

# New England Society for the Treatment of Trauma and Dissociation

## Essential Skills for the Effective Treatment of Complex Trauma and Dissociation

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### References

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## **ON-LINE RESOURCES**

David Baldwin's Trauma Information Pages. [www.trauma-pages.com](http://www.trauma-pages.com)  
Excellent collection of important theoretical articles on trauma and dissociation.

\*\*International Society for the Treatment of Trauma and Dissociation (ISSTD, the "parent" organization of NESTTD). [www.isst-d.org](http://www.isst-d.org) Excellent website with useful resources for both therapists and patients.

National Child Traumatic Stress Network. [www.NCTSNet.org](http://www.NCTSNet.org). A wonderful broad resource on all aspects of child and adolescent trauma.

Naparstek, Ruth. [www.healthjourneys.com](http://www.healthjourneys.com). Wonderful collection of meditations and visualizations.

Napier, Nancy author of Getting through the day (tools for working with PTSD and dissociative states). [www.nancynapier.com](http://www.nancynapier.com)

Safe Space Radio (Dr. Anne Hallward). Interviews on sensitive subjects.  
<http://safespacerradio.com/>

The Trauma Center (Brookline MA). [www.traumacenter.org](http://www.traumacenter.org). Many resources and links related to all aspects of trauma.

## **Assessment Tools**

Dissociative Experiences Scale (DES). Carlson and Putna, 1993.

Copies of the DES can be obtained through the Sidran Foundation, [www.sidran.org](http://www.sidran.org) or by googling “Dissociative Experiences Scale”.

The DES Taxon of diagnostically significant items is available on-line on the ISSTD website

DES items, scoring information, and the taxon are also available in the appendix of James Chu's (2011), Rebuilding Shattered Lives.

Multidimensional Inventory of Dissociation (MID) Paul Dell, PhD. For information, contact Paul Dell [PFD@aol.com](mailto:PFD@aol.com)

Office mental status examination for complex chronic dissociative symptoms and multiple personality disorder. See reference section under Loewenstein, RJ, 1991.

Somatoform Dissociation Questionnaire (SDQ 20/5).  
[www.enijenhuis.nl/sdq.html](http://www.enijenhuis.nl/sdq.html)

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Trauma Symptom Inventory (TSI). John Briere, Ph.D. 1995.  
[www.JohnBriere.com](http://www.JohnBriere.com). Psychological Assessment Resources Inc.  
[www.parinc.com](http://www.parinc.com)