

# Trauma and Dissociation Informed Internal Family Systems

## ONLINE WORKSHOP

IFS is an elegant ego state model which has appealed to a wide range of clinicians – some 10,000+ over the world have been trained.

According to the author, IFS teaches that what all clinicians need is IFS as IFS will treat everyone and, although, this is true for many people, **IFS alone doesn't work as well with people with complex trauma disorders.**

Following an overview of the diagnosis and treatment of complex PTSD and dissociative disordered (DD) clients, you will learn to give your clients a chance to have more safety, control, and choices by developing coping skills and learning how to titrate witnessing.

These skills will help clients **avoid backlash** from parts becoming overwhelmed, assist clients in maintaining their **highest level of functioning**, and to heal more comprehensively.

According to the author, not every client will need the strategies and knowledge transmitted in this workshop, however, it's practical to be able recognize when your clients need them and, while not essential for others, how integrating them can be extremely beneficial.

This workshop will help you to gain the knowledge of how to treat clients with complex trauma histories **safely, respectfully, ethically, and successfully.**



8th & 9th of June 2024

### You will get:

- An overview of how to **diagnose** and **treat complex PTSD and dissociative disordered (DD) clients.**

### You will learn:

- Where Trauma informed IFS is necessary and useful.
- How to teach and use **coping skills**, including *Safe Space Imagery* and *Containers*.
- How to use a **protective format for witnessing** and **unburdening**.



2-day / 8 hour workshop  
Schedule: 4pm - 8pm CET



Online; recording of presenting time  
accessible for 1 week after the workshop



280 EUR  
250 EUR - **Early Bird** before May, 8th



English with consecutive translation  
into Spanish



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## TRAINER



### **Joanne H. Twombly, MSW, LICSW**

(*Pronouns: she/her/hers*) is a psychotherapist in private practice in Arlington, MA, USA.

She has over thirty years of experience working with C-PTSD and dissociative disorders and provides trainings and consultation.

In addition to her book, *"Trauma and Dissociation Informed Internal Family Systems"*, she has written on EMDR and Dissociative Disorders, on EMDR and Internal Family Systems, and on working with perpetrator introjects.

Her commitment to helping her clients heal and to providing quality training has resulted in her becoming an EMDR Consultant and a Trauma and Recovery Humanitarian Assistance Program Facilitator, Internal Family Systems Certified, and an American Society for Clinical Hypnosis Consultant.

She is a past president of the New England Society for the Study of Trauma and Dissociation.

In recognition of her achievements and her service on committees and the Board of the International Society for the Study of Trauma and Dissociation (ISSTD), she was honored with ISSTD's Distinguished Achievement Award and is an ISSTD Fellow.