

Understanding and working with psychological trauma and dissociation, in relation to psychosis

Andrew Moskowitz, Ph.D.

Professor of Psychology, *Touro College Berlin*
President, *European Society for Trauma and Dissociation*



29/30 July, Kolding, Denmark

In this two-day workshop, we will consider the concepts of psychological trauma and dissociation, and how they relate to psychosis and psychotic symptoms. Participants can expect to learn:

- 1) How best to understand and apply the concepts of trauma and dissociation.
- 2) How the concept of schizophrenia was created and the problems with the diagnosis of schizophrenia as it exists today.
- 3) Current understandings of Posttraumatic Stress Disorder (PTSD) and dissociative disorders, and how best to distinguish such disorders from schizophrenia and psychotic disorders.
- 4) How to understand voice hearing (auditory verbal hallucinations), in relation to trauma and dissociation, and work with them in therapy.
- 5) How to understand delusions, in relation to trauma and memory, and work with them in therapy.

Other objectives will be met in individual sessions. There will be four 90-minute teaching sessions each day.

Day 1: Basic concepts and diagnoses.

- 1) Understanding psychological trauma and dissociation
- 2) Dissociation and the concept of schizophrenia – historical and contemporary perspectives
- 3) PTSD, Complex PTSD and the ICD-11 dissociative disorders
- 4) Childhood trauma, attachment patterns and psychotic and dissociative disorders

Day 2: Assessment and treatment of psychotic symptoms from trauma/dissociation perspectives

- 1) Mammalian defense reactions, sexual abuse and immobility reactions
- 2) Understanding and working with hallucinations/voice hearing from a dissociation perspective
- 3) Understanding and working with delusions from a trauma/memory perspective
- 4) Differential diagnosis and treatment: Why we need hybrid trauma/psychosis disorders