

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

10-Hour, On-Line, On-Demand Webinar

Presented by Shirley Jean Schmidt, MA, LPC

Outline/Schedule:

<p>Background</p> <ul style="list-style-type: none">Core AssumptionsTypes of WoundingHealing Childhood WoundsShort Demo Video <p>Ego State Theory</p> <ul style="list-style-type: none">Parts of SelfSelf-SystemExecutive ControlDissociative DisordersGetting Triggered <p>Introduction</p> <ul style="list-style-type: none">Prevailing AssumptionsIntervention OverviewPrimary Agent for ChangeAlternating Bilateral Stimulation (ABS) <p>Foundational Interventions</p> <ul style="list-style-type: none">Mobilize Resources + VideoAnchors for SoothingEstablish a Special Safe Place + VideoSet an Effective Therapy Goal + Video	<p>Nurturing Interventions</p> <ul style="list-style-type: none">Wounded Part Comes ForwardConnect Part to ResourcesAttune, Validate, Empathize <p>Educational Interventions</p> <ul style="list-style-type: none">Provide Needed InformationManage EnmeshmentOrient to Present TimeExplain Illusion of SignificanceWrap-upLong Demo Video <p>Controlling Reactive Parts</p> <ul style="list-style-type: none">What are they?Radical AcceptanceBuild Rapport <p>Complications</p> <ul style="list-style-type: none">Resource ProblemsProcessing Blocks	<p>Attunement</p> <ul style="list-style-type: none">Attunement BasicsConfusion is Your FriendWindow of Nurturing AttunementAttuned Grief ProcessingKnow Who You're Talking ToLong Demo Video <p>Odds and Ends</p> <ul style="list-style-type: none">Significance of the GridOptional Pre and Post RatingsDiversityGet a HistoryIntroduce this to Clients <p>How the Brain Changes</p> <ul style="list-style-type: none">State Change vs Trait ChangePorges' Polyvagal TheorySiegel Similarities <p>Future DNMS Trainings</p>
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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.