The International Society for the Study of Trauma and Dissociation
Dissociative Disorders Psychotherapy Training Program
[Curriculum for 2008-2009 ISSTD Advanced Course]
© 2008, 9 International Society for the Study of Trauma and Dissociation

This course syllabus and bibliography are the copyrighted property of the International Society for the Study of Trauma and Dissociation (ISSTD). Please do not copy or distribute without permission from the ISSTD.

**Course Directors:**
Richard Chefetz, M.D.
4612 49th St., N.W.
Washington, DC 20016-4312
Tel: 202.966.0224
Fax: 202.244.5676
Email: r.a.chefetz@psychsense.net

A. Steven Frankel, Ph.D., J.D.
3527 Mt. Diablo Bl. #269
Lafayette, CA 94549
Voice Mail: (925) 283-4800
Fax: (925) 943-6175
Email: drpsylex@earthlink.net

Donald Fridley Ph.D.
South Bay Psychological Center
24445 Hawthorne Blvd. # 105
Torrance California 90505
Office Phone (310) 373 6359
Fax Phone (310) 375 2386
e-mail: dbfridley@cox.net

Janet Migdow, MA, LCPC (FM)
Director-Options Counseling
3232 W. Victoria
Chicago, Il 60659
Office Phone: (773) 463-1901
Fax (773) 463-7955
Email: Jexpander@aol.com

**Intended Participants:** Licensed mental health professionals (psychiatrists, psychologists, clinical social workers, mental health counselors) who are personally treating a person with Dissociative Identity Disorder or Dissociative Disorder NOS, AND who have personally treated more than 10 such persons or who have personally treated more than five such persons and have taken the ISSTD Basic Course in the Psychotherapy of the Dissociative Disorders.
Meeting Frequency: Once monthly for 9 months.

Course Format: This course is designed for 2.5 hour sessions of combined literature discussion/lecture and discussion of cases presented by students. Actual session format is at the discretion of ISSTD faculty, within the 2.5 hour framework.

Evaluation Forms for this course are attached to this Syllabus. Please fill these out and send them to us at the conclusion of this course. Thanks. We count on you for your feedback.

About the Curriculum: Faculty and participants in this seminar should be aware that this course is born out of the effort of Elizabeth Bowman, M.D. to provide a quality educational experience for colleagues in Indianapolis. In 2004-05, the Advanced Course was developed by Steve Frankel, Ph.D., J.D. It was piloted by Dr. Frankel in Davis, CA, and by Don Beere, Ph.D., in Cincinnati. The course you are about to take represents the collaborative suggestions of faculty, feedback from students, and an effort to increase the relevance of the curriculum with more up to date references, now over several years. We hope this improves a course which, during its pilot year, had already received rave reviews from nearly all participants.

A few more things about the course must be said. We have endeavored to provide a course that we believe to be in the mainstream of the treatment of dissociative disorders. Some of you will disagree with the result. Faculty will provide you with their individual interpretation of the value of the information provided. Some articles may be heavily criticized, and some lauded. The intent is to provide you with a rich experience in teaching/learning. We think we will succeed in that, and we look forward to your critiques so that our efforts can be improved.

Book Purchases: The following books need to be purchased or some other source found so that students can read the required material:


Herman, J (1992) Trauma and Recovery. Glenview, IL: Basic Books (Harper Collins)


Educational Objectives

Overall Objective: At the end of this experience, participants will have sufficient knowledge to enhance their diagnostic and treatment skills with persons who present with Dissociative Identity Disorder (DID) and Dissociative Disorder Not Otherwise Specified (DDNOS).

Session-Specific Objectives. Participants will:

Session 1: Advanced Topics in the Development of Dissociation: Attachment
Understand the basic paradigms of attachment research.
2. Understand the categories of infant-parent attachment
3. Understand the implications of attachment on the development of dissociation.

Session 2: Initial Steps: Advanced Topics on Treatment Frame/Principles: Resilience
1. Understand the role of resilience and treatment trajectories in treatment planning.
2. Understand the relationship between phase oriented treatment and treatment trajectories.
3. Illustrate the understandings of Objectives 1 and 2 through case presentations.

Session 3: Advanced Topics on Transference and Countertransference
1. Understand traumatic transference.
2. Understand complex countertransference problems.
3. Illustrate the understandings of Objectives 1 and 2 through case presentations.

Session 4: Advanced Topics on Countertransference and Boundaries
1. Understand the range of countertransference responses to dissociative processes.
2. Understand common vs. subtle countertransference problems
3. Illustrate the understandings of Objectives 1 & 2 via case presentations

Session 5: Advanced Topics on Communicating with "Alters"
1. Understand complex interaction patterns (e.g., unwillingness or inability to communicate, etc.)
2. Understand the role of alter hierarchies in communication problems.
3. Illustrate the understandings of Objectives 1 & 2 via case presentations.

Session 6: Advanced Topics on Treatment Pitfalls & Pacing
1. Understand complex pitfalls (e.g., reenactments)
2. Understand approaches to management of pacing
3. Illustrate the understandings of Objectives 1 & 2 via case presentations.
Session 7: Advanced Topics on Memory Work.

1. Understand the differences between treatment oriented toward metabolizing traumatic memory vs. treatment oriented toward tolerating and managing emotions such as shame.
2. Understanding the problem of patients who wish to act on their “recovered memories” through confrontation and/or legal action.
3. Illustrate the understandings of Objectives 1 & 2 via case presentations.

Session 8: Advanced Topics on Adjunctive Treatment Modalities.

1. Understand hypnosis as orientation to treatment vs. intervention strategy.
2. Understand the role of interventions such as EMDR, Art Therapy, etc., in the treatment of the dissociative disorders.
3. Illustrate the understandings of Objectives 1 & 2 via case presentations.

Session 9: Advanced Topics on Integration and Treatment Termination.

1. Understand the controversy surrounding integration as a goal for all DID/DDNOS patients.
2. Understand ways to manage re-splitting episodes.
3. Illustrate the understandings of Objectives 1 & 2 via case presentations.

Bibliography

Participants will receive a copy of the assigned articles from faculty. Your copyright fees have supported copyright permission for the ISSTD to copy the assigned articles for students and faculty in this course. The ISSTD expresses deep gratitude to Richard P. Kluft, M.D. for allowing copying of articles from Dissociation without a copyright fee. We are also indebted to the Haworth Press, and Bill Cohen, for waiving copyright fees for articles from the Journal of Trauma and Dissociation. STUDENTS AND FACULTY: Please do not break copyright laws by copying any of these articles for anyone else. This admonition includes making copies of, or electronically transmitting files from the course CD. Sharing of files/papers is not permitted.

Session 1: Assigned Readings


Session 2: Assigned Readings


Session 3: Assigned Readings


Session 4: Assigned Readings


**Session 5: Assigned Readings**


**Session 6: Assigned Readings**


**Session 7: Assigned Readings**


**Session 8: Assigned Readings**


**Session 9: Assigned Readings**


*Copyright 2007-8, The International Society for the Study of Trauma and Dissociation*