



Conference Agenda

February 7th-9th

Orlando, FL

The Creative Corner, sponsored by Pandora's Project, will be available throughout the entire conference. Stop by for some creative fun!

The walking labyrinth will be set up in the grounding room and will also be available throughout the duration of the conference. The labyrinth, along with walking tips, are provided courtesy of by Alix Amar M.Ed, MSS, LCSW

Be sure to stop by and see our vendors and sponsors in the front area. They will have many things to offer that may be helpful with your healing journey.

Friday Night – February 7th:

6:30-8:00 PM Supporter/Caregiver Small Group by Nancy Gaulin, PsyD and Paula Burley, RN

Meet other supporters and share your concerns, hopes, and questions in a safe space.

8:00-8:30 PM New-“Bee” Meet and Greet Room 3

New attendees come meet other new attendees and tour the conference space. We will have some returning attendees available to answer any questions and calm any nerves.

8:30-9:30 PM Welcome Reception

Attendees can enjoy some light complimentary snacks and drinks while meeting and reconnecting with other attendees. Registration will be open during this time.



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Saturday February 8th:

*Optional Pre-Conference Activities

7:30-9:00 AM **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch.

8:00-8:45 AM **Gentle Yoga, Grounding, and Meditation Class by Cynthia Herzog LCSW**

8:00-8:45AM **AA meeting**

8:00-9:00 AM **Registration Opens**
Main Conference Hall

9:00-9:15 AM **Welcome by An Infinite Mind Board Member**
9:15:-10:45

Key Note Presentation **How DID We Get Here and What Next?** **By Jaime Pollack MA, Founder/Director An Infinite Mind**

Room 3

For over a decade, Jaime has been an integral part of the day to day operations of An Infinite Mind and the main driving force behind the annual the Healing Together Conference. She has mostly stayed in the background allowing others to have a space to have their voices heard. For the commemorative 10th annual Healing Together conference, Jaime will be sharing her journey of navigating through therapy and trauma recovery, and also living and thriving with DID. She will discuss the creation of An Infinite Mind, how persons with DID became affectionately known as the bees, and what the future holds for her and the organization in 2020 and beyond.

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

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

∞Creative Recovery: Exploring Alternatives in Healing from Trauma by Larry Ruhl

Room 1

As a survivor of childhood sexual abuse and complex trauma, my healing journey has taken many twists and turns. Through writing, visual arts, and creative immersion, I have found ways to not only survive but to heal and thrive. By sharing my experience, not only as a survivor but as an artist, I find community and connection. In this show and tell presentation, we will discuss the effects of trauma and dissociation and how from that darkness, beauty, in many forms, can emerge.



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∞**Mind/Body Paths to Wellness: Yoga as Therapy by Cynthia Herzog LCSW, CAP, ICADC, 500 RYT** **Room 2**

Mind/Body Paths to Wellness is an experiential and didactic workshop exploring some of the latest western neuroscience, MBCBT, and ancient eastern yoga practices for establishing emotional balance and overall health of the Mind/Body. This wellness workshop will focus specifically on Mind/Body practices for healing and treating Post Traumatic Stress and Trauma reactions in ourselves and others. The practical skills and techniques learned in the workshop are essential for healing the Mind/Body and creating emotional balance. These include specific breath, movement and meditative techniques which will be explored and practiced during the workshop.

∞**Long-term Psychotherapy for Dissociation of Identity by Randy Noblitt PhD and Pam Noblitt** **EDPNA**

Room 3

Most people diagnosed with DID benefit from long-term psychotherapy. This presentation discusses the important factors to consider for successful psychotherapy implementation. Collaboration between client and therapist is important and the therapeutic alliance is predictive of successful outcomes. We will discuss other significant factors including goal-setting, impasses in therapy, need for a support system, importance of satisfactory life experiences while in therapy, parts-work, and addressing physical survival strategies in response to potential unemployment and disability.

∞**Elastic Emotions and Inner Connections to Help Healing by Elizabeth Power**

Room 4

So here's the logic. Terror prompts dissociation. Dissociation disrupts learning. This means we grow up without some of the key skills others may learn. Two key skills are self-regulation and self-soothing. This workshop teaches key concepts and simple skills so that participants can reduce the impact of terror in the past on the present.

∞**DID and Relationships: What I wish I knew by Olga Trujillo and Matthew Robinson PhD**

Room 5

This workshop for partners, families and friends of people with DID, will explore what DID is, how it comes about, the challenge of relationships and what partners, families and friends want and need to know. We'll explore how they can support their loved ones and take care of themselves.

