

# Ego State Therapy Interventions to Stabilize Your Most Wounded, Belligerent, and Dissociative Clients

January 18 & 19, 2019 ■ Viera, Florida

A DNMS Workshop Presented by Lynn James, LCPC

Hosted by Florida Mental Health Licensure Services

## Schedule

### DAY 1

8:30-9:00	<b>Sign in</b>	11:00-12:00	<u>Mobilize Resources</u>
9:00-9:45	<u>Presenter Intro &amp; Background</u>		Lecture
	Core Assumptions		Demo Video
	Types of Wounding		Practice
	Healing Childhood Wounds	12:00-1:00	<b>Lunch Break</b>
	Short Demo Video	1:00-1:45	<u>Establish a Special Safe Place</u>
9:45-10:15	<u>Ego State Theory</u>		Lecture
	Parts of Self		Demo Video
	Self-System		Practice
	Executive Control	1:45-2:00	<u>Set an Effective Therapy Goal</u>
	Dissociative Disorders		Lecture
	Getting Triggered		Demo Video
9:15-9:45	<u>Introduction</u>	2:00-3:00	<u>Nurturing Interventions</u>
	Prevailing Assumptions		Wounded Part Comes Forward
	Intervention Overview		Connect Part to Resources
9:45-10:00	<b>Break</b>		Attune, Validate, Empathize
10:15-10:30	Significance of the Grid	3:00-3:15	<b>Break</b>
	Primary Agent for Change	3:15-5:00	<u>Educational Interventions</u>
	Alternating Bilateral Stimulation		Provide Needed Information
10:30-11:00	<u>Getting Started</u>		Manage Enmeshment
	Get a History		
	Introduce this to Clients		

### DAY 2

8:30-9:00	<b>Sign in</b>	2:45-3:00	<u>Attunement</u>
9:00-10:30	<u>Educational Interventions (continued)</u>		Attunement Basics
	Orient to Present Time		Confusion is Your Friend
	Explain Illusion of Significance	3:00-3:15	<b>Break</b>
	Wrap-up	3:15-4:00	Window of Nurturing Attunement
10:30-10:45	<b>Break</b>		Attuned Grief Processing
10:45-12:15	<u>Long Demo Video</u>		Know Who You're Talking To
	Video	4:00-4:30	<u>How the Brain Changes</u>
	Discussion		State Change vs Trait Change
12:15-1:15	<b>Lunch Break</b>		Porges' Polyvagal Theory
1:15-2:15	<u>Controlling Reactive Parts</u>		Siegel Similarities
	What are they?		Memory Reconsolidation
	Radical Acceptance	4:30-5:00	<u>Wrap Up &amp; Closing Discussion</u>
	Build Rapport		
2:15-2:45	<u>Complications</u>		
	Resource Problems		
	Processing Blocks		

## 15 Learning Objectives

### Participants will be able to:

1. Describe the difference between trauma and attachment wounds; and describe the treatment implications of each kind of wounding.
2. Describe the fundamentals of ego state theory.
3. Describe how to guide clients to mobilize a Resource team.
4. Describe how to guide clients establish a Special Safe Place where wounded child parts can hang out with their Resources.
5. Describe how to guide clients to set an effective therapy goal that wounded parts won't block.
6. Describe how to dialogue directly with a wounded child part, to attune, validate, and empathize.
7. Describe a number of different methods for providing a wounded part missing information and clearing misunderstandings.
8. Describe how to guide a wounded part to overcome an unhealthy enmeshment.
9. Describe how to orient a wounded child part to present time.
10. Describe how to reassure a wounded child part that her perception of "reliving" an old trauma is just a harmless recording playing back.
11. Describe how to invite a wounded part to settle in to her Special Safe Place at the close of a session.
12. Describe how to build trust and rapport with oppositional, controlling parts.
13. Describe how to handle blocks to mobilizing Resources and to stabilizing wounded parts.
14. Describe how to stay attuned to wounded child parts—even while confused.
15. Explain how the stabilizing interventions align with polyvagal theory.

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