

DissociationS : advances and Clinical challenges

AFTD
ASSOCIATION FRANCOPHONE
du TRAUMA et de la DISSOCIATION

8th AFTD days, 22-23rd of March 2024 in Nice,
Hôtel Le Saint-Paul
(English translation of conferences only online)



SPEAKERS **SATURDAY 23** **MARCH** (Online Conferences)

Carol FORGASH (USA)
Dolores MOSQUERA (Espagne)
Ansgar ROUGEMENT-BÜCKING (Suisse)
Corine SOMBRUN (France) et Frédérique
BALLAND BÉRANGER (France) Deborah
WISLER (Suisse)

Moderating : Isabelle ROY (France) et Emmanuel FARAÜS (France)

informations and registration on www.aftd.eu

PROGRAM SATURDAY 23 MARCH : CONFERENCES DAY

08H30

Welcome

09H00

Introduction

Eric Binet, AFTD Président

09H15

**Ansgar Rougement-Bücking
(Switzerland)**

At the heart of substance-assisted
psychotherapy

10H15

Carol Forgash (USA)

EMDR treatment of dissociative patients

11H15

Break

11H45

Deborah Wisler (Switzerland)

Addictive and eating disorders as an
adaptation to trauma: a conceptualization
with regard to dissociation

12H45

Lunch Break – on site

14H00

AFTD Academy Award

AFTD Best podcast award : season 1

AFTD Best Poster Award

14H30

**Corine Sombrun et Frédérique
Balland Béranger (France)**

Self-Induced Cognitive Trance (SICT):
methodology, current research and future pros-
pects in psychotrauma and dissociation.

15H50

Break

16H30

Dolores Mosquera (Espagne) :

Working with dissociative parts and voices

17H30

Conclusion

Saturday 23rd of march

Conferences Details



AT THE HEART OF SUBSTANCE-ASSISTED PSYCHOTHERAPY : EMERGENCE AND INTEGRATION OF TRAUMATIC DISSOCIATION



Conference by

DR ANSGAR ROUGEMONT-BÜCKING

Ansgar Rougemont-Bücking (Switzerland), MD, Priv.-Doc. is a psychiatrist and psychotherapist. Originally from Germany, he has lived in French-speaking Switzerland for over 20 years. He has conducted research at various universities, including Harvard, into the neurobiological mechanisms that contribute to the development of post-traumatic disorders and addiction. As a clinician, he specializes in the treatment of these disorders. With special authorization from the Swiss Federal Office of Public Health, he conducts therapies assisted by psychedelic substances.

Psychedelic substance-assisted psychotherapy (PAS) is an approach that has the potential to significantly advance our understanding of traumatic dissociation and its therapeutic resolution.

At the neurobiological level, psychedelic substances alter communication between brain centers, enabling a novel and healing flow of information. From a phenomenological point of view, this process can be understood as recontextualization: a new look at the “here and now” becomes possible, revealing evidence that is both frightening and liberating. During the altered state of consciousness at the heart of PAS, patients can come into contact with the evidence of trauma hidden in the body and psyche.

Empathic accompaniment of this awareness can lead patients to reconnect with the reality of the moment, in which the dissociative imprint can - little by little - dissolve. So, given that evidence of a traumatic experience regularly emerges in the course of a PAS, therapists need to be well versed in psychotraumatology.

RECOMMENDED WORKS

* <https://www.grea.ch/publications/3-psychotherapie-augmentee-des-troubles-addictifs-et-post-traumatiques-par-substances>

* <https://www.sciencedirect.com/science/article/pii/S0028390818303368?via%3Dihub>

EMDR TREATMENT OF DISSOCIATIVE PATIENTS



Conference by

CAROL FORGASH

Carol Forgash (USA), LCSW, is director of Advanced Educational Productions. She has developed advanced video training for EMDR clinicians. She practices in Smithtown, NY, where she offers treatments using EMDR and ego-state therapy for complex post-traumatic stress, general psychotherapy and health issues. Carol is an internationally renowned lecturer and consultant on the integration of EMDR and ego-state therapy with psychodynamic treatment, the treatment of complex PTSD-C and the impact of adverse childhood experiences (ACEs) on the health and mental health of the living. She is co-author and co-editor (with Margaret Copeley) of *Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy* (Springer, 2007). She has contributed to numerous articles and book chapters on the treatment of complex trauma and dissociation.