12:30-1:45 PM Lunch break provided by An Infinite Mind

12:30-1:45PM *Optional Chat and Chews*

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

∞Supporter Chat and Chew- **Room 2**

∞Survivor Chat and Chew- **Room 4**

∞Therapists who treat DID- **Room 5**

12:30-1:45PM Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and **Room 1 Paula Burley, RN**

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch



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2:00-3:30 PM Breakout Sessions

∞Rookie Mistakes and Lessons Learned in Treatment of DID by Matthew Robinson PhD and Olga Trujillo

Room 5

A lack of formal, specialized training often deters otherwise skilled clinicians from treating DID. The experiences of a clinician, and a person with DID who has undergone a process of healing will be presented. This workshop will explore lessons learned from challenging events affecting the therapeutic alliance such as planned and unplanned absences, developing shared language for describing the experiences of living with DID, pacing and expectations of change, and maintaining safety priorities while upholding principles trauma-informed care. Specific suggestions for establishing and maintaining a strong therapeutic alliance for both individuals seeking treatment for DID and clinicians will be discussed.

∞Dissociative Disorders and Social Security Disability Benefits by Pamela Noblitt EDPNA and Randy Noblitt PhD

Room 2

The course of dissociative disorders may render some individuals incapable of work or self-support. Knowing how Social Security disability programs work and how patients can benefit from them should be part of the treatment strategy employed by clinician and client. How to apply for benefits, program eligibility, program benefits, deadlines, time-frames, evidence, and Social Security regulations should be understood in order to effectively navigate the system.

∞Not the price of admission: Having healthy relationships for trauma survivors by Laura Brown PhD

Room 3

This workshop for adult survivors of complex childhood trauma and their therapists will introduce the "Price of Admission" model for how disrupted attachment during childhood creates problematic paradigms for all kinds of emotionally meaningful relationships in adult life. I will then talk about ways to break the chain of trauma reenactments in those relationships, emphasizing the development of the capacity to assess other people, and the value of learning to compassionately observe one's actions in the present and engage in repair of ruptures.

∞Master Class: Working with Children and Their Trauma by Helen Neal LMHC& LMFT, Kim Snow LMHC, and Connie Dawson LMHC. Facilitated by Kelly Caniglia, LCMHC

Room 4

Working with children who've experienced trauma requires a unique skill set and varied approach to the standard modalities usually utilized with adults. Come hear three skilled therapists who work with traumatized children discuss some of their own experiences in the counseling space as well as answer questions for you on working with children who may have dissociative parts.



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∞ Coming Out as an EMDR Therapist with a Dissociative Disorder: Implications for EMDR and Beyond by Jamie Marich Ph.D., LPCC-S, LICDC-CS, REAT, RYT-200

Room 5

The primary source of misunderstanding in treating clinically significant dissociation within EMDR therapy and other trauma-focused modalities is the therapist's lack of connection to their own dissociative profile. In this presentation, EMDR therapist, trainer and writer Dr. Jamie Marich shares her journey of what it was like to "come out" with her history of Unspecified Dissociative Disorder. Reflections from her own experiences highlight the areas of bias, misinformation, and fear that exists among professionals. A plan of action that involves all professionals getting to know their own dissociative tendencies and internal structure of parts is proposed and presented.

3:30-3:45 PM: Snack Break Provided by An Infinite Mind Main Conference Hall

3:45-5:15 PM Breakout Sessions

∞Ten Tools That Helped Me Create A Life After the Trauma by Lizabeth Casada

Room 1

Working with my therapist helped me work through the trauma that I experienced, but it was only the beginning of creating a new life. I still had to learn how to have healthy relationships, deal with stress and triggers, learn to dream again and find a way to relax and enjoy life. I have found many helpful tools to create the life I enjoy today and you can too! In this presentation, I'll describe the tools I found, the benefits I received and introduce you to new ways to approach things you may be dealing with on your healing journey.

∞Issues Related to the Co-occurrence of Eating Disorders and Dissociative Identity Disorder by Joann Hendelman, PhD, FAED, CEDS-S and Mark Kruntorad, LMFT

Room 2

Some clinicians are knowledgeable about eating disorders (ED) and others about dissociative identity disorder (DID). And even if there is an understanding of working with ED, DID patients often do not respond to conventional modalities used in ED programs. This presentation will look at how the existence of one or more EDs in one or more alters may impact the treatment of DID. We will look at the impact of the ED on the course of treatment of DID and the resulting complications both emotional and physical. Do you focus on the patient not eating or continue the trauma work

∞DID: Techniques and Strategies for Stabilization by Colin A. Ross M.D.

