



Conference Agenda
January 30-31st.
Orlando, FL

Please Note: *The agenda is still being finalized and most likely will change a little before the conference. Please check back for changes. Thank you for your patience!*

All times are US Eastern Standard Time

Conference Landing Page will open a week before with all the links you will need.

Friday January 29th:

Zoom Tutorial Sessions: At yet TBD times Friday later afternoon and early evening, we will have meetings set up for attendees to practice logging in and work on any trouble shooting issues.

Saturday January 30th:

9:00-9:45 AM **Optional Pre-Conference Gentle Yoga, Grounding, and Meditation Class**

10:00-10:15 AM **Welcome by An Infinite Mind Founder/Director Jaime Pollack**

10:15:-11:30 AM

Key Note Presentation
Being “Out,” Naked, and Vulnerable

By Jamie Marich Ph.D., LPCC-S, LICDC-CS, REAT, RYT-500, RMT

Dr. Marich is a clinical trauma specialist, author, educator, and person in long-term recovery from both addictive and a dissociative disorders. She offers her lived experience of embracing her story and learning the true meaning of vulnerability in the process. She combines this experience with knowledge from other best practices in the mental health field, to discuss roadblocks people with dissociative disorders experience in living as authentically as we may desire. She offers a trauma-informed and recovery-focused path forward for survivors and the people that serve us, which includes navigating the challenges of a world where stigma can be paralyzing.



Conference Agenda

January 30-31st.

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11:45-1:15 PM Conference Sessions

∞ **Not the price of admission: Having healthy relationships for trauma survivors by Laura S Brown, PhD ABPP**

This workshop will offer participants insights into two things. One, why survivors believe, consciously or not, that they must pay a price in order to have any kind of relationship with other humans. And two, how to stop paying prices and instead develop a template for the healthy relationships that we deserve with friends, co-workers, kids, and human partners.

∞ **DID: Common Misperceptions of Extreme Skeptics by Colin A. Ross M.D.**

In this talk, Dr. Ross will review common misperceptions of skeptics about DID and will explain why each one is mistaken. This information could be useful when talking to mental health professionals. Examples of such mistaken beliefs and attitudes include that DID: is rare; is mostly confined to North America; is a passing fad created in therapy; is made worse by therapy; is just an excuse not to be responsible for your behavior; is based on false memories; is not accepted by the relevant scientific community; is a disorder that cannot be diagnosed reliably; is not based on science

∞ **Parenting and Dissociation: What's Play Got to Do With It? by Amy Wagner, M.A., LMFT, LMHC**

This presentation will explore both sides of the same coin; being a parent who experiences dissociation and parenting a child who experiences dissociation. Parenting brings a new level of understanding towards embracing dissociation for all the parts involved, inside and outside parts. We will get a chance to explore parenting dynamics, strategies for wholehearted parenting with dissociation, ways to engage with parts through play, and a joy and deep understanding of the underlying reasons for the parents or child's dissociative response. As the presentation wraps up, an open Q and A time will allow participants to ask questions of the presenter.

∞ **How to Reduce "Trauma Drama" and Strengthen You by Elizabeth Power**

Self-Awareness and self-regulation are key skills in Social Emotional Learning in children. They are also key components in Emotional Intelligence in adults. They are injured when people are overwhelmed or traumatized, especially in childhood. We'll talk about three self-capacities critical in strengthening self-awareness and self-regulation, and identify easy ways people can do this to reduce personal crises in their everyday world.

1:15-2:45 PM Lunch Break

1:30-2:30PM *Optional Chat and Chews*

Grab some lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals. Unlike other conference sessions, these are limited to only those in the sub-group. Please no observers or supporters. (unless it's the supporter session of course)

∞ Supporter Chat and Chew

∞ Survivor Chat and Chew

∞ Therapists who treat DID

∞ Therapists WITH DID



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2:45-4:15 PM Conference Sessions

∞ **RAGE: Finding Creative Ways to Shed Intolerable Anger by Larry Ruhl**

Many survivors bottle their rage for fear of losing control. Expressing our anger can often lead to feelings of guilt or shame, attributes we often inherit rather than deserve. In this presentation, we will explore creative methods to process rage, often resulting in deep cathartic healing. Various examples will be shown and shared.

