

GreenWood Mentors Presents



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Working with self-states in Depersonalisation Disorder, Fugue, Somatoform Disorder and PNES

Working with The Cognitive Model of the self, using CBT and Third Wave therapies to help clients change

A one - day (two mornings) workshop: the third in our "CBT and self-states" certificate, or a stand-alone module.

Part 3 of the BPS Approved Certificate in Working with Self-States Across Disorders (5 days)

Are you looking for fresh CBT and Third wave approaches to helping clients with Depersonalisation Disorder, Fugue, Somatoform Disorder and PNES? (psychogenic non-epileptic seizures)?

This one-day course (two mornings) will show you how to recognise, understand and help change self-states in problems classed as dissociative disorders. The final two days in our series will examine how to work with DID (dissociative identity disorder).

Self-states or CBT 'modes' are sets of schemas (ways of perceiving and responding to the environment) learned in childhood contexts, which we can struggle to manage as adults.

GreenWood Mentors Presents

This training will explain Aaron T Beck's concept of the self, or 'personality' and how it applies to our experiences of Depersonalisation Disorder, Fugue, Somatoform Disorder and PNES. It will show how to help clients develop awareness, acceptance and control of their self-states and dissociation to help them live a meaningful life.

Dr Fiona Kennedy presents everything you need to know about the CBT theory of self and personality, self-states and the 'working self', and how to use this understanding to help clients. Dissociation within self-states and between self-states along with self-state switching triggered by environmental events is covered. Help your clients get control and choice over which self-state they wish to access in any situation, and reduce other dissociative symptoms, using CBT, DBT, ACT and CFT.

Self-States

Aaron T Beck's model of the self, created back in 1996, shows how 'orienting schemas' or our brains' pattern-recognition systems, allow us to identify the current context and the demands of the situation we find ourselves in. Other sets of schemas, organised together into modes, (or CBT 'hot cross buns') determine how we respond in terms of thinking, feeling, body sensations and physiological responses. For example, if I have a lift phobia and my friend invites me to meet at the top of the Eiffel Tower, I will transition into a self-state called "lift phobia mode" and may not be able to control or choose my responses from then on. By increasing our awareness of the different modes which make up our repertoire of self-states (our personality), we can begin to develop a compassionate observing self, involving acceptance of our-selves in all manifestations and exercise control/choice over who and how we want to be. In dissociative disorders, dissociation affects three levels of information processing: Perceptual, Experiential and Self (PES). The concept of a continuously constructed, or 'working self' which we create from moment to moment, is also important in this work. Mental imagery plays a big role in the construction of self-states from moment to moment.

Trauma and Dissociation

During and after trauma, information-processing is affected by dissociative processes, especially if the survivor is helpless during the trauma. Dissociation can change the storage of information and our ability to recall events with an act of will. Absence of and compartmentalisation of memories and abilities is an important feature of Depersonalisation Disorder, Fugue, Somatoform Disorder and PNES.

Dissociation between self-states

Adversity in childhood, particularly where the child is helpless, can create dissociation between self-states so that we have reduced awareness acceptance and control/choice over our-selves. The course demonstrates how the cognitive model of dissociation can be used to formulate the extent of structural dissociation of self-states and work to reduce this. We also present our new scale (in development) to assess dissociation between self-states: the D-ISS.

Depersonalisation Disorder

GreenWood Mentors Presents

Depersonalisation Disorder involves symptoms of depersonalisation (feeling that on or parts of it are not real), derealisation (feeling that the world or other people are not real), and symptoms such as experiencing the world in 2D, feelings that one is wandering around in a fog, not being fully present in the world and unable to access it, not recognising oneself in the mirror, not feeling bodily sensations or emotions. Delusional beliefs may develop as an attempt to account for these experiences, such as that one is an alien.

Fugue States

Fugue states can last for a few minutes to days or years. In a fugue state, the person 'loses time' and/or lives a different life to their normal one, sometimes returning to their normal life after a period of time. Upon returning, they have amnesia for the events occurring in the fugue state.