Room 3

In this talk, Dr. Ross will describe techniques and strategies for stabilization of DID. These include: the central paradox of DID; the problem of host resistance; orienting alter personalities to the body and the present; talking through to alter personalities; and the problem is not the problem. Strategies will be illustrated through case examples and time will be available for questions and discussion.



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∞Paint Your Palette Blue and Gray by Kim Snow LMFT and Ruperto Ramos

Room 4

Experiential workshop will incorporate carefully curated music into the art therapy experience to show how music can augment the soothing, healing nature of art. The music and different art mediums (clay, pastels, paint) will move participants through reflective, solitary art into a gradual, socially collaborative experience.

∞ Importance of Pride and Community Connection by Dr. Serenity Serseción

Room 5

Presenter will discuss the importance of having pride as a community for systems. Topics include how having pride as a system, plural, multiple, DID, etc can lead to increased self-esteem and positive mental health on those in the community. Pride days, weeks and months have begun to be more common. How have these newer events impacted the community at large? Also, many systems have various areas of potential marginalization such as mental health diagnosis, LGBTQ+ identity, race and ethnicity, SES and more. Having pride as a system can facilitate these differences to be celebrated for those in the community

***Optional Post-Conference Activities**

These sessions are not CEU sessions.

5:30-6:00PM Gentle Yoga, Grounding, and Meditation Class by Ashleigh Grooms LCSW
Grounding Room

6:00-7:00 PM

**∞Supporter/Caregiver Small Group by Nancy Gaulin, PsyD
and Paula Burley, RN.**

Room 1

∞Going Public with DID; a Q & A with Jane Hart

Room 2

Meet Jane Hart, who was the center of the docuseries Many Sides of Jane. Jane will explore and discuss what it is like having your DID shown to the world. A question and answer session will be included.

∞Shake it Off with Dancing Mindfulness by Dr. Jamie Marich

Room 3

Join Dr. Jamie Marich, creator of the Dancing Mindfulness approach to expressive arts therapy, for this community class at the Healing Together Conference. Dancing Mindfulness is a "come as you are" dance practice that uses movement and the arts as a way to teach the attitudes and elements of mindfulness practice. Learn to live a more present life by dancing with the ups and downs. No previous experience with dance, yoga, or meditation necessary. All body types and folks welcome. Jamie designed this class specifically for participants to help you "shake off," move with, and invite you to a place of grounding and connection about your experiences at the conference



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∞Supervising New Clinicians to Work with Dissociative Disorders and DID by Dr. Serenity Serseción

Room 4

This presentation will discuss examples of how to supervise new clinicians starting to work with DID and dissociative disorders. Supervision examples will be based on CBT and psychodynamic perspectives with doctoral students at an LGBTQ+ specialty clinic. The presenter will use de-identified case examples of students and clients to help participants practice supervision skills. Time will be provided for a question and answer segment.

∞DID and Spirituality by Rev. Sharon Samsell

Room 5

For survivors of trauma and sexual abuse concepts of God, spirituality, faith, religion and theology often become a jumbled mess. Questions remain unanswered in light of the horror and evil of abuse. Feelings don't make sense of what is supposed to be a loving and compassionate God. Concepts of hope, love, grace, and compassion seem beyond the survivors experience even as they survive and thrive. This session won't give easy answers or text book definitions but will give participants a place to discuss the hard questions that arise regarding spirituality and religion when one has been abused.

Sunday February 9th

***Optional Pre-Conference Activities**

7:30-9:00 AM **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**
Room 1

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch.

8:00-8:45 AM **Gentle Yoga, Grounding, and Meditation Class by Ashleigh Grooms LCSW**
Grounding Room

8:00-8:45AM **AA meeting**
Room 2

9:00-10:30AM Breakout Sessions

∞All In This Together by Deb Berry and Monica Tyedmers LMHC

Room 1

Deb and Monica love to share their story of client and therapist working together to heal the effects of childhood trauma manifested through DID. Their unique perspective comes from a blend of creativity, mutual flexibility, and a deep faith in God's healing and redemptive power. By working together over five years, Deb and Monica helped Deb's parts recognize their unique roles in her life and how they worked better together than in isolation. Come hear how acceptance is foundational in healing one's individual parts and the system as a whole: everyone belongs, everyone is valued, and everyone is accepted.



