

Conference Agenda
January 28-29, 2012
Lake Buena Vista, FL



***Schedule Subject to Change**

***Creative Corner will be available throughout the entire conference! Stop by for some creative fun!**

Friday Night (January 27, 2012):

8:30-9:30 PM Welcome Reception

Attendees can enjoy some complimentary snacks and drinks while meeting and reconnecting with other attendees. You may also sign up for breakfast breakouts if interested.

Time TBD: AA Meeting available

Saturday (January 28, 2012):

7:30-8:30 AM *Optional* Peer chosen and led "Chat and Chews."

Bring your breakfast and join other attendees in meaningful conversation.

8:45-9:00 AM *Optional* Morning Meditation By Heidi Spitzig

7:30-9:00 AM Registration

9:00-9:15 AM Welcome by Jaime Pollack of An Infinite Mind

9:15-10:45 AM Keynote: Robert Oxnam, Ph.D.: "Seeking Cohesive Multiplicity"

Robert Oxnam will explore several themes drawn from a lifetime of severe dissociation, both those in his book and many post-book experiences as well. Those themes include: the decision to be private or public about DID, coping with the horrors of remembering abuse, setting goals for long-term DID therapy, handling setbacks along the way, relying on partners and safety nets, finding one's uniqueness because of (not in spite of) DID.

10:45-11:00 AM: Snack Break Provided by An Infinite Mind

11:00AM-12:30 PM: Breakout Sessions

1. The 7 Stages of Healing from Trauma by Susan Pease Banitt, MSW, LCSW

Since trauma involves wounding on multiple dimensions of the human person, the stages of healing from trauma are also multi-dimensional. This workshop presents a developmental model of healing from traumatic stress, no matter what the cause. These are not merely psychological stages but whole body processes that unfold as one moves through the journey of healing from trauma. This workshop will take a deep look at how to best support people as they navigate these stages matching appropriate interventions to each stage. You will emerge from this workshop with a better sense of where you and/or your client are in the healing process of traumatic stress and related disorders, how to get unstuck when treatment bogs down and your next best practices in treatment.

2. You are not Alone. Grow together, Discover Together, Heal Together by David Hargrove Ph.D., LMHC, DAPA, CCFC

Often times people with dissociative disorders and their significant others and/or family members often feel isolated and disconnected from others. This seminar will explore the components of the recovery community and how this model can help individuals learn, heal, grow, and most importantly feel empowered to more effectively manage their lives. This seminar is appropriate for persons with a dissociative disorder, family members and significant others, and mental health professionals who work in this area.

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3. EMDR/EFT in Treating Trauma by Jeanne Folks, D.Min, LPC

The healing journey for trauma survivors with DID can be long and complicated. Techniques which allow access both to the clarity of the subconscious and to body memory can be a great help when used with care, moderation and skill. EMDR and EFT will be explained and specific, strategic uses of these techniques will be outlined with special cautions and guidelines for both client and clinician.

4. Plant Allies and Other Natural Remedies by Chonteau McElvin

This workshop will explore several plants and foods that have a positive impact on the nervous system. Each participant will view a demonstration of how to make an herbal infusion and discuss other methods of preparing foods and herbals for everyday use. Each participant will participate in a mindfulness exercise such as a body scan and/or meditation. Each participant will participate in the process of creating a sample wellness care plan to include what was discussed throughout the workshop.

12:30-1:30 PM: Lunch break provided by An Infinite Mind

1:45-3:15 PM: Breakout Sessions

1. Three Dimensional Change-Sculpting Inside Out by Kim Snow, MA, LMFT, LMHC and Debbie Stockton, MA, Registered Mental Health Counseling Intern

Presenter has requested the session be limited to attendees with DID.

Participants will learn to use clay to express their inner world and then merge this creation with the other participants in the group to form a connected, supportive community.

