**TRAUMA & DISSOCIATION**

**Johanna Dobrich, LCSW-R**

**330 West 58th Street, Suite 411**

**NY, NY 10019**

**631-456-2236**

NIP FALL Class Dates:

September: 7, 14, 21,28

October: 5, 12, 19, 26

November: 2, 9, 16, 30

*No class: Thanksgiving (Nov 23)*

**Intro:** The history between traumatology as a field of study and psychoanalysis as both a practice & epistemology, has been an unwieldy one that has undergone various transformations due to the socio-political context of a given time, the intrapsychic/interpersonal pressures of the theoreticians whose ideas informed the epistemological foundations of psychoanalysis *at that particular time,* as well as the psychic structures of those interpreting these historical influence*s*, and finally, as a result of the way trauma works to evade detection and understanding creating a dissociative field around its very center, most especially for those tasked with witnessing it. Similarly, psychoanalytic understanding of dissociation as a concept, construct, theory of mind, as well as ordinary versus pathological representations of it, has been equally unwieldly to ‘pin down’ and ‘know’ with any degree of ongoing cohesive conceptual agreement. In psychoanalysis no two writers can be assumed to mean the same thing when they refer to dissociation. In this course we will scan some of the rocky terrain regarding the relationship between trauma, dissociation, and psychoanalysis. We will examine the various clinical manifestations of dissociative processes as they manifest in the unknowing of affect/content/events as well as structural manifestations of the self (*i.e.* DID, BPD, Narcissism *etc*). We will also look at trauma and its collective effects at the intersection of culture and self.

Trauma results in a dysregulation of neurobiological systems and always happens within a relational context (as small as inside of a self and as large as a political-sociocultural time and place). Rather than focusing on the specific PTSD criterion A and the corresponding events as primary, in our study of trauma we will think together psychoanalytically about the developmental trajectory of exposure to trauma, among and within, different relational contexts. We will examine how co-regulation, modulation of shame, and building a scaffolding for affect tolerance may allow traumatized patients to access psychoanalytic treatment without being re-traumatized. We will also consider how cultural forces/institutions can ameliorate and exacerbate the adverse effects of trauma.

**Assignments:** Because the content is evocative and because many of us become psychoanalysts with some degree of connection to trauma ourselves (“lived history”), I am intentionally limiting the reading assignments to only one article per week. I will include additional suggested readings for those who wish to read more on a given topic. Please read the assigned article closely, and pay attention to what it evokes in you. Bring your questions, associations, and case illustrations to class as learning the material is enhanced by its application to clinical work.

At the end of the class, I’d like you write up a 2–3-page paper summarizing your reflections about the material we covered and anything else you’d like to share about your own understanding of trauma and dissociation, as it evolves over the course. Papers should be turned in before November 30th to me by email at: jfdsocwork@gmail.com

**Assigned Readings:**

**Week 1: Uneasy Alliances: Trauma & Psychoanalysis**

Required reading: Howell, E. and Itzkowitz, S. (2016). Ch: 1: Is trauma-analysis psycho-analysis AND Ch 2: From trauma-analysis to psycho-analysis and back again in *The Dissociative Mind in Psychoanalysis.* Routledge.

Recommended Readings:

O’Neil, J. (2018) Hypnosis and Psychoanalysis: Toward Undoing Freud’s Primal Category Mistake, *American Journal of Clinical Hypnosis*, 60:3, 262-278.

Hainer, M. (2016). Ch5: The Ferenczi paradox: His importance in understanding dissociation and the dissociation of his importance in psychoanalysis in *The Dissociative Mind in Psychoanalysis.* Routledge.

Herman, Judith (1992). *Trauma & Recovery*. Basic Books.

**Week 2: Context Matters: Attachment, Trauma & Neurological Development**

Required reading: Blizard, R. (2003) Disorganized Attachment, Development of Dissociated Self States, and a Relational Approach to Treatment, *Journal of Trauma & Dissociation*, 4:3, 27-50, DOI: 10.1300/J229v04n03\_03

 Recommended Readings:

Schore, A. (2022). Attachment Trauma and the Developing Right Brain: Origins of Pathological Dissociation and Some Implications for Psychotherapy in *Dissociation and the Dissociative Disorders*. Routledge.

Steele, K. (2021). Beyond attachment: Understanding motivational systems in complex trauma and dissociation. In D. Siegel, A. Schore, & L. Cozolino (Eds.) *Interpersonal neurobiology and clinical practice (pp. 85-112)*. New York. Norton.

Salberg, J. (2015). The Texture of Traumatic Attachment: Presence and Ghostly Absence Transgenerational Transmission. Psychoanal. Q., 84(1):21-46

Slade, A. (2014). Imagining Fear. Psychoanl. Dial. 24(3):253-266.

Diamond, D. (2004). Attachment disorganization: The reunion of attachment theory and psychoanalysis. *Psychoanalytic Psychology*, *21*, 276–299.

Fonagy, P. (2001). Attachment theory and psychoanalysis. New York, NY: Other Press

**Week 3: What is Dissociation and why conceptual precision matters**

Required Reading: Loewenstein, R. (2018) Dissociation debates: everything you know is wrong, *Dialogues in Clinical Neuroscience*, 20:3, 229 242, DOI: [10.31887/DCNS.2018.20.3/rloewenstein](https://doi.org/10.31887/DCNS.2018.20.3/rloewenstein)

 Recommended:

Howell, E. (2022) Philip Bromberg and the Revolution about Dissociated Self-States, *Contemporary Psychoanalysis*, 58:2-3, 299-309, DOI: 10.1080/00107530.2022.2141074.

Nijenhuis & van der Hart (2011) Dissociation in Trauma: A New Definition and Comparison with Previous Formulations, *Journal of Trauma & Dissociation*, 12:4, 416-445.

 ISSTD Website: https://www.isst-d.org/public-resources-home/

**Week 4: Dissociation as Process: Decreasing Hyperarousal/Affect dysregulation**

Required Reading: Bromberg, P.M. (2008). Shrinking the Tsunami. *Contemp. Psychoanal*., 44(3):329-350.

 Recommended:

Bromberg P. (2001) Treating Patients with Symptoms—and Symptoms with Patience: Reflections on Shame, Dissociation, and Eating Disorders, Psychoanalytic Dialogues, 11:6, 891-912.

Howell Ph.D. (2002) Back to the “States” Victim and Abuser States in Borderline Personality Disorder, Psychoanalytic Dialogues, 12:6, 921-957.

Bromberg P. (1994) “Speak! that I may see you”; some reflections on dissociation, reality, and psychoanalytic listening, Psychoanalytic Dialogues, 4:4, 517-547.

**Week 5: Dissociation as Structure: The Discontinuous Self System**

Required Reading: Steele, van der Hart & Nijenhuis (2005) Phase-Oriented Treatment of Structural Dissociation in Complex Traumatization: Overcoming Trauma-Related Phobias, *Journal of Trauma & Dissociation*, 6:3, 11-53.

Please also watch this short video on living with DID: <https://www.dylancrumpler.com/watch-petals-of-a-rose>

 Recommended Readings:

Chefetz, R. Intensive psychotherapy for Persistent Dissociative Processes.

Putnam, F. (2016). Ch 8: “Dissociation” in *The way we are: How States of Mind Influence our Identities, Personality and Potential for Change*. International Psychoanalytic Books.

Davies, J., & Frawley, M. (1994). Treating the adult survivor of childhood sexual abuse. New York: Basic Books.

**Week 6: PTSD and Trauma**

Required Reading: Boulanger Ph.D. (2008) Witnesses to Reality: Working Psychodynamically With Survivors of Terror, *Psychoanalytic Dialogues*, 18:5, 638-657.

 Recommended Readings:

 Stern, J. (2010). *Denial: A Memoir of Terror*, Harper Collins.

Rosenbaum, B., & Varvin, S. (2007). The influence of extreme traumatization on body, mind, and social relations. *International Journal of Psychoanalysis*, 88, 1527–1542.

Khodabakhsh Ahmadi, Seddigeh Azampoor-Afshar, Gholamreza Karami & Arastoo Mokhtari (2011) The Association of Veterans' PTSD with Secondary Trauma Stress among Veterans' Spouses, *Journal of Aggression, Maltreatment & Trauma*, 20:6, 636-644.

**Week 7: Dissociation and Culture: Historical Trauma**

Required Reading: Comas-Díaz, L. (2016). *Racial trauma recovery: A race-informed therapeutic approach to racial wounds.* In A. N. Alvarez, C. T. H. Liang, & H. A. Neville (Eds.), *Cultural, racial, and ethnic psychology book series. The cost of racism for people of color: Contextualizing experiences of discrimination* (p. 249–272). American Psychological Association. https://doi.org/10.1037/14852-012

Recommended Readings:

Silove, D., & Klein, L. (2021). Culture, trauma, and traumatic stress among refugees,

asylum seekers, and post-conflict populations. In: [M. J. Friedman](https://www.guilford.com/author/Matthew-J-Friedman), [P. P. Schnurr](https://www.guilford.com/author/Paula-P-Schnurr), & [T. M. Keane](https://www.guilford.com/author/Terence-M-Keane), (Eds.), *Handbook of PTSD: Science and Practice, 3rd ed.* (pp. 483-500). The Guilford Press.

Menakem, R. (2017). *My grandmother’s hands*. Central Recovery Press.

