



**Conference Agenda**  
**September 21<sup>st</sup>**  
**Boston, MA**

***Please Note:***

***The schedule is still being developed and may change periodically as the conference gets closer.***

**The Creative Corner will be available throughout the entire conference. Stop by for some creative fun!**

**7:30-9:00 AM**            **Dissociative Disorder Private Small Group with Nancy L Gaulin, Psy.D., MBA Rebecca Schulman, MSW, LICSW**

***\*This group required pre-registration. If you did not pre-register, please join the survivor chat and chew during lunch which is an open group.***

**8:00-8:45AM**            **Tentative AA meeting**

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**8:00-9:00 AM**            **Registration Opens**  
**Main Conference Hall**

**9:00-9:15 AM** **Welcome by Jaime Pollack, Founder/Director of An Infinite Mind**  
**Room 3**

**9:15-10:45 AM**

**Key Note Presentation**  
**Olga Trujillo**

**The Sum of My Parts: A Survivor Story of Dissociative Identity Disorder**

Olga Trujillo was diagnosed with Dissociative Identity Disorder at the age of 31. Over the past 26 years she has undergone an intense journey to understand what Dissociative Identity Disorder (DID) is, how she developed it, the impact on her life, and she began to address the challenges she faced in healing. In 2011 Olga's memoir, *The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder* was released by New Harbinger Publications. In this presentation, she discuss her experience of DID from an inside out perspective. Participants will explore her experience of DID & healing

**10:45-11:00 AM:**        **Snack Break Provided by An Infinite Mind**

**11:00AM-12:00PM**

**Plenary Presentation**

**New Research Findings on DID by Lauren Lebois PhD and Laura Ward, MBA, MPH**

Over the past decade there has been renewed interest in the scientific study of dissociation. Our mission at the Dissociative Disorders and Trauma Research Program at McLean is to understand differences in behavior and the brain related to dissociation, and in particular document the experiences of people with DID to help reduce stigma. The goal of our talk is to present recent findings on the biology of dissociative symptoms and the experiences of individuals seeking treatment for DID. We will also include an announcement of an upcoming randomized-control trial for DID treatment.



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**12:00-1:30 PM            Lunch break provided by An Infinite Mind**

**12:00-1:30PM            \*Optional Chat and Chews\***

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

∞Supporter

∞Survivor

∞Therapists who treat DID

**12:00-1:30PM        Dissociative Disorder Private Small Group with Nancy L Gaulin, Psy.D., MBA  
Rebecca Schulman, MSW, LICSW**

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**1:30-3:00 PM            Breakout Sessions**

∞ **Exploring Dissociative Identity Disorder for Supportive Family & Friends by Olga Trujlio**

This workshop will explore what supportive family and friends of people with DID want to know about DID and their loved one's experience. This will be a mix of presentation and discussion.

∞ **Orienting Parts to the Present by Joanne H. Twombly, MSW, LICSW**

In this presentation I will discuss the structure of systems of parts in dissociative disordered people, and focus on parts who are living and stuck in the past. Several interventions will be discussed including an EMDR adaptation that helps orient parts to the present. Both didactic presentation and roll play will be used. People will also have a chance to work on their own orienting of parts of the mind.

∞ **Creative Recovery: Exploring Alternatives in Healing from Trauma by Larry Ruhl**

As a survivor of childhood sexual abuse and complex trauma, my healing journey has taken many twists and turns. Through writing, visual arts, and creative immersion, I have found ways to not only survive but to heal and thrive. By sharing my experience, not only as a survivor but as an artist, I find community and connection. In this show and tell presentation, we will discuss the effects of trauma and dissociation and how from that darkness, beauty, in many forms, can emerge.

∞ **Mindfulness as a Core Grounding Skill by Stephanie Rickey, PsyD**

In this session, we will discuss what Mindfulness is and how it can be used as a grounding skill. The concepts of Mindfulness will be explained and examples of mindfulness as a grounding skill will be provided.

∞ **Working through Ambivalence: Moving from Phase I into Phase II by Rae Cuffe, LICSW**

I will introduce the topic of "Ambivalence of the Client, followed by the Ambivalence of the Therapist, particularly a newer therapist to the specialized work of treating dissociation and particularly DID. I will explain my own growth process of how I learned to work effectively in Phase 1 with clients presenting with complex trauma & dissociative symptoms (assessment, symptom reduction and stabilization). This will be followed by the ways I utilize EMDR for both present-day symptom reduction and moving into the Phase II work of explicitly treating traumatic memories. All of this will be presented in the context of working through the ambivalence that will likely show up regarding readiness to move from Phase I to Phase II, and when it's necessary to return to Phase I for increasing safety and stabilization



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**3:15-3:30 PM:            Snack Break Provided by An Infinite Mind**

**3:30-5:00 PM            Breakout Sessions**

**∞The Therapeutic Art of Folded Books: Visual Narratives for ALL Parts by Mindy Jacobson-Levy**

Though the means of surviving complex trauma varies among and within individuals, dissociation is a protective response reflecting discontinuity in one's lived experiences. Whether combined with verbal associations or standing alone, imagery is non-linear as multiple expressive reflections similarly co-exist. While only some self-states display artistic savvy, art psychotherapy invites all parts (self-states or aspects) to create an array of visual narratives in the healing process. In this workshop, participants will explore the therapeutic value of constructing folding books for self-expression, intention, and resilience. Through the sharing of didactic material and artistic play, this presentation will be informative and enjoyable!

**∞Group Therapy: facilitated by Amy Clark and Erika Skorupski with Nancy-Lee M., Pat P., and Rebecca T**

Guidelines established by the International Society for the Study of Trauma and Dissociation suggest that adults with Dissociative Identity Disorder may benefit from group psychotherapy. However, information about this process are scarce. The purpose of this panel is to provide individuals with lived experience of DID, their supporters, and clinicians the opportunity to better understand what group therapy for DID looks and feels like. The perspectives of both group leaders and group members who have engaged in this type of treatment will be explored. Topics will include blunders, pitfalls, and positive outcomes as related to long-term, group psychotherapy for DID

**∞Dissociative Identity Disorder and Eating Disorders: A Team Approach for ED, Diagnosis and TX by Dr Cynthia Kaufman, Dr. Christine Marston, and Kristin Kwak**

A therapist, a nutritionist, and a DID client share their experiences as a team dealing with the complex treatment of co-occurring eating disorders in patients with DID. The panel will lead a discussion on their 8 years of work from pre-diagnosis to diagnosis and their current on-going treatment. From both a clinician's and a patient's point of view, we'll talk about the challenges and benefits; the failures and the successes. Come hear where our journey has taken us.

**∞ Survive, Thrive, and Tell Your Truth by Rebecca Harrington MSW**

Telling the truth is more than just a moral obligation, and when it comes to psychological trauma, talking about the truth of what happened may actually be part of the formula for healing. In this workshop, learn how you can begin to communicate with all of your different parts, give each part a voice, and begin to tell the truth of you and all you have survived.

**∞Healing From Trauma Through Embodiment by Jenn Turner**

Together we will explore the core components of the practice and process of Trauma Center Trauma Sensitive Yoga (TCTS). Tools will be shared for creating welcoming spaces for those with experiences of trauma and dissociation in order to allow an opportunity to explore and build a relationship with the body. There will be opportunity for discussion as well as an invitation to practice chair-based yoga.

**5:00-5:30 PM:**

**Closing by Jaime Pollack, Founder/Director of An Infinite Mind**