

***GreenWood Mentors Presents***  
***GreenWood Mentors Presents***



**Working with Self-States and Dissociation in cPTSD, ED,  
psychosis and BPD (7.5 hours CPD)**

**with Dr Fiona Kennedy**

Individual tickets £200

Group tickets £350 for up to five participants

**Working with The Cognitive Model of Dissociation and the Self, using CBT  
and Third Wave therapies to help clients change**

**Live online 9.30-1.30 GMT, 3rd and 4th April 2023 or watch later (7.5 hours CPD)**

A one - day (two mornings) workshop: the second in our CBT, Third Wave and Self-States certificate, or a stand-alone module.

**Part 2 of the BPS Approved Certificate in Working with Self-States Across Disorders or a stand-alone module.**

(All modules 1: Anxiety, Depression, OCD, PTSD 2: cPTSD ED psychosis and EUPD/BPD, 3: Depersonalisation, Fugue, Somatoform Disorders and PNES, 4: DID)

**Are you looking for fresh CBT and Third wave approaches to helping clients with PTSD, cPTSD and EUPD/BPD??**

## ***GreenWood Mentors Presents***

**This course will show you how to recognise, understand and help change self-states in challenging trauma-based problems:**

**Self-states or CBT ‘modes’ are sets of schemas (ways of perceiving and responding to the environment) learned in childhood contexts, which we can struggle to manage as adults.**

This training will explain Aaron T Beck’s concept of the self, or ‘personality’ and how it applies to our experiences of PTSD, cPTSD and EUPD/BPD. It will show how to help clients develop **awareness, acceptance and control** of their self-states to help them live a meaningful life.

Dr Fiona Kennedy presents everything you need to know about the CBT theory of self and personality, self-states and the ‘working self’, and how to use this understanding to help clients. Dissociation between self-states along with self-state switching triggered by environmental events is covered. Help your clients get **control and choice** over which self-state they wish to access in any situation, using CBT, DBT, ACT and CFT.

### **The CBT model of self-states**

Aaron T Beck’s model of the self, created back in 1996, shows how ‘orienting schemas’ or our brains’ pattern-recognition systems, allow us to identify the current context and the demands of the situation we find ourselves in. Other sets of schemas, organised together into modes, (or CBT ‘hot cross buns’) determine how we respond in terms of thinking, feeling, body sensations and physiological responses. For example, if I have a lift phobia and my friend invites me to meet at the top of the Eiffel Tower, my orienting schemas will recognise this as a threatening situation. I will transition into a self-state called “lift phobia mode” and may not be able to control or choose my responses from then on.

The concept of a continuously constructed, or ‘working self’ which we create from moment to moment, is also important in this work. Mental imagery plays a big role in the construction of self-states from moment to moment.

By increasing our awareness of the different modes which make up our repertoire of self-states (our personality), we can begin to develop a compassionate observing self, involving acceptance of our-selves in all our manifestations and learning with the therapist to exercise control/choice over who and how we want to be.

### **Dissociation within and between self-state**

The cognitive model of dissociation (Kennedy et al 2004, 2013) shows how dissociative processes affect perception, experience, and sense of self. Adversity in childhood, particularly where the child is helpless, can create dissociation between self-states so that we have reduced awareness acceptance and control/choice over our-selves. The course demonstrates how the cognitive model of dissociation can be used to formulate the extent of structural dissociation of self-states and work to reduce this. We also present our new scale (in development) to assess dissociation between self-states. At the perceptual level, we can experience spacing out (failure to process any information), and intrusive imagery. At the experiential level, within-mode dissociation means we can become unable to think, feel,

## **GreenWood Mentors Presents**

respond physically, or carry out certain behaviours, as well as intrusions in each of these areas (intrusive thoughts, feelings, behaviours, physical responses).

### **Trauma-based presentations**

During and after trauma, information-processing is affected by dissociative processes, especially if the survivor is helpless during the trauma. Dissociation can change the storage of information and our ability to recall events with an act of will. Absence of and compartmentalisation of memories is an important feature of PTSD, cPTSD and EUPD/BPD. In trauma-based presentations, dissociation at three levels: Perceptual Experiential and Self (PES) often occurs.