The evolution of EMDR from a revolutionary treatment of post-traumatic stress disorder to a holistic therapy has led to permanent changes in the treatment of trauma and dissociation. The aim of our treatment is not simply the reduction of symptomatology, but the resolution of deep-seated wounds that will enable well-being to flourish in everyday life. This mainly involves developing a deep understanding of the problems brought into the therapeutic relationship by the person diagnosed with complex PTSD and dissociation. To achieve these essential therapeutic goals with our deeply wounded patients, we need substantial training in EMDR theory and practice, but also in other fields. Training in various ego-state and part therapies is an essential part of our toolbox. We need to recognize what we have learned about dissociation, developmental trauma, the range of dissociative disorders, attachment dynamics and its disorders.

In addition, an understanding of body therapies, clinical hypnosis and its practice will help the EMDR therapist to treat the patient as a whole person within the therapeutic relationship.

This presupposes that many elements can be strategically and creatively integrated into EMDR treatment. One is the ongoing construction of the therapeutic relationship with the patient and his or her partial system (internal family) that occurs throughout the eight phases; the other is the use of specific interventions to encourage stabilization during therapy sessions and in the patient's life. These interventions include affect regulation and the development of co-consciousness within the partial system, enabling successful reprocessing of the innate healing system. This presentation will focus on how to integrate these insights and interventions into our overall work.

RECOMMENDED WORKS

- * Forgash, C., Copeley, M. (2016). *Guérir le traumatisme et la dissociation par l'EMDR et la thérapie des Etats du Moi*. Satas
- * Dalenberg, C. (2000). *Countertransference and the Treatment of Trauma*. Washington, D.C. American Psychological Association.
- * Knipe J., (2020) La « trousse à outils » de l'EMDR : Théorie et traitement de l'ESPT complexe et de la dissociation. SATAS
- * Miller, P. (2016). *EMDR Therapy for Schizophrenia and the Other Psychoses*. Springer Publishing

ADDICTIVE AND EATING DISORDERS AS ADAPTATION TO TRAUMA : A CONCEPTUALIZATION BASED ON DISSOCIATION



Conference by

DEBORAH WISLER

Deborah Wisler (Switzerland) is a psychologist and psychotherapist in private practice in Lausanne, specializing in psychotraumatology and CBT. Trained for over ten years in the diagnosis and treatment of the after-effects of complex psychological trauma, and more particularly dissociative disorders, she has developed and directed a specialized treatment program for people suffering from post-traumatic after-effects in a large psychiatric institution in French-speaking Switzerland. Recognized as a supervisor and trainer, she gives various training courses focusing on psychological trauma and dissociative disorders. She has been treasurer of the AFTD (Association Francophone du Trauma et de la Dissociation) committee since 2020, and is author and co-author of articles on psychotraumatology.

Addictive behavior disorders, which now include eating disorders, represent a major public health challenge. In Europe, around 1% of the general population is affected by a substance use disorder and 4% by an eating disorder. These disorders are recognized as serious, associated with significant comorbidity, high mortality rates and impaired quality of life. Numerous studies have shown that eating disorders and addictions are associated with sexual, physical and emotional abuse during childhood. Despite this growing recognition, they are still very often treated independently and considered at best as comorbidities without integrating a comprehensive psychotraumatological lecture.

Addictive conduits can then be seen as an adaptive response to excessive stress generated by adverse experiences beyond the individual's capacity to integrate. his conference will look at addictive disorders as the potential expression of a traumatic memory, or as a survival strategy to escape or anesthetize it, from the angle of dissociative behaviors or substitutive actions. We'll see how all this can be used to steer treatment towards a gradual integration of traumatic memories to reduce addictive behavior.

RECOMMENDED WORKS

- * Ouimette P. & Brown P.J. (1998) Trauma and substance abuse: causes, consequences and treatment of comorbid disorders, Washington DC: American Psychological Association.
- * Vanderlinden J. & Vanderreycken W. (2009) Traumatismes et troubles du comportement alimentaire, Editions Satas.
- * Van der Hart O., Steele K. & Nijenhuis J. (2010) Le Soi Hanté: Dissociation structurelle et traitement de la traumatisation chronique, Editions De Boeck Supérieur.