∞ **Your Turn For Care: Surviving the aging and death of the adults who harmed you by Laura S Brown, PhD ABPP**

The adult family members who harmed survivors of childhood complex trauma can present new difficulties and dilemmas for survivors when those perpetrators grow old. Demands on the survivors to engage in caregiving, even when refused, can activate what had been previously healed wounds or open new ones. This workshop will address the common concerns of survivors at this life stage such as dealing with caregiving demands, keeping boundaries, self-care and self-protection, and decision-making.

∞ **Dissociation of Identity and Traumatic Learning by Randy Noblitt PhD**

This presentation discusses the concept of dissociation of identity, an alternative way of understanding people who experience DID, OSDD and other multiple self representations or plurality. Some individuals with this experience also describe abusive experiences that included traumatic training, or programming. This presentation will integrate these concepts and discuss how clinicians can avoid imposing their preconceived ideas on those with dissociation of identity and best support their clients in self-directed recovery.

∞ **From Fragmentation to Connections: Healing Ourselves, Healing Our Communities by Bonnie Armstrong**

In this workshop we'll highlight important new trauma research that helps us understand how healing the brain, mind, body, and spirit are woven together. Similarly, as each of us heals it ripples out well beyond us as a gift to our communities. The lessons we learn from DID can help promote and enhance community and global connections in these difficult times for everyone – and we have a head start!

4:30-6:00 PM Conference Sessions

∞ **DID I do that?! A Comedy Relief Session by KD Roche (he/him)**

Conferences can be overwhelming, heavy and overstimulating for all of us. This session will be one full of comedic storytelling--one that only Multiples (and/or their loved ones or therapists) would understand. Get ready to just laugh and have a good time. This session will be light-hearted and attempt to avoid potentially triggering topics.

∞ **DID, Eating Disorders and Tales of Pandemic Survival by Dr. Cindy Kaufman**

Co-occurring eating disorders in the DID community can require complex treatment that often goes unrecognized in standard treatment protocols. Alternate parts may have contrasting issues, each requiring individual management. From pre-diagnosis through to on-going treatment, including new therapeutic techniques, the presenter will use her medical background along with her decade of work with her treatment team as a guide to discuss treatment successes as well as difficulties on the road to recovery. As a bonus, we will also talk about what it takes to survive with DID and/or an eating disorder while on stay at home orders during an unprecedented pandemic



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∞ Crazy: In Search of a Narrative by Lyn Barrett

Sometimes the symptoms are there, the diagnosis is made, but the memories forget to show up. What happens when you wait for concrete memories to come out of hiding and they never do? Is recovery possible without access to narrative memory? DID is disorienting enough but the lack of memories is the true stuff of crazy making. Drawing on my memoir, Crazy: In Search of a Narrative, as well as research on traumatic memory, we will explore this phenomenon inside and out. You may complete a voluntary narrative form to collect data on the prevalence of “persistently hidden memories” in DID.

∞ Working Together: Internal Communication for Dissociative Systems by Colleen Walsh, M.Ed., LPC, CPRP and Kim Asher, M.S., LPC, CCH

Internal communication within DID/OSDD systems is essential for managing daily life as well as improving external relationships, system safety and overall functioning whether or not integration is a system goal. This presentation discusses the benefits of internal communication and common barriers to effective internal communication as well as techniques and tools that can be used by both therapists and those who are members of DID/OSDD systems.

Post Conference

6:15-7:00- **Optional Gentle Yoga, Grounding, and Meditation Class**

6:15-7:15- **Dancing Mindfully Class led by Jamie Marich Ph.D., LPCC-S, LICDC-CS, REAT, RYT-500, RMT**

Dancing Mindfulness is an expressive arts practice developed and lead by Dr. Jamie Marich that encourages us to use dance and mindfulness movement to be with our experiences and feelings in any given moment without pushing them away. In this online class, specifically designed for an online format at the Healing Together conference, Jamie will lead us through some gentle intuitive movement and encourage us to shake out and shake off any of the remnants of our day that need to be release. Absolutely no prior experience with yoga, dance, or meditation practices required. Come as you are. Music will be used so please be mindful that you can opt out of the class at any time if you are personally feeling overwhelmed outside of your personal comfort level during the class.