2. Loving Partners and Multiple Personalities by Robert Oxnam, Ph.D. and Vishakha Desai, Ph.D.:

Essentially, this presentation is jointly offered by a married couple -- Robert Oxnam, who has DID, and Vishakha Desai, who does not have DID. We will offer comments around a variety of these -- partners and shifting roles, coping with inner families and outer families, changing situations as therapy progresses, dealing with demanding outside jobs and difficult inner healing, recognizing that partners learn as much as does the DID patient, and redefining the relationship in the process.

3. Neurofeedback for the Remediation of Trauma in survivors of Dissociative Identity Disorder by Gulnora Hundley, M.D., Ph.D., LMHC

This presentation will offer participants information related to the utilization of Neurofeedback training as an alternative technique in the treatment of survivors of psychological trauma, including Dissociative Identity Disorder. What makes the resolution of traumas so problematic is the fact that trauma appears to be physiologically encoded in a variety of body systems. Trauma does not merely reside in historical memory. This means that verbal or cognitively-based means of addressing the traumatic memory do not reach what may be the core issues that sustain the trauma experience. The presentation will be concluded by a demonstration of actual Neurofeedback training

4. Diagnosing Dissociation and Informing its Treatment Using the SCID-D by Marlene Steinberg, M.D.

As a therapist, what diagnostic tools are you using to assess and diagnosis dissociation, to inform you of what to target in therapy, and to monitor progress along the way? As someone with a dissociative disorder, how were you systematically assessed and diagnosed, and did that assessment identify all the dissociative symptoms you are suffering from? In this workshop I will provide an overview of diagnostic categories and questions contained within The Structured Clinical Interview for DSM-IV Dissociative Disorders (SCID-D), the clinical and research gold standard in assessment and diagnosis of dissociative disorders. Using videotaped excerpts of clinical interviews, I will illustrate how to elicit evidence of key dissociative symptoms, including those hidden from even the patient themselves, and how to use the results of the assessment to guide and monitor treatment.

3:15-3:30 PM: Snack Break Provided by An Infinite Mind

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3:30-5:00 PM: Breakout Sessions

1. Building and Strengthening Internal Resources in People with Dissociative Disorders by Judith Gulko, Ph.D

This presentation will focus on the first phase of healing: supporting internal safety and resourcing. Theory and experiential techniques to help clients build, strengthen and utilize internal resources from the EMDR (Eye Movement Desensitization and Reprocessing), ego state, and mind/body approaches will be shared. For example, rationales for and examples of ways to increase communication and cooperation among parts of self will be covered.

2. Supporting Someone Dissociative ... One-Step-at-a-Time! by Connie Porter-Richard, Ph.D., LMHC and Marilyn Bennett, MA LMHC

This conversational, question-and-answer style presentation, will provide an opportunity to explore questions and concerns you have about DID, as well how best to manage supporting someone with DID. We hope you come prepared to contribute to a lively discussion!

2. Christianity and DID by Monica Taffinder, LMHC, LMFT and

3. Marriage, Motherhood, and Multiplicity by Ophelia De Serres

Ophelia de Serres has been living with Dissociative Identity Disorder from early childhood to today. Her journey was one marked by childhood abuse, addictions, rape, and the daily struggle for survival. She fought through the stigma of silence that holds so many families hostage in the world. She became a powerful advocate for survivors of abuse. Only in later years did she come to terms with the secret within a secret. Her fear of being judged as a survivor of abuse was compounded many times by her fear of being found out. She is a multiple.

Multiples can become advocates for change. They can have happy marriages and bring beautiful children into this world. They already do. The inner turmoil that leads to addiction, homelessness, suicide, and violence can also lead to a healthy life. Ophelia believes there are many multiples out there like her who struggle to self-identify. Through personal reflections, Ophelia believes that we play a critical role in changing the environment that exists around DID.

