



Oregon Society of Clinical Hypnosis Presents:

Creatively Integrating Trance in the Treatment of Complex Trauma and Dissociation

D. Michael Coy LICSW
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The relationship between trance and dissociation is well-established (Bliss, 1983) in the literature. It is no surprise, then, that several important thinkers have cross-pollinated between the dissociative disorders and hypnosis fields. Much of the literature and workshops discuss treatment of persons with dissociative disorders based on established approaches without exploring their inner workings. What, though, of the spark of creativity that contributes to the development of these interventions? How do the hastily combined elements used to bail a clinician out of a treatment bind later reveal themselves to be the building blocks for an effective framework or protocol?

In this workshop, we will first discuss basic considerations for treating persons with dissociative disorders, dissociation and trance, and elements of one integrative approach to working with dissociative clients. We will then explore four novel uses of hypnotic interventions and trance within an integrative treatment frame, beginning with the comparatively simple and concluding with a much more complex integration of approaches. We will discuss not only the interventions themselves but also the context for their initial development. Although a familiarity and experience with psychodynamic psychotherapy, Ego State Therapy (Watkins & Watkins, 1997), and EMDR therapy (Shapiro, 2018) are not required to attend, they will be variously necessary to implement the interventions discussed.

Schedule:

8:30am – 9:00am (30 min)	OSCH social/networking time
9:00am – 9:10am (10 min)	Training commences; Introduction
9:10am – 9:55am (45 min)	Establishing a Treatment Frame <ul style="list-style-type: none">• Three Stages of Treatment• Dissociation, Trance, & Trance Logic• Elements of an Integrative Approach
9:55am – 10:20am (25 min)	Hypnotic Techniques and Dissociation I: Realerting to Shift Executive Control <ul style="list-style-type: none">• Context for a Brief Intervention• Case Example
10:20am – 10:30am (10 min)	Q&A

Learning Objectives:

1. Name two risk factors in treating persons with dissociative disorders
2. Name and describe the three stages of complex trauma treatment

3. Name and describe at least two methods that can be integrated with hypnosis to treat complex trauma
4. Define the phenomenon of depersonalization
5. Identify key elements to effectively employ the Howard Alertness Scale

10:30am – 10:45am (15 min) Break

10:45am – 12:05pm (80 min) Hypnotic Techniques and Dissociation II: Employing Trance in the Relational Field

- A Framework for Recognizing and Bringing to Consciousness the Client's 'Untold Story'
- Case Example

12:05pm – 12:15pm (10 min) Q&A

Learning Objectives:

6. Define 'Dissociative attunement'
7. Name and define at least three of the four BASK elements
8. Identify at least one element shared in common between trance and mirror neuronal function

12:15pm – 1:15pm (60 min) Lunch

1:15pm – 2:15pm (45 min) Hypnotic Techniques and Dissociation III: Increasing Co-conscious Awareness

- Conceptualizing a More Complex Intervention
- Case Example

Learning Objectives:

9. Define ego cathexis and object cathexis
10. Describe at least one potential effect of reduced internal conflict

2:15pm – 2:35pm (30 min) Hypnotic Techniques and Dissociation IV: Unbinding Introjects from Trance and Trauma

- Establishing an Integrative Approach to Resolve Entrenched Internal Conflict

2:35pm – 2:45pm (15 min) Q&A

2:45pm – 3:00pm (15 min) Break

3:00pm – 4:30pm (90 min) Hypnotic Techniques and Dissociation IV: Unbinding Introjects from Trance and Trauma (cont'd.)

- Establishing an Integrative Approach to Resolve Entrenched Internal Conflict (cont'd)
- Case Example

4:30pm – 5:00pm (30 min) Discussion and Wrap-up

Learning Objectives:

11. Define an introject
12. Define at least four of the six steps in the Introject Decathexis Protocol

References

Baker, E. L., & Spiegel, E. B. (2020). Dancing in the in-between: Hypnosis, transitional space, and therapeutic action. *American Journal of Clinical Hypnosis*, 62(1-2), 31-59.

Dell, P. F. (2019). Reconsidering the autohypnotic model of the dissociative disorders. *Journal of Trauma & Dissociation*, 20(1), 48-78.

Howard, H. (2017). Promoting safety: A clinical instrument for the measurement of hypnosis. *American Journal of Clinical Hypnosis*, 59(4), 344-362.

Kluft, R. P. (2017). Trying to keep it real: My experience in developing clinical approaches to the treatment of DID. *Frontiers in the Psychotherapy of Trauma and Dissociation*, 1(1): 18-44.

Sinason, V. (2017). Dying for love: An attachment problem with some perpetrator introjects. *Journal of Trauma & Dissociation*, 18 (3), 344-355.