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## Trauma-informed Dialectical Behavior Therapy for Dissociative Identity Disorder

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## **Conference Agenda**

**February 1st-3rd**

**Orlando, FL**

**The Creative Corner, sponsored by Pandora's Project, will be available throughout the entire conference. Stop by for some creative fun!**

**The walking labyrinth will be set up in the grounding room and will also be available throughout the duration of the conference. The labyrinth, along with walking tips, are provided courtesy of by Alix Amar M.Ed, MSS, LCSW**

**Be sure to stop by and see our vendors and sponsors in the front area. They will have many things to offer that may be helpful with your healing journey.**

### **Friday Night – February 1st:**

**6:30-8:00 PM Supporter/Caregiver Small Group by Nancy Gaulin, PsyD  
and Paula Burley, RN  
Room 1**

Meet other supporters and share your concerns, hopes, and questions in a safe space.

**8:30-9:30 PM Welcome Reception  
Main Conference Hall**

Attendees can enjoy some light complimentary snacks and drinks while meeting and reconnecting with other attendees. Registration will be open during this time.



## Conference Agenda

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### Saturday February 2nd:

#### \*Optional Pre-Conference Activities

**7:30-9:00 AM**            **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**  
**Room 1**

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch.

**8:00-8:45 AM**            **Gentle Yoga, Grounding, and Meditation Class by Cynthia Herzog LCSW**  
**Grounding Room**

**8:00-8:45AM**            **AA meeting**  
**Room 2**

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**8:00-9:00 AM**            **Registration Opens**  
**Main Conference Hall**

**9:00-9:15 AM**    **Welcome by Jaime Pollack, Founder/Director of An Infinite Mind**  
**Room 3**

**9:15-10:45 AM**            **Key Note Presentation**  
**Lani Kent**

### **Healing Expressions of a Mosaic Soul: A Creative Path to Collaborative Wholeness**

**Room 3**

For over ten years, Lani has provided “Restorative Creativity” services to clients recovering from Trauma and Dissociation and partnered with professionals to provide therapeutic art sessions and workshops for their clients. As a speaker, consultant and advocate, Lani has a deeply personal understanding of the DID mind, is passionate about sharing her recovery journey, artwork and collaborative tools for those who work with survivors. Through story, vulnerable art and song, Lani will share how her inspirational and creative path to wellness brought healing, meaning, purpose and soul wholeness to a previously fractured life experience as a young woman!

**10:45-11:00 AM:**        **Refreshment and Snack Break Provided by An Infinite Mind**

**11:00-12:30 PM**        **Breakout Sessions**

**∞Healing is \*so\* NOT linear...by Megan**

**Room 1**

Have you ever questioned your healing or the amount of time you've spent in therapy? Have you ever looked at someone else's recovery process and compared it to your own? Don't worry...that's pretty normal. In this presentation, Megan will take you on the highs and lows of her personal journey of healing and how she navigated what always felt like never being enough. After talking about building a support system outside of the therapy office in 2016, Megan will also discuss how she built a professional support system of doctors and healers to help her along this path.



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### ∞**Mind/Body Paths to Wellness: Yoga as Therapy by Cynthia Herzog LCSW, CAP, ICADC, 500 RYT** **Room 2**

Mind/Body Paths to Wellness is an experiential and didactic workshop exploring some of the latest western neuroscience, MBCBT, and ancient eastern yoga practices for establishing emotional balance and overall health of the Mind/Body. This wellness workshop will focus specifically on Mind/Body practices for healing and treating Post Traumatic Stress and Trauma reactions in ourselves and others. The practical skills and techniques learned in the workshop are essential for healing the Mind/Body and creating emotional balance. These include specific breath, movement and meditative techniques which will be explored and practiced during the workshop.

### ∞**What Really Works: An Inside Look at the Treatment of DID and Complex Trauma by Lynne H. Harris, MPH, LPC, LMHC**

#### **Room 3**

This session will describe the key findings from this writer's direct clinical experience over the past 10 years of which approaches and interventions result in amelioration of DID symptoms. A neurobiological understanding of DID as a psychological phenomenon in response to chronic stress and threat will be shared as a foundation for all treatment. In-the-moment strategies for working with dissociation and trauma memory will be the focus. Theoretical underpinnings and relevant research will be presented adjunctively. Specific case examples of successful and not so successful moments in therapy will be shared as illustrations of this approach to treatment.