Sunday, January 31st.

9:00-9:45 AM Optional Pre-Conference Gentle Yoga, Grounding, and Meditation Class

10:00-11:30AM Conference Sessions

∞ **Fly On the Wall: Advice From a Clinician with DID on Recognizing and Responding to Microaggression by Melissa Parker LMHC**

Clients with complex trauma presentations tend to evoke strong feelings of countertransference in even the most experienced trauma therapists. If we are unaware of our own bias, reactions, and larger socio political contexts, we as clinicians can unconsciously adopt attitudes and ways of being that are harmful to our clients. In this workshop we will learn more about the ways our own understanding of ourselves, of therapy, and of the therapeutic relationship affects our ability to effectively utilize countertransference as a tool of therapeutic change. Please bring open minds, open hearts, and a willingness to learn.



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∞ Staying In The Room: How To Successfully Manage Medical Appointments When You Have DID by Cathy Collyer, OTR, LMT, CAPS

Medical and dental procedures can be extremely stressful for adults with DID. This presentation offers trauma survivors effective methods to improve their tolerance for the care they need and deserve. Stabilization techniques, sensory processing treatment methods, and communication strategies can form a useful toolkit. Participants will learn how to craft a skill set that gives them confidence with less dissociation. Note: descriptions of procedures and demonstrations of helpful strategies will be used; participants should assess their tolerance level for these experiences and use wise self-care.

∞ Discovering DID: System Awareness and Collective Collaboration Between Parts by KD Roche (he/him)

Discovering that I had DID and obtaining a diagnosis was a pivotal part of my recovery process. For 15 years, I tried to find the kind of help that felt like it brought lasting change, but nothing had a greater impact than the realization that I was Multiple. Getting to know my other parts and learning how to work together with them as a team has drastically improved my physical and mental health. In this presentation, I will share my personal journey of self-discoveries and some tips and tricks I learned along the way.

∞ DID and the Healing Process: Exploring a Lived Experience by Olga Trujillo

Olga Trujillo was diagnosed with Dissociative Identity Disorder at the age of 31. Over the past 28 years Olga has undertaken an intensive healing journey in and out of therapy and brings that experience into this workshop. Participants will explore the many ways in which healing happens from therapy, to engaging in the arts, to telling your story and helping others. We'll also explore how cultural identity and strengths factor into healing and resilience.

11:45-1:15 PM: Conference Sessions

∞ Making Comics: A coping skill for DID and plural systems by Serenity Serseccion PhD

This presentation will focus on how making comics is a way to help systems as an art therapy tool through visual representation. For example, helping systems to communicate more effectively, process trauma, stressors, express themselves nonverbally, and more. Comics can be made by individuals in the system or the system as a whole together. Making comics does not require a certain level of artistic skill and is accessible to anyone who is able to draw simple lines or use a computer program.

∞ It Takes A Village: Raising A Child In Co-Consciousness by Jane and Kali Tambree

This presentation will attend to the relationships and practices between a parent with DID and an only child. We will reveal aspects of Jane's life that created the conditions of DID's emergence and diagnosis, and discuss the specificity of her system of over eighty alters. We will offer a discussion on how Jane introduced DID to Kali as a young child, and how her system was incorporated into her parenting. Kali will share her experience of being raised in a home of multiples, and demonstrate the power and uniqueness of her mother's rearing.

∞ Falling Forever: The Price of Chronic Shock by Kate Adams Ph.D.

This workshop addresses the clinical phenomenology and treatment of chronic shock and unbearable affects in the non-abused high functioning patient. Cumulative trauma from chronically uncontained distress during childhood manifests in subtle dissociation and low thresholds for catastrophic anxiety states, chronic suicidality and fragmentation. Chