



RUH-MINATIONS

FALL 2023

Fall is a time for change - temperatures cool and the colors along the Front Range are beautiful. This year, as I continue to transition to more consultation and training and less therapy hours, I am not only enjoying the change, but I am also looking ahead to 2014. It is time to plan! I am hoping to offer more classes in person including additional *Therapy Snapshots*, and a two-day EMDRIA approved class on *EMDR and Dissociation*. I will keep you all posted. Happy Thanksgiving, Happy New Year, and truly enjoy whatever you celebrate this December!

Dorinna

Assessing Dissociation

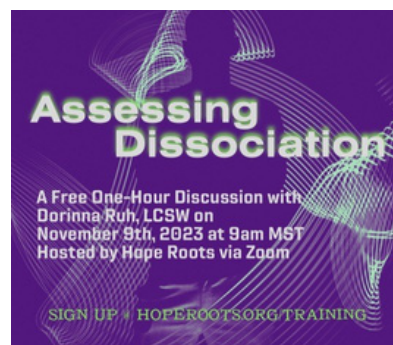
“It’s like flying instead of crawling,” said one 50-year-old woman describing her life after specialized treatment for a dissociative disorder. She had been struggling for decades with suicidality, hospitalization, medication changes, depression, and multiple diagnoses. Once her therapy addressed her dissociative identity disorder (DID) appropriately, her progress was dramatic.

This client’s experience tends to be typical, and many mental health professionals are not adequately trained in the assessment and treatment of dissociation. Yet the research shows that dissociative disorders are more prevalent in the mental health system than we think. I was one of those inadequately trained therapists back in the day. That client listed above-she was my client. I had given her the DES early in treatment; she scored a 2, and I moved on. It took me over 5 years, and one very scary suicide attempt, to figure out that she had DID. Suddenly, her whole story made sense. She embraced her diagnosis and by then I knew what to do; the progress she made and the life she went on to lead – it was like she was flying. But in my opinion, it took too long to get her there.

Before I retire, I am hoping that I can educate as many clinicians as possible about how to assess dissociation. The assessment is the first hurdle.

I am partnering with Hope Roots to offer a free, one-hour discussion on assessing dissociation.

If interested, please see below.





on the nightstand



“Trauma and Dissociation Informed Internal Family Systems” by Joanne Twombly. I studied with Joanne for 4 years and most of the interventions I use with dissociative clients are in this book. Concepts are easy to read, easy to understand and applicable to all therapists.

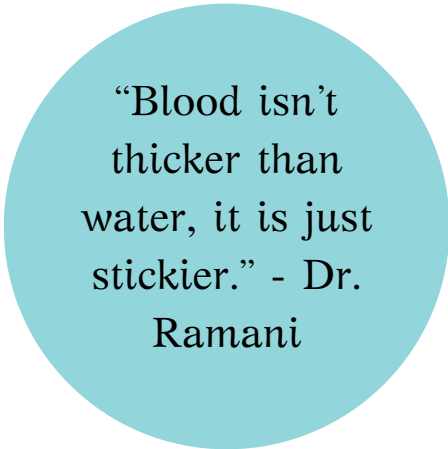
“The Power of Different” by Gayle Saltz. Dr. Saltz takes conditions that may people consider problematic and finds the strength, beauty, and power in all of them.

“What My Bones Know: A Memoir of Healing Complex Trauma” by Stephanie Foo. Because I am writing a memoir, I am trying to read other memoirs to get inspired. This one is well written and powerful.

“War and Peace” by Leo Tolstoy. I try to read a classic a year. My partner and I decided to tackle this one in 2023. I found it incredibly interesting and readable (until epilogue 2). It is an epic fiction masterpiece, written by a wise philosopher.

DARVO is an acronym by Jennifer Freyd who writes about betrayal trauma.

It is a defensive communication process and stands for Deny, Attack, Reverse Victim and Offender.



Upcoming Trainings

Assessing Dissociation – a free, one-hour discussion
Sponsored by Hope Roots
November 9, 2023 at 9 am Mountain Time
<https://hoperoots.org/store/accessing-dissociation-with-dorinna-ruh>

Dissociation and EMDR: Assessment and Preparation
January 26 and 27, 2024 12 EMDR Credit Hours
Sign up available after December 1, 2023

Therapy Snapshot: EMDR Treatment Planning and Target Sequencing
Tuesday, February 20, 2024 at 5 - 6 pm Mountain Time
Friday, March 1, 2024 at 11 am -12 pm Mountain Time
Register at: www.advanced-emdr-education.com



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<https://advanced-emdr-education.com>