White, K.P (2002). Surviving Hating and Being Hated. *Contemp. Psychoanal*., 38(3):401-422

 NYT, “The Toll of Police Violence on Black People’s Mental Health”:

<https://www.nytimes.com/interactive/2023/05/25/well/mind/black-mental-health-police->violence.html?smid=nytcore-ios-share&referringSource=articleShare

**Week 8: Dissociation and Culture II: Historical Trauma and Witnessing**

Required: Gerson, S. (2009). When the Third is Dead: Memory, Mourning, and Witnessing in the Aftermath of the Holocaust. *Int. J. Psycho-Anal*., 90(6):1341-1357

Recommended:

Williams, M.T., Metzger, I.W., Leins, C. & DeLapp, C. (2018). Assessing racial trauma within a DSM-5 framework: The UConn Racial/Ethnic Stress & Trauma Survey. Practice Innovations, 3(4), 242–260. https://doi.org/10.1037/pri0000076 . Full scale is here: http://www.mentalhealthdisparities.org/docs/UnRESTS\_0716 \_English.pdf

Yu, J., Ross, C.A., Keyes, B.B, Li, Y., Dai, Y., Zhang, T., Wang, L., Fan, Q., and Xiao, Z. (2010). Dissociative Disorders Among Chinese Inpatients Diagnosed with Schizophrenia. Journal of Trauma & Dissociation, 11, 358-372.

Feldman, M. (2016). Ch 3: Travel Fever: transgenerational trauma and witnessing in analyst and analysand in *Ghosts in the Consulting Room* ed. By: Harris, Kalb and Klebanoff. Routledge.

**Week 9: On Shame**

Required Reading**:** DeYoung, P. (2015). *Understanding and Treating Chronic Shame: A Relational/Neurobiological Approach*. *Ch. 6: Prerequisites for Working with Shame.* Routledge*.*

 Recommended Readings:

Chefetz R. A. (2017). Dignity is the opposite of shame, and pride is the opposite of guilt. *Attachment: New Directions in Relational Psychoanalysis and Psychotherapy*, 11(2), 119–133.

Grand,S.  (2018) The Other Within: White Shame, Native-American Genocide, *Contemporary Psychoanalysis*, 54:1, 84-102

Hicks D. (2015). A matter of dignity: Building human relationships. In Levine S. S. (Ed.), *Dignity matters: Psychoanalytic and psychosocial perspectives* (pp. 1–21). Karnac

**Week 10: Traumatic Grief**

Required Reading: Dobrich, J. (2019). An elegy for motherless daughters: mourning, multiplicity, and dissociation, *Psychoanalytic Perspectives*.

 Recommended Readings:

Brave Heart MY, DeBruyn LM. The American Indian Holocaust: healing historical unresolved grief. *Am Indian Alsk Native Ment Health Res.* 1998;8(2):56-78.

Cornell, W. (2013). Lost & Found: Sibling loss, disconnection, mourning, and intimacy William F. Cornell Chapter in Intimacies: A new world of relational life Alan Frank, Steven Seidman, and Patricia Clough, editors. Routledge, pp.130-145.

Dobrich, J. (2021). Working with Survivor Siblings in Psychoanalysis. Routledge.

Kramer & Steinberg (2016). Ch 7: Empty Arms and Secret Shames: Reverberations of Trauma in the NICU in *Ghosts in the Consulting Room* ed. By: Harris, Kalb and Klebanoff. Routledge.

**Week 11: Treating Trauma**

Required Reading: Kluft, R. (2023). Toward the Effective Treatment of Dissociative Symptoms and Dissociative Disorders. *Psychoanalytic Social Work*, Vol. 30, No. 1, 3-31.

 Recommended Readings:

Danylchuk,L. (2022). The Centrality of Care, *Journal of Trauma & Dissocia*tion, 23:1, 1-

7.

Levit, D. (2018) Somatic Experiencing: In the Realms of Trauma and Dissociation—What We Can Do, When What We Do, Is Really Not Good Enough. Psychoanalytic Dialogues, 28:5, 586-601.

Chefetz, R. (2015) Intensive Psychotherapy for Persistent Dissociative Processes. Norton.

Howell, E. (2011). Understanding and Treating Dissociative Identity Disorder. Routledge.

Davies, J.M. and Frawley, M.G. (1992). Dissociative processes and transference-

countertransference paradigms. Psychoanal. Dial. 2(1): 5-36.

**Week 12: Treating Trauma II**

Required Reading: Salter, M., & Hall, H. (2022). Reducing Shame, Promoting Dignity: A Model for the Primary Prevention of Complex Post-Traumatic Stress Disorder. *Trauma, Violence, & Abuse*, 23(3), 906–919. <https://doi.org/10.1177/1524838020979667>

 Recommended Readings:

Brand, B., Schielke,H., Schiavone, F. & Lanius, R. (2022). Finding Solid Ground: Overcoming Obstacles in Trauma Treatment. Oxford.

Forner, C. (2019) What Mindfulness can learn about Dissociation and what Dissociation can learn from Mindfulness, *Journal of Trauma & Dissociation*, 20:1, 1-15.

Shaw, D. (2014). Ch. 6: “But What Do I do?” Finding the path to freedom in Traumatic Narcissism: Relational Systems of Subjugation, Routledge.

Van der Kolk, B.A. (2002). Posttraumatic therapy in the age of neuroscience. *Psychoanalytic Dial.*, 12:381-392.