PNES

PNES (psychogenic non-epileptic seizures) can take various forms but have characteristics of epileptic seizures such as a loss of conscious awareness, amnesia for events occurring during the episode. However EEG investigations show no epileptic activity. Clinicians and clients are often puzzled how to formulate these states and also how to treat them, as they are beyond the client's conscious control.

Medically Unexplained (Somatoform) Symptoms

Medically unexplained symptoms are a wide category of difficult to treat 'non-organic' presentations such as severe pain, trouble urinating, extreme fatigue and other somatoform symptoms. Among the many challenges these pose, the client's difficulty believing there is a psychological component to the problem is often a barrier to effective intervention.

Treating Dissociative Presentations

This training builds on the past two modules (working with self-states in anxiety, depression and OCD and working with self-states in PTSD, cPTSD and EUPD/BPD). In dissociative presentations, overcoming dissociation is necessary to mindfully observe and describe self-states - this can be achieved in various ways:

- feeding back to the client their behaviour in session
- inviting the client to survey family and friends to help collect data on dissociative symptoms
- recording symptoms in a diary, along with what makes them worse and what makes them better
- using the PES Cognitive Model of dissociation (Perceptual Experiential Self) to explain what is happening to the client.
- Formulating the cognitive processes involved in dissociation and in the appraisals of dissociation
- Using the therapeutic relationship to create a secure attachment to allow dissociative processes to break down
- Working at the level of the self:

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- Using scrapbooking, WhatsApp groups, communication books to 'map the system' and facilitate communication between self-states
- identifying values and goals using an ACT/DBT approach
- mindfulness work to develop an observing self and take an overarching perspective on our-selves
- practical skills from DBT to calm and centre the self
- using adapted grounding techniques with signals and over-practice to reduce triggering
- investigating the nature of triggers and practising exposure without dissociation
- de-fusing from beliefs and thoughts about symptoms and recovery
- developing an over-arching compassionate observing self

Who will benefit from this course?

Anyone working with Depersonalisation Disorder, Fugue, Somatoform Disorder and PNES who wants a fresh CBT/Third Wave approach to incorporate into their work. Or anyone who has previously avoided working with these presentations because of a lack of available CBT/Third Wave training.

Learning methods

We will use instruction, demos, role-plays in breakout rooms, and video material to create a workshop with a small group of highly engaged participants, and we will make it fun!

What You Will Learn

- CBT model and concepts of the self
- Formulating Depersonalisation Disorder, Fugue, Somatoform Disorder and PNES using this model
- Working with these presentations to increase awareness, acceptance and control/choice of self-states

Take Aways

- The D-ISS (Dissociation-Integration of Self-States Scale)
- A FREE article by from Dr Kennedy
- The foundations of the next workshop on DID
- A BPS Approved Certificate in Working with Self-States Across Disorders (if you complete all four modules)

The Trainer

GreenWood Mentors Presents



Dr Fiona Kennedy is a respected and knowledgeable, fun trainer with a knack of making complex concepts accessible without losing their richness. She has many years' experience in managing and delivering services in the NHS, and is Director of GreenWood Mentors Ltd.

She has written books including the guided therapy book *Get Your Life Back: The Most Effective Therapies for a Better You*, for clients, shortlisted for the BMA Popular Medical Book Of The Year 2018. In 2020 a therapist's companion to this appeared as part of the Routledge CBT Distinctive Features series: *Integrating CBT and Third Wave Therapies*. She co-edited *Cognitive Behavioural Approaches to the Understanding and Treatment of Dissociation* and developed the CBT theory of dissociation. Fiona and her husband have volunteered in India for the past 16 years, enabling volunteers and NGO staff to work with children and young people from severe disadvantage as well as with tribal groups from rural areas.

Dates and times

9.30-1.00 UK time

May 9th and 10th 2023

Venue: online only