



Trauma Care Institute

A Program of Trauma Support Services
of North Texas

&

Dr. Colin Ross

Present

April 13

2020

9 am - 4pm

With Lunch Break

6 CEUs for SW,
LPCs and LMFTs

Location:

Keller, Texas

Contact Us;

Training@tssnt.org

Visit our website:

<https://www.tssnt.org/>

DISSOCIATIVE IDENTITY DISORDER: *How to Recognize It & How to Treat It*

In this workshop, Dr. Ross and will describe how to recognize dissociative identity disorder (DID) and the principles of its treatment. He will describe the key symptoms of DID and how to ask about them in a clinical interview. He will then demonstrate how to use the Dissociative Experiences Scale (DES) and the Dissociative Disorders Interview Schedule (DDIS) to screen for and diagnose DID. Attendees will receive copies of the DES and DDIS for their own use.

The rest of the workshop will be spent on treatment. Principles of the therapy include: the central paradox of DID; the problem of host resistance; and talking through to the voices. Time will be spent on techniques for fostering inter-personality communication and cooperation, grounding and stabilization and other tasks. Techniques and strategies will be illustrated through case examples.

Learning Objectives

Participants will be able to:

- Describe symptoms of DID and how to ask about them clinically.
- Describe the use of the DES as a screening instrument for DID.
- Describe how to use the DDIS as a diagnostic interview for DID.
- Describe and explain the central paradox of DID.
- Describe and explain the problem of host resistance in DID.
- Describe the technique of talking through to the voices and how to use it.
- Describe techniques for increasing inter-personality communication and cooperation in DID.





ABOUT OUR SPEAKER: COLIN A. ROSS, M.D.

Colin A. Ross, M.D., completed medical school at The University of Alberta and his psychiatry training at the University of Manitoba in Canada. He is a past President of the International Society for the Study of Trauma and Dissociation, and is the author of 230 papers and 34 books. He has spoken widely throughout North America and Europe, and in China, Malaysia, Australia, and New Zealand. He has been a keynote speaker at many different conferences, and has reviewed for over 30 different professional journals.

Dr. Ross is the Director of hospital-based Trauma Programs in Denton, Texas, Torrance, California, and Grand Rapids, Michigan. He provides weekly cognitive therapy groups at all three locations, in person in Texas and by video-conference in Michigan and California. He has been running a hospital Trauma Program in the Dallas area since moving to Texas in 1991.

Dr. Ross' books cover a wide range of topics. His clinical book focus on trauma and dissociation include: *Dissociative Identity Disorder. Diagnosis, Clinical Features and Treatment of Multiple Personality, Second Edition (1997)*; *Schizophrenia: Innovations of Diagnosis and Treatment (2004)*; *The Trauma Model: A Solution to the Problem of Comorbidity in Psychiatry (2007)*; *Trauma Model Therapy: A Treatment Approach for Trauma Dissociation and Complex Comorbidity (2009)*; *Structural Dissociation: A Proposed Modification of the Theory (2013)*; and *Treatment of Dissociative Identity Disorder: Techniques and Strategies for Stabilization (2018)*.

Dr. Ross has published a series of treatment outcome studies in peer-reviewed journals, which provide evidence for the effectiveness of Trauma Model Therapy. Many of his papers involve large series of cases, with original research data and statistical analysis, including a paper entitled "Trauma and Dissociation in China" in the *American Journal of Psychiatry*.

Besides his clinical interests, Dr. Ross has published papers and books on cancer and human energy fields, as well as literary works including essays, fiction, poetry, and screenplays. He has several different hobbies including travel.