

Attachment, Rupture and Repair in the Treatment of PTSD and Dissociative Disordersc

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USA

Short Communication

Abstract

Ideally therapists help dissociative clients develop a strong attachment to their treater that can weather the ups and downs of trauma work. Yet therapists have thresholds of affect tolerance and belief that affect their ability to stay present to clients' experiences. This workshop focuses on growing relational ability in the therapist, how to hear and respond effectively to trauma disclosures, why clinicians do or do not believe their clients, and how to enter into another person's story without judgment while maintaining objectivity. Effective therapeutic apology and other reparative strategies are presented for the inevitable ruptures of attachment in trauma therapy. Participants will be able to name three common ways that therapists compromise patient attachment in trauma treatment. Participants will be able to identify and utilize evidence-based session rating metrics in their clinical practices. Participants will be able to compare and contrast different attachment styles and how they interact between therapist, client and self-fragments or alters in a client's system. Participants will be able to deliver an effective apology that rehabilitates and strengthens attachment in the therapy setting.

Biography

Susan Pease Banitt, LCSW is a clinical social worker, speaker and author who specializes in the treatment of severe trauma, dissociative disorders and PTSD. She has worked in the field of mental health for more than four decades in diverse settings: inpatient, outpatient, and medical with adults and children, and trained in the Harvard medical teaching hospitals in Boston, MA. She is a Clinical Supervisor, Reiki Master, Kripalu trained yoga teacher, and shamanic healer in the Celtic tradition. Susan wrote the award winning book *The Trauma Tool Kit: Healing PTSD From the Inside Out* (Quest Books) in 2012. Her second book: *Wisdom, Attachment and Love in Trauma Therapy: Beyond Evidence-Based Practice* (2018) has just been released by Routledge Press. She has a private practice in beautiful Portland, Oregon where she lives with her husband and a menagerie of wise pets.

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