4. Psychopharmacological Treatment of Dissociative Identity Disorder by Gulnora Hundley, M.D., Ph.D., LMHC

This presentation will offer participants information related to the latest advances in psychopharmacological treatment of Dissociative Identity Disorders (DID). Participants will learn about the various classes of psychotropic medications, their influence on brain function, the effect of the medication on a DID survivor's wellbeing, safety and addictive qualities.

Additional Voluntary Activities for Those Interested

5:15-5:30PM: Closing Meditation by Heidi Spitzig

5:30-6:30PM Q&A with Docutainment Films

5:30-7:00PM UCF Focus Group

Time TBD: AA Meeting

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Sunday (January 29, 2012):

7:30-8:30 AM: ***Optional* Peer chosen and led “Chat and Chews.”**
Bring your breakfast and join other attendees in meaningful conversation.

8:45-9:00 AM: ***Optional* Morning Meditation By Heidi Spitzig**

9:00-10:30 AM: **Breakout Sessions**

1 Body/Mind Marriage by Connie Porter-Richard, Ph.D., LMHC and Rebecca Porter

This workshop takes an integrative approach to therapy for DID and is team taught by Dr. Connie Porter-Richard, LMHC and Rebecca Porter, Advanced Health Specialist. Participants will explore important links between thoughts, feelings, and movement.

2. Effective Treatments for DID by Fanita Cappello, MSW, LCSW and Marc Greenfield, PsyD

The presentation will involve both Therapist and Client perspective. The main content in this presentation will be based upon the ongoing therapy between the presenting therapist and client. The main topics that will be addressed are the identifications of salient issues involved in the therapy process for Dissociative Disorder, the road blocks involved in effective therapy for Dissociative Disorder, the necessary dynamics in the treatment of Dissociative Disorder, and effective interventions for the treatment of Dissociative Disorder.

3. “Don't forget to take care of yourself”: What in the world does that really mean? by Heather Beatty and Keith Willenson

So often when people share details of hard times in their families with friends, they are told to 'make sure to take care of themselves'. Often this almost comes off as criticism to someone that feels they are doing the best they can already and have time for nothing else. Heather and Keith will discuss what people mean when they say this to people as it can range from genuine concern to code for 'I'm tired of listening to you'. They will discuss the need for self care, setting boundaries, and finding allies in the community among other topics. Heather and Keith are big believers in finding things that work rather than focusing on what should be. Grief over the 'what ifs' will also be discussed. This talk will include audience participation.

4. Eating Disorders and DID by Jeanne Folks, D.Min, LPC

A two faceted approach to eating disorders will be presented in this workshop - the biochemistry of eating disorders (food choices do make a difference) and mindfulness as a means of understanding the emotional components of a trauma survivor's complicated relationship with food. In addition, special attention will be given the unique complications that DID adds to the struggle and confusion. Ample time will be allotted for questions.

10:30-10:45 AM: **Snack Break Provided by An Infinite Mind**

10:45 AM-12:15 PM: **Breakout Sessions**

1. A New Conceptual Model for Healing DID by William Tollefson, Ph.D.

This presentation will cover an alternative treatment approach which views DID as a normal and innate response to overwhelming life events from a Life Coaching Model termed Personal Philosophy (PP). Personal Philosophy set forth a new model for helping survivors with DID to break the old stereotypes of Dissociative Identity Disorder and shed light on how to heal not just stabilize. The audience will gain new awareness and have a mindset shift toward normalizing DID, learn a new treatment approach and the benefits. This new conceptual model will also help DID family members gain more understanding of DID from a structural concept and how to be a stronger support to survivors.

2. Christianity and DID by Monica Taffinder, LMHC, LMFT and Deb Croteau

For those in the Christian community, healing from a dissociative disorder can present additional challenges. Well-meaning caregivers can sometimes head down spiritual routes that can potential re-traumatize survivors. Caregivers can either by attempt to pray away the alter or misinterpret DID behavior



as demonic. Survivors can feel the additional struggle of trying to integrate their faith into their system. But having faith and DID can actually be a tremendous gift when the two work in harmony. Come hear how a Christian therapist and a Christian client deeply enjoyed the process of spiritual and emotional integration.