### ∞**Creative Ways of Mapping Your System by Robin Lickel LPC CSAC and Gala**

#### **Room 4**

Mapping is a technique used to learn about an individual's internal system. The System Map is similar to an internal family tree. Unlike a tree it can be drawn out in whatever format the survivor chooses. If you are a Survivor, you have likely been instructed to create a map of your system. There is no right or wrong way to Map the Dissociative System. In this presentation, we will take a look at the different approaches to organizing/mapping the system and developing an internal safe space.

### ∞**Two Multiples in Marriage by Veronica and Marissa**

#### **Room 5**

Veronica and Marissa met at Healing Together in 2017, and shortly after started a long-distance relationship. They are now married, living in one place, and would like to share the unique challenges and gifts of a marriage between two multiples.

**12:30-1:45 PM**

**Lunch break provided by An Infinite Mind**

**12:30-1:45PM**

***\*Optional Chat and Chews\****

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

∞Supporter Chat and Chew- **Room 2**

∞Survivor Chat and Chew- **Room 4**

∞Therapists with DID Chat and Chew- **Room 5**



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### **12:30-1:45PM Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Room 1 Paula Burley, RN**

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch

### **2:00-3:30 PM Breakout Sessions**

#### **∞Bouncing Forward: Resilience and Post-Trauma Growth by Bonnie Armstrong MA, ACC Room 1**

Resilience is more than bouncing back; it's about bouncing forward. People with trauma histories don't want to go back; we want to heal and grow into our best lives. Building on last year's workshop on ACEs (Adverse Childhood Experiences) science, we will deepen the discussion about how new research identifies pathways to improving our health and well-being...and how DID gives us a special superpower to help. We will focus on five areas of post-trauma growth, and strategies each of us can use to move from Surviving to Healing to Thriving to Growing.

#### **∞Trauma-informed Dialectical Behavior Therapy for Dissociative Identity Disorder by Amy Ellis PhD, Steven Gold PhD, Sowmya Yeturo, Nathan Daly, and Talia Soto Room 2**

Dissociative symptoms are regarded as forms of disconnection from external stimuli, internal experiences, and interpersonal relationships. The Contextual Trauma Treatment (CTT) model for survivors of prolonged childhood abuse integrates Dialectical Behavior Therapy (DBT) treatment. DBT enhances capacities for skillful interactions with others, and identifying and tolerating emotional experiences through the use of didactically-taught skill-based groups that balance encouraging acceptance of difficulties with the recognition of the need for change. This presentation will provide an overview of CTT for conceptualizing dissociation in the context of family of origin environment and development, and describe how TRIP integrates trauma-informed and DBT-informed treatment.

#### **∞Have Hope, Find Faith, Feel Love – A Journey to Discovery and Recovery by Bob Holodak Room 3**

Though the use of narrative, anecdotes, and artwork, the presentation will discuss how the speaker met his wife and the revelation about his wife's DID. Participants will learn how the first 90 days of their relationship set the course to help them live through phases of adversity while never losing hope. The presenter will discuss what helped him and his spouse through various stages of recovery and how it has shaped a loving relationship.

#### **∞As Inside, So Outside & Vice Versa: Foundational Concepts in Building Internal Community by Rev. Criss Ittermann (The Crisses) Room 4**

The goal is healing internal relationships to foster internal community. Step away from viewing a DID system from a very isolating, re-traumatizing, and stigmatizing lens that encourages internal hierarchy, power and control dynamics, internal chaos, distrust, and resistance within the system. Using concepts from everyday human interaction including group facilitation, organizational theory, or good social common sense, external group dynamics, and healing dysfunctional social dynamics, we will apply them to the internal DID system, creating a lens through which we can eliminate unintentional internal bullying, coercion, mis-application of force, and internalized abuse dynamics.