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∞The Body Evens The Score: Grounding and Self-Regulation Using Sensory Integration Strategies by Cathy Collyer, OTR, LMT, CAPS

Room 2

Pediatric occupational therapists frequently treat children with state regulation issues using a sensory integration (SI) approach. Although adults with DID can have difficulties with grounding, state modulation, self-injury and sensory tolerance, they rarely receive intensive sensory integration treatment. This presentation uses lecture and demonstration to illustrate how effective sensory integration techniques can be valuable self-calming and orienting tools for trauma survivors. Participants will learn why adults with DID may benefit more from sensory integration treatment than people with other dissociative disorders.

∞The TOP DD Network Study: A Promising Program for Dissociative Individuals by Dr. Bethany Brand Ph.D.

Room 3

The TOP DD Network Study is a web-based education program for people with dissociative disorders (DD) and their psychotherapists. This program aims to help dissociative people understand and manage their symptoms and emotions, and enhance their safety and self-understanding. It also aims to teach therapists a conceptualization of DD patients' symptoms and some basic interventions that stabilize DD patients' struggles with self-harm and suicidality. Research shows this online program is associated with reduced symptoms and improved quality of life. Dr. Bethany Brand will describe Network study participants' progress throughout the study and present an overview of the program.

∞ Rebuilding Brain, Body and Spirit Using ACEs Science and Ageless Wisdom by Bonnie Armstrong

Room 4

Science now confirms that our brains are able and eager to heal from the impacts of childhood trauma. We can strengthen our bodies through the healing process, whatever was done to them. And our spirit, our life force, which can be battered by trauma, is resilient and wants wholeness. Using a blending of new neuroscience, ACEs science, and ancient wisdom traditions, we will explore practical tools to mend, rebuild and strengthen all three: brain, body, and spirit.

∞ Ritual Abuse 101: Recognizing and Treating Survivors by Jean Riseman MSW

Room 5

Join a conversation about recognizing and working with ritual abuse survivors. You will learn what ritual abuse is, symptoms that survivors often display, and events that may trigger memories, flashbacks, or cult call-backs. Treatment issues covered will include: feeling overwhelmed, stabilization, teaching communication and reparenting skills, and issues around integration and medication. There will be ample time for questions and discussion. Therapists, survivors (including those not identifying as ritual abuse survivors), and their allies are welcome.

**10:30-10:45 AM: Refreshment and Snack Break by An Infinite Mind
Main Conference Hall**



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10:45-12:15 PM: Breakout Sessions

∞ **Increasing My Window of Tolerance: Identifying Levels of Distress and Skills to Manage Them by Stephanie Rickey PsyD.**

Room 4

When dealing with dissociative disorders, it is common to experience a sense of "too much" (flooding) or "too little" (numbing) of emotion. Sometimes it is even hard to identify any in between level of emotional intensity. In this discussion, we will identify ways of recognizing various levels of emotional experience. We will also review various skills to help regulate emotions at those different levels

∞ **Comprehensive Trauma Treatment: Combining Ecotherapy, Holistic Methods, and Psychotherapy by Dr. Darlene Williams**

Room 2

Trauma results in complex concomitants & sequelae for human beings, but rarely do treatment plans comprehensively address same. This presentation will introduce methodologies for trauma recovery from a holistic approach, and illustrate how to integrate same into a comprehensive therapy protocol, via an experiential & multi media format, tailored to the audience.

∞ **Integration: The Conversation Continues by Lizabeth Casada, Olga Trujillo, and Madison Clell. Facilitated by Marilyn Bennett LMHC**

Room 3

Have you ever wished you could have your questions about integration and healing from trauma answered from the perspective of actual experience? This session, in panel form, will once again provide an opportunity for attendees of Healing Together to speak to other survivors as they share both information and inspiration. Bring your questions and concerns about integration, multiplicity, and the challenges they present on the healing journey. This year, plenty of space will be available.

∞ **Dissociation and the Brain by Lauren A. M. Lebois, PhD**

Room 4

Over the past decade there has been renewed interest in the scientific study of dissociation. Our mission at the Dissociative Disorders and Trauma Research Program at McLean is to understand differences in behavior and the brain related to dissociation, and in particular document the experiences of people with DID to help reduce stigma. The goal of this session is to highlight landmark neuroimaging findings on DID, and how certain brain activity may underlie specific dissociative symptoms.

