Course: healing the fragmented selves of trauma survivors: overcoming self-alienation

Address:
https://asadis.net/en/course/healing-fragmented-selves-trauma-survivors-overcoming-self-alienation/

Duration: 6h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Alienation from self in the context of abusive parenting is a survival strategy that maintains children's attachment to caregivers by disowning themselves as "bad" or "unlovable." This deeply painful failure of self-acceptance results in lifelong shame and self-loathing, difficulty self-soothing, and complications in relationships with others. Without internal compassion and a sense of worth, it is difficult to take in the compassion and acceptance of others.

To overcome this alienation from self, therapy must focus on cultivating clients' mindful awareness of their disowned selves and disowned experience. As clients discover their trauma-related, structurally dissociated younger selves and bring them "home," they spontaneously begin to feel an internal sense of warmth and safety that changes their internal experience.

In this workshop, using strategies inspired by Structural Dissociation theory, Sensorimotor Psychotherapy and Internal Family Systems, you will explore the therapeutic power of fostering internal secure attachment to clients' most deeply disowned selves.
You will learn to:

• Describe the relationship between early attachment or trauma and alienation from self ;
• Recognize signs of disowned parts and their internal conflicts ;
• Identify parts that sabotage self-compassion or self-acceptance ;
• Describe interventions that create an increased somatic sense of connection or attachment to the body or

the parts ;
• Capitalize on interpersonal neurobiology to increase the effectiveness of therapeutic interventions ;
• Foster "earned secure attachment" as the outcome of attachment bonding between adult and child selves.

Learning objectives:

1. Describe the relationship between early attachment trauma and alienation from self and recognize clinical signs of self-alienation
2. Transmit to the clients how to mindfully notice their distressing emotions and impulses as communications from child ego states
3. Describe hypnotic and somatic interventions that create an increased somatic sense of connection or attachment to one's self
4. Foster earned secure attachment' as the outcome of attachment bonding between adult and child selves

Learning material:

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length.

Audience: This training is intended for mental health professionals.

The expert

Dr. Janina Fisher, psychologist, is a licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk.

Known for her expertise as both a therapist and consultant, she was also formerly president of the New England Society for the Treatment of Trauma and Dissociation, an EMDR International Association Credit Provider, a faculty member of the Sensorimotor Psychotherapy Institute, and a former instructor at Harvard Medical School.

Dr. Fisher has been an invited speaker at the Cape Cod Institute, Harvard Medical School Conference Series, the EMDR International Association Annual Conference, University of Wisconsin, University of Westminster in London, the Psychotraumatology Institute of Europe, and the Esalen Institute. She has authored numerous publications, including such books as *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation*; *Transforming the Living Legacy of Trauma: A Pathway to Healing for Survivors and Therapists*; and *Sensorimotor Psychotherapy: Interventions for Trauma and Attachment*. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.

Syllabus

<u>Alienation from self as a survival strategy in the context of abuse</u>
Alienation from self
Internal attachment styles
Manifestations of self-alienation
Self-alienation and brain

Fragmentation and splitting as an adaptation to trauma: the Structural Dissociation model
Dissociation structure (part 1)
Dissociation structure (part 2)
Defensive strategy
Alienated parts
Question session #1
Mindfulness-based techniques for ‘befriending’ dis-owned aspects of the self
Relationship to self
Language of parts
Mindfulness to fragmented system
Video clip #1
Question session #2
Developing attunement and empathy for one’s traumatized parts, facilitating internal dialogue skills
Who is I
Mindful unblending
Using internal dialogue techniques to repair the emotional wounds of child parts
Practice unblending
Relationships with parts
Healing the wounds of childhood through reparative experiences and fostering “earned secure attachment”
From alienation to attachment
Question session #3
Protocol for work with parts
Befriending questions
Repair of internal attachment
Video clip #2

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*