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### **∞Don't Touch Me: How Energy Therapies Can Assist in Healing the Traumatized by Rev Sharon Samsell and Elizabeth Samsell**

#### **Room 5**

Trauma survivors experience a wide range of physical, emotional, mental, and spiritual symptoms. Trauma may become embedded in the physical body (cell or body memories) or the energy field. Energy therapies provide an excellent adjunct to medical treatments and/or psychotherapy. It can often release the energy of traumatic experiences without re-traumatizing the client and restore the survivor's energy field and decrease physical and emotional pain. In this presentation, participants will learn the basics of energy work and techniques for self-healing. Techniques can be used on or off the body (for those who are uncomfortable with physical touch).

**3:30-3:45 PM:           Snack Break Provided by An Infinite Mind  
Main Conference Hall**

### **3:45-5:15 PM           Breakout Sessions**

#### **∞Practical Tips for Managing and Discussing Self Harm Behaviors by Stephanie Rickey, PsyD**

##### **Room 1**

Self-harm behavior is an unfortunately common and difficult mechanism of symptom management that is present when working with PTSD and dissociative disorders. In this session, a definition of self-harm will be presented. Tips and skills for managing self-harm urges and behavior will be discussed. In addition, effective communication methods about self-harm will be reviewed.

#### **∞Therapist-Guided Practical Skills in the Treatment of Complex Dissociation by Amy Ellis PhD, Steven Gold PhD, and Michael Quinones, M.S.**

##### **Room 2**

The Contextual Trauma Therapy (CTT) model includes a collaborative relationship, client-guided conceptualization, and therapist-guided practical skills. This workshop will discuss the application of therapist-guided skills for complex dissociation: 1) promoting a safe and stable therapeutic setting, 2) improving emotion regulation, distress tolerance, and experiential presence, 3) therapist modeling of skills in session, and 4) collaborating with clients to foster utilization of skills beyond sessions. Presenters will provide examples of applications of this CTT component, benefits when clients incorporate consistent practice of these skills, and challenges associated with encouraging clients to extend the use of these skills in their personal lives.

#### **∞DID and Relationships for Supporters: What I Wish I Knew by Olga Trujillo**

##### **Room 3**

This workshop will explore some of the biggest issues people with DID have in relationships with others. This interactive session will focus on what partners, friends and families would like to know about DID and the challenges of relationships with Multiples. The presenter of this workshop will utilize this information to write a guide for people who love someone with DID.



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### **∞Reclaim YOU: Living with Complex Trauma, Dissociation, and Addiction by Larry Ruhl Room 4**

As I began to process a childhood with a sexually abusive father and a mentally ill mother, my life unraveled. My quest to navigate life with the burden of a childhood I did not ask for led me to question my sexuality, my purpose, and more. I was terrified, yet compelled to share my story, in hopes of helping others. Through sharing my recovery journey from not only my childhood, but also addiction, dissociation, and complex trauma, I've connected with others and allowed them to connect with me. And this connection is life changing.

### **∞With Wings I Will Soar by Kim Snow LMFT and Ruperto Ramos Room 5**

Survivors often create their own internal "wings" to fly away from trauma and stress. In this workshop, we will conceptualize and visually illustrate this protective mechanism by creating individual feathers with watercolor paint and printed word. Then, in a community effort, the feathers will be assembled into single massive wings that can symbolize both the survivors appreciation of their minds protective abilities and their struggles to remain grounded.

**5:30-6:30 PM  
Room 1**

**Supporter/Caregiver Small Group by Nancy Gaulin, PsyD  
and Paula Burley, RN.**



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### Sunday February 3rd

#### \*Optional Pre-Conference Activities

**7:30-9:00 AM**            **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**  
**Room 1**

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch.

**8:00-8:45 AM**            **Gentle Yoga, Grounding, and Meditation Class by Cynthia Herzog LCSW**  
**Grounding Room**

**8:00-8:45AM**            **AA meeting**  
**Room 2**

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#### 9:00-10:30AM            Breakout Sessions

**∞A Life After Trauma: Creating Financial Opportunities After Diagnosis by Lizabeth Casada and Cindy Cullen**

**Room 1**

Receiving a mental health diagnosis can be scary, working with it to maintain your current lifestyle can seem impossible! After my diagnosis, I struggled to hold onto my job. I met Cindy, a freelance web developer, and began learning how to make money online. I found out that you don't have to be scared of losing your job if you can create something on the side! Cindy and I now live in an RV, traveling and working across the country! We'll discuss the many different ways we've found to make money online to help you concentrate on your well-being.