∞ **When Everything Hurts: How Energy Work Aids in Pain Management by Rev. Sharon Samsell and Elizabeth Samsell**

Room 5

Trauma survivors experience a range of physical, emotional, mental and spiritual symptoms. Trauma may become embedded in the physical body (cell or body memories) or energy field. Energy therapies provide an excellent adjunct to medical treatments and/or psychotherapy. It often releases the energy of traumatic experiences without re-traumatization, restores one's energy field, decreases physical and emotional pain, and produces a state of deep relaxation. Participants will learn the basics of energy work, techniques for reducing pain, and be led in a guided imagery. Techniques can be used on or off the body (for those who are uncomfortable with physical touch).

12:15-1:30 PM:

Lunch break provided by An Infinite Mind



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12:30-1:45PM ***Optional Chat and Chews***

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

- ∞ Supporter Chat and Chew- **Room 2**
- ∞ Survivor Chat and Chew- **Room 4**
- ∞ Therapists with DID Chat and Chew- **Room 5**

12:30-1:45PM **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**
Room 1

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch

1:45-3:15 PM: Breakout Sessions

∞ **Friendship With A Mosaic Mind by Haley Stern**
Room 3

What universal lessons of friendship can we all grow in as we learn to effectively show up for someone with a dissociative identity? By sharing my personal journey of being friends with a mosaic (multiconscious) mind, and the lessons learned along the way, this presentation strives to bring hope to anyone who lives with a dissociative identity or loves someone who does.

∞ **Reconstructing Self: Using Story Telling as a Tool for Healing and Advocacy by Lisa Tobe**
Room 2

Storytelling empowers survivors to reclaim their voices, creates resiliency and encourages advocacy. Personal narratives connect people to issues on a personal level. Story telling allows survivors to distill complex experiences into more understandable packages and move beyond trauma. These humanizing stories can shift the public narrative away from the accepted culture of violence and allow more effective collaborative, survivor-engaged efforts to develop emerging solutions to this complex issue. Through this highly interactive session, participants will enhance their knowledge about and skills related to the use of storytelling as a tool to facilitate healing.

∞ **Coming Together: Trauma Interventions and Steps Towards Loving Our(Selves) by TL**
Room 3

TL (a mental health professional and survivor with DID) will illustrate how some of the trauma-informed interventions (EMDR, IFS, SP, AEDP, etc.) as well as art and music aided her in being less dissociative and more able to build connections between parts and with others. She will discuss the challenges and benefits of the models as a therapist working with other survivors as well as in her own journey moving from “OMG, what’s happening to me?” to “Wow, you mean WE can have a ‘safe place’???” to “Memories and US” to a current place of gentle loving, “This is Us”.



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∞When You Ask the Audience to Write the Presentation by Madison Clell

Room 4

During last year's presentation, I asked audience members to write down no-holds-barred D.I.D. questions for me to answer for this year 10th presentation. As a result, they knocked it out of the park and I haven't the foggiest idea how to answer this multitude of piercing inquiries. I'm gonna give it a shot anyway! If there's time remaining after I've skewered legitimate topics, I'll trot out some of my greatest...'tips'??...from previous years. As per usual, quality chocolate will be passed around and thrown.

∞Embracing Race and Intersectionality in Dissociative Disorders by the Universal System, Aline, Koda, Seneca, and Phoenix System. Facilitated by The Crisses

Room 5

According to worldwide statistics, dissociative disorders do not discriminate. However the resources, studies, stories, and concerns on paper are largely geared towards white cis-gender oftentimes able-bodied women. Join us for a panel focused on the mismatch between the public narrative and the actual experiences of people with dissociative disorders. Topics we may address include: the invisibilization of people of color within dissociative disorder communities, the unquestioned normalization of cisgendered bodies, and the need for therapists to understand how intersections of culture, dissociation, disability, and racism create additional barriers to care.

**Disclaimer: we ask attendees to keep in mind that panelists are individuals. While they may speak to larger issues or themes affecting others of their background please remember that no one is representing their race/ethnicity/culture/disability as a whole.*

**3:15-3:30 PM: Snack Break Provided by An Infinite Mind
Main Conference Hall**

**3:30- 4:00 PM: Closing by Jaime Pollack, Founder/Director of An Infinite Mind
Room 3**