3. Incohesive Singlecity: A comedic and personal look at the state of oneness by Madison Clell

A totally biased opinion; keeping integration as an OPTION and not an INSISTENCE is the most healing attitude of all! Why? Well, you'll have to stick around to find out - but suffice it to say that integration sure as heck was NOT a goal of mine! For goodness' sake, how on earth did I become a singleton?! Reimagining Robert Oxnam's wonderful phrase, 'Cohesive Multiplicity', this talk will feature me blabbing about 'Incohesive Singlecity': my personal experience with singletonness and beyond. Rest assured, there will be no 'shoulds' in this hour of power! In addition, I'll shamelessly plug my play about D.I.D., and we can banter about a Q & A. For those

of you who saw my presentation last year, yes, there will be papers thrown about, and I'll see if I can once again justify laying on the floor with the microphone. We will have a great time - your audience participation is something I pray for. No slideshow this year, but THERE WILL BE CANDY.

4. Using the Instinctual Trauma Response in Chronic PTSD and Dissociative Disorders by Lee Norton, Ph.D., M.S.W., L.C.S.W

One of the most frequently asked questions among family members and friends of those who suffer from PTSD and Dissociative Disorders is, "How can I understand this condition better?" Indeed, it is difficult to imagine what it is like to be continually high jacked by one's own body, lose time, and feel completely isolated and unsafe, even in ones' own skin. The Instinctual Trauma Response, developed by Louis Tinnin, M.D., and Linda Gantt, Ph.D., explains in user-friendly language, the mechanics of trauma and dissociation. In this session, we will walk through the instinctual biological responses to threat, and discuss how these can manifest in short- and long-term symptoms, and ultimately lead to habitual dissociation. We also will discuss how therapy that includes creating an explicit verbal and graphic narrative can mend the dissociative breaks that cause traumatic symptoms. Examples of verbal and graphic narratives will be used to illustrate the theory of the instinctual trauma response model.

12:15-1:30 PM: Lunch Provided by An Infinite Mind

1:30-3:00 PM: Breakout Sessions

1. Help for the Helper: A Holistic Trauma Toolbox by Susan Pease Banitt, MSW, LCSW

Working with people in crisis presents special problems for therapists and other caregivers. How do we keep ourselves from being traumatized by the trauma we see all around us or by the people we are helping? Drawing on extensive research, Susan will present current holistic first-aid techniques and resources for healing from traumatic experiences to alleviate stress in the provider. Expect to come away with knowledge, protection and renewed vigor in working with people with traumatic histories.

2. Interactive Panel: The "I" word. "What does it really mean!"

Come join us for a discussion about integration. What does it really mean? How does it look for each person? There are no absolutes, shoulds, and no right or wrongs. This is simply a time to explore this vilified word.

3. Living with D.I.D. by Carol Broad

The presentation uses an audio-visual multi-media format alongside personal anecdotes to demonstrate the impact of living with D.I.D. Focusing upon Carol's personal journey as a D.I.D. survivor; the presentation demonstrates the difficulties of living life as a multiple in a singular world. The presentation will show the positive aspects of D.I.D. and how individuals can utilize their multiplicity to have a productive and useful impact on their own life and the lives of those around them. This presentation will demonstrate that the struggles of D.I.D know no boundaries and are the same in the United Kingdom as they are in the United States.

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4. WRAP: Wellness Recovery Action Plan System by Janet Laird

Through an interactive Power Point presentation along with handouts, I will present the self-management plan of WRAP® which stands for Wellness Recovery Action Plan so that participants will have the opportunity to write their own plan for wellness and empowerment. It is appropriate for those experiencing dissociation as well as supporters who want their own plan for wellness.

3:00-3:15 PM: Break Provided by An Infinite Mind

3:15- 3:45 PM: Closing Remarks

Time TBD: AA Meeting available