**∞DID and Eating Disorders: A Team Approach for Identification, Diagnosis and Treatment by Dr. Cynthia Kaufman, Kristin Kwak, and Dr. Christine Marston**

**Room 2**

A therapist, a nutritionist, and a DID client share their experiences as a team dealing with the complex treatment of co-occurring eating disorders in patients with DID. The panel will lead a discussion on their 7+ years of work from pre-diagnosis to diagnosis and their current on-going treatment. From both a clinician's and a patient's point of view, we'll talk about the challenges and benefits; the failures and the successes. Come hear where our journey has taken us.

**∞DID Public Education Promising Trends, Big Challenges by Dr. Robert Oxnam, Adriana Bobinchock, Dr. Milissa Kaufman, and Olga Trujillo. Moderated by Dr. Matthew Robinson**

**Room 3**

This session is aimed at the crucial need for nationwide understanding of DID. Each presenter will examine different dimensions -- McLean Hospital's crucial roles; new research on DID; multi-leveled models of public education; community-level public education.





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### **∞Oops, I Did It Again: Attachment, Rupture and Repair in Therapy for Dissociative Disorders by Susan Pease Banitt, LCSW**

#### **Room 4**

Ideally therapists help dissociative clients develop a strong attachment to their treater that can weather the ups and downs of trauma work. Yet therapists have thresholds of affect tolerance and belief that affect their ability to stay present to clients' experiences. This workshop focuses on growing relational ability in the therapist, how to hear and respond effectively to trauma disclosures, why clinicians do or do not believe their clients, and how to enter into another person's story without judgment while maintaining objectivity. Effective therapeutic apology and other reparative strategies are presented for the inevitable ruptures of attachment in trauma therapy.

### **∞Creative Expression with SoulCollage® by Alix Amar M.Ed, MSS, LCSW and Reyna Vaughn**

#### **Room 5**

SoulCollage® is a creative process that can be used to explore your inner and outer worlds. It is therapeutic in nature and can assist everyone to understand various parts of themselves. This will be an experiential workshop. You'll learn the basic principles of SoulCollage® and then make your own SoulCollage® card. Under the guidance of trained facilitators, you'll have the opportunity to explore the card's current meaning in more depth.

**10:30-10:45 AM: Refreshment and Snack Break by An Infinite Mind  
Main Conference Hall**

### **10:45-12:15 PM: Breakout Sessions**

#### **∞∞Mental Health Recovery including Wellness Recovery Action Planning (WRAP) by April Rose and Jeffrey Bazensky**

##### **Room 1**

WRAP® is a self-management and recovery system developed from the lived experience of a group of peers who believe in a vision of hope that includes no limits: that we can and do get well. The Wellness Recovery Action Plan is an evidence-based practice that we develop for ourselves in a supportive, safe environment. WRAP® encourages us to define wellness for ourselves, allows us to determine what works to stay well on a daily basis, learn the value of support and to create a powerful set of tools with action plans to use when we need them the most.

#### **∞Chronic Disease and DID/Trauma by River Dowdy and Dr. Heather Stuckey**

##### **Room 2**

Many people with severe trauma often have chronic disease. Dr. Stuckey is analyzing people who have SMI (severe mental illness) and diabetes. It was found that participants find it difficult or impossible to control diabetes when their SMI is not managed well. Through drama therapy, presenters will explore their experiences with chronic disease and DID using audience members as both participants and observers. Participants will be asked to apply the context of the experience to their own lives by writing thoughts and then discussing as a group how they may help themselves or others with chronic disease and DID.



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∞ **Potential of Film & Video for DID Public Education by Adriana Bobinchock, Ron Davis, Dr. Robert Oxnam, and Olga Trujillo. Moderated by Dr. Matthew Robinson**

**Room 3**

This session explores concrete examples of video and film depicting DID. We will see several examples and discuss what works best and what remains to be done. This is an opportunity to hear from the audience and get community feedback.

