



The New England Society for the Treatment of Trauma and Dissociation

in joint sponsorship with
The Institute for Continuing Education

**Please
Post**

Essential Skills for the Successful Treatment of Complex Trauma and Dissociation

Suzanne Hoffman, PsyD

Saturday March 15, 2014
9 am – 5 pm
Boston College School of Social Work
Chestnut Hill, MA



Dissociation is an adaptive response to overwhelming and disorganizing life conditions. The majority of people with histories of complex trauma, neglect, and less than optimal attachment experiences present in therapy with a variety of dissociative symptoms. These symptoms can create havoc in their lives, confound their therapists, and, if not understood, ultimately lead to treatment failure. Additionally, early trauma can lead to relationship challenges and to serious deficits in the capacity for self-regulation.

This workshop is designed to deepen clinicians' skills in recognizing and working with trauma survivors' symptoms. We will look at complex PTSD, the continuum of dissociative processes and dissociative disorders, at issues related to somatic and affect regulation, at the therapeutic relationship, and at ways of working with parts and with triggers. The workshop will combine didactic and experiential learning. Participants will leave with concrete "how to's" for helping clients understand, work with, and begin to transform their symptoms.

The workshop is offered by NESTTD in recognition of the prevalence of dissociation in most chronic trauma survivors, and of the limited professional opportunities for learning essential skills in this area. It is appropriate both for new clinicians and for more experienced therapists who want a way to organize their thinking about working with dissociative processes and with the developmental impact of complex trauma.

Suzanne Hoffman, Psy.D. is a licensed psychologist who has been treating trauma survivors for over 30 years. She is a long-time member of NESTTD and has served on the Board, as Treasurer, and on the Community Education and Outreach Committee, offering supervision, consultation and training around dissociation and dissociative disorders. Her interest in dissociation led her to study and integrate effective treatments: hypnosis, EMDR, Sensorimotor Psychotherapy, Internal Family Systems Therapy, and the use of meditation, mindfulness, and compassion practices in healing the wounds of childhood. She has a clinical and consultation practice in Boston and has been described as "a wise and very engaging clinician and teacher."

PRE-REGISTRATION IS REQUIRED

\$70.00

\$30.00 for students (valid I.D. required)

6.0 CEs: \$25.00

For additional information and to register, visit our website at www.nesttd-online.org or email us at info@nesttd-online.org