugural COTWA

Membership: \$600*

**This Inaugural offer ends 16th August 2019*

VENUE

Trinity on Hampden Conference Centre,
230 Hampden Rd, Crawley WA 6009

Registration from 8:30am

Workshop starts at 9:00 sharp

ACCOMODATION SUGGESTIONS

<https://www.trinityonhampden.com.au/guest-accommodation/>

<https://www.stcatherinesonpark.com.au>

ENQUIRIES

Mrs Sonia Smuts

cotwa.complextraumawa@gmail.com

LEARNING OUTCOMES FOR THIS WORKSHOP

- Recognising dissociative processes in your casework
- Understanding memory processes in trauma patients
- Working with shame, repetition compulsions, enactments, addictive behaviours, depersonalisation, self-harm, and suicidality in the lives of adult survivors of childhood trauma