∞ **From Good to Great: Best Practices of the Advanced Trauma Therapist by Susan Pease Banitt, LCSW**

**Room 4**

What makes a great therapist? Repeated research into best practices in trauma therapy show that it is not the theory or specific practice that heals but the relationship between practitioner and patient. Funding for research, service grants and academia depends upon the tangibles of “evidence based practices”. Yet, none of these studies actually follow the ins and outs of complicated therapies over months and years. This workshop will take an in-depth look at the holistic philosophies and advanced practices of successful trauma therapists. Participants will be given tools to emerge inspired and ready to bring forth their own genius as therapists.

∞ **Integration: A Discourse on the "I" Word facilitated by Marilyn Bennett LMHC with Lani Kent, Madison Clell, and Lizabeth Casada**

**Room 5**

The purpose of this session, in panel form, is to provide people with DID, their supporters, and clinicians the opportunity to hear about the choices and lived experiences of those who have integrated, remained unintegrated, or chosen one of many points in between.

A brief introductory lecture will explain integration as a process and continuum, rather than either/or. Common fears that parts will be “gotten rid of” or be killed off” will also be addressed. Panel members will share their experiences and discuss the benefits and struggles that integrating or embracing “cohesive multiplicity” has brought to their lives.

**12:15-1:30 PM: Lunch break provided by An Infinite Mind**

**12:30-1:45PM \*Optional Chat and Chews\***

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

∞ **Supporter Chat and Chew-Room 2**

∞ **Survivor Chat and Chew- Room 4**

∞ **Therapists with DID Chat and Chew- Room 5**

**12:30-1:45PM Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**  
**Room 1**

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch



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### **1:45-3:15 PM: Breakout Sessions**

**∞First, Do No Harm! A Discussion of the Consequences of Boundary Violations within Therapy by Analie Shepherd**

#### **Room 1**

Appropriate, ethical psychotherapy can be an invaluable tool for survivors of childhood trauma and for those with DID. However, when therapy becomes "too much" or when boundaries are violated, therapy can become destructive and dangerous. As a survivor of abusive therapy, I am uniquely aware of this painful reality. Within this abusive relationship, my DID and emotional vulnerabilities became a vehicle for shocking boundary violations by a needy therapist. Unfortunately, my story isn't unique. TELL, The Therapy Exploitation Link Line, reports approximately 40,000 contacts yearly from those affected by therapy abuse. My presentation goals are to inform, educate, and empower others.

**∞DID and Relationships for Survivors by Olga Trujillo**

#### **Room 2**

This workshop will explore some of the biggest issues people with DID have in relationships with others. This interactive session will focus on what Multiples feel their Singleton partner, friends, or family need to know that would help in their relationships. The presenter of this workshop will utilize this information to write a guide for people who love someone with DID.

**∞Creative Solutions in Working with Clients with Dissociative Disorders: A Master Class for Therapists facilitated by Kelly Caniglia MA, LPCA**

#### **Room 3**

This interactive workshop is designed for clinicians who are working with clients with dissociative disorders or who are interested in working with this population. This population can be challenging and requires creativity by both the clinician and the client. Clinicians will be encouraged to share case material, treatment issues, and questions/concerns with other workshop participants. We expect to have a lively discussion and to learn from and share with one another. This workshop is open to therapists and students in the mental health field only.

**∞Super Duper WHAT? The Dubious Awesomeness of D.I.D. Razzle Dazzle by Madison Clell**

#### **Room 5**

If you have -or have had - D.I.D., you know what D.I.D. 'Razzle-Dazzle' means and how much fun it will be to laugh at it. In this presentation, I'll touch on the 'Razzle Dazzle' as well as other very dubious D.I.D. 'super' powers, many of which I've found stick around after integration - oh my! I'll also explain why it's best for D.I.D. therapists NOT to have super powers, and in fact why treating clients as if you're swimming with dogs is the way to go. As per usual, humor and having a good time and laughing out loud is very much encouraged by the presenter, and we will all eat chocolate.

**3:15-3:30 PM: Snack Break Provided by An Infinite Mind  
Main Conference Hall**

**3:30- 4:00 PM: Closing by Jaime Pollack, Founder/Director of An Infinite Mind  
Room 3**