COGNITIVE SELF-INDUCED TRANCE (CSIT): METHODOLOGY, CURRENT RESEARCH AND FUTURE PROSPECTS IN PSYCHOTRAUMA AND DISSOCIATION



Conference by

CORINE SOMBRUN

Corine Sombrun (France) is recognized by Mongolian shamans as one of their own. Trained for many years in trance rituals and techniques, Corine Sombrun was behind the first scientific research into Mongolian shamanic trance. Since 2007, she has initiated a number of studies demonstrating that this trance state is a potential of every human brain, but that it is also possible, thanks to the method of which she is the author, to induce it by will alone. In 2019, she co-founded the TranseScience Research Institute with Prof. Francis Taulelle and then Prof. François Féron, an international network of researchers committed to studying the mechanisms and health applications of this altered state of consciousness, now known as Self-Induced Cognitive Trance. She also initiated the first two university degrees on the study and practice of trances at Paris 8 University.

FRÉDÉRIQUE BALLAND BÉRANGER



Frédérique Balland Béranger (France), has been a clinical psychologist for 30 years. She worked for many years in the French National Police (Paris Criminal Brigade and Brigade de Recherche et d'Intervention), then led a team of psychologists in the Yve-lines fire department before setting up in private practice as an EMDR practitioner. She has been trained in Self-Induced Cognitive Trance since 2019 and accompanies CAIT learning groups led by Corine Sombrun. She has joined the TCAI practitioner course, which, after 4 years, enables patients to be trained in trance within a psychotherapeutic framework.

Initially, Corine Sombrun will present her singular journey to gain recognition for the particular state of trance, and how she eventually developed a new method: Transe Cognitive Auto Induite (TCAI). And finally, an overview of the current state of research in the field of SCIT. Together with Frédérique Balland Béranger, who will be speaking on behalf of the "Transe, trauma, dissociation" study group, they will present the results of the very first studies carried out on populations of individuals capable of self-inducing this non-ordinary state of consciousness, and will talk in particular about certain behavioral changes, centered on self-perception and the first effects observed on well-being and creativity.

Finally, they will conclude the conference by presenting the prospects for health applications, as well as current and future clinical studies, illustrated by a few examples. With Corine Sombrun, a keen experimenter in her own trance states, and Frédérique Balland Béranger, who will draw on her clinical experience and expertise in psychotrauma and dissociation, we'll discuss possible links and the many questions that remain, with a view to perhaps using CAIT in the future, whether as a resource to regulate oneself, or to better tune in, on the part of caregivers, or the possible hopes in terms of therapeutic treatments in psychotrauma.

RECOMMENDED WORKS

Parallèlement à ces recherches, Corine Sombrun est l'auteur de plusieurs livres dont :

* La diagonale de la joie, Albin Michel, Pocket.

* Save the planet (Albin Michel, Shaffner Press) récompensé en 2019 par le Independent Publisher Book Award for Environment/Ecology.

* Mon initiation chez les chamanes (Pocket), adapté au cinéma par Fabienne Berthaud sous le titre Un monde plus grand, avec Cécile de France

* Autres Ressources : www.trancescience.org

WORKING WITH DISSOCIATIVE PARTS AND VOICES, A PRACTICAL MANUAL FOR EMDR THERAPIST



Conference by

DOLORES MOSQUERA

Dolores Mosquera (Spain) is a psychologist and psychotherapist specializing in complex trauma, personality disorders and dissociation. She is director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP) in La Coruña, Spain.

Dolores has extensive teaching experience and conducts seminars, workshops and conferences worldwide. She has published several books, book chapters and articles on personality disorders, complex trauma and dissociation.

Many therapists report problems in their work with patients suffering from dissociative disorders, particularly when it comes to developing a treatment plan, structuring sessions or managing the patient's internal conflict, as well as working with the most problematic parts. When parts are stuck in trauma, it's common to encounter a wide range of difficulties in therapy. Some of the main problems are linked to the internal conflict presented by these patients, who show difficulties in regulatory skills, distrust and hostility. Working with EMDR requires addressing the difficulties of this clinical population, as well as developing skills to adapt procedures and techniques. This conference will describe useful concepts to help therapists understand patients with dissociative disorders and organize the EMDR treatment plan.

In addition, a variety of techniques and tools for the different stages of work will be illustrated, enabling safe interventions with various types of clinical problems and dissociative parts. A conceptualization model developed specifically for dissociative disorders will be presented, as well as a guide for carrying out a treatment plan adapted to several common difficulties (Mosquera, 2019)

RECOMMENDED WORKS

* Mosquera, D. (2019). Working with voices and dissociative parts. A trauma-informed approach. Instituto Intra-TP. Kindle Publishing.

* Shapiro, F. (2ème éd. 2022). Manuel d'EMDR : principes, protocoles, procédures. Dunod

* Gonzales, A. & Mosquera, D (2022). EMDR et dissociation : l'approche progressive. Collection AFTD, Satas