### **cPTSD**

‘Type 2’ trauma, or complex PTSD (cPTSD) involves PTSD occurring in a prolonged way, with personal victimisation, often with multiple perpetrators, usually in childhood. These experiences create all of the changes described in Type 1 PTSD above, but also increased dissociation at all three PES levels, as well as problems with attachment, identity and sense of meaning and purpose. The multiplicity of selves and dissociation between self-states is greater in cPTSD.

### **EUPD/BPD**

People whose presentations meet the criteria for EUPD/BPD usually have severe and prolonged trauma in their backgrounds, often at the hands of carers. The conflicts these experiences produce during child development can lead to a differently-developed self, involving more extreme dissociation between more self-states. This lack of integration and acceptance of one’s one self-states affects attachment, emotional regulation, impulse control, identity and sense of reality, all characteristic features of EUPD/DID.

### **Dissociation between self-states**

Adversity in childhood, particularly where the child is helpless, can create dissociation between self-states so that we have reduced awareness acceptance and control/choice over our-selves. The course demonstrates how the cognitive model of dissociation can be used to formulate the extent of structural dissociation of self-states and work to reduce this. We also present our new scale (in development) to assess dissociation between self-states: the D-ISS.

### **Intervening with Self-States and Dissociation**

Mindfulness practices allow us to create and access an observing self, or an overarching perspective on all of our self-states. Mindfulness also allows us to develop **control and choice as to which self-states we can access**. Mindfully observing and describing self-states using thought records and diaries helps us to develop perspective and a compassionate observing self. Techniques for change include:

- Reducing dissociation at all three levels, especially increasing awareness of self-states

## ***GreenWood Mentors Presents***

- Creative representation of the self using art, poetry, music, journalling, scrapbooking, WhatsApp groups
- Commitment work from DBT/motivational interviewing/ACT creative helplessness... “why change and what are the obstacles”?
- Identifying values and goals using an ACT/DBT approach
- ‘Parts’ work, including chair work and gestalt, schema therapy techniques
- Mindfulness work to develop an observing self and take an overarching perspective on our-selves
- Practical skills from DBT to calm and centre the self
- Compassion-focussed techniques to develop self-acceptance, loving kindness, wisdom and strength towards our-selves in every self-state
- Team-building techniques from management development practice to encourage self-states to work together to handle specific challenges or solve problems

### **Who will benefit from this course?**

Anyone working with PTSD, cPTSD and EUPD/BPD who wants a fresh CBT/Third Wave approach to incorporate into their work.

### **Learning methods**

We will use instruction, demos, role-plays in breakout rooms, and video material to create a workshop with a small group of highly engaged participants, and we will make it fun!

### **What You Will Learn**

- CBT model and concepts of the self and dissociation
- Formulating PTSD, cPTSD and EUPD/BPD using this model
- Working with these presentations using CBT DBT ACT and CFT
- To increase awareness, acceptance and control/choice of self-states

#### **Take Aways**

- The D-ISS (Dissociation-Integration of Self-States Scale)
- A FREE article from Dr Kennedy
- The foundations of the next workshop on dissociative disorders, part 3 of the series
- A BPS Approved Certificate in Working with Self-States Across Disorders (if you complete all four workshops)

## GreenWood Mentors Presents



### Your Trainer

Dr Fiona Kennedy is a respected and knowledgeable, fun trainer with a knack of making complex concepts accessible without losing their richness. She has many years' experience in managing and delivering services in the NHS, and is Director of GreenWood Mentors Ltd.

She has written books including the guided therapy book *Get Your Life Back: The Most Effective Therapies for a Better You*, for clients, shortlisted for the BMA Popular Medical Book Of The Year 2018. In 2020 a therapist's companion to this appeared as part of the Routledge CBT Distinctive Features series: *Integrating CBT and Third Wave Therapies*. She co-edited *Cognitive Behavioural Approaches to the Understanding and Treatment of Dissociation* and developed the CBT theory of dissociation. Fiona and her husband have volunteered in India for the past 16 years, enabling volunteers and NGO staff to work with children and young people from severe disadvantage as well as with tribal groups from rural areas.

Dates and times

9.30-13.00 GMT April 3rd and 4th 2023 or watch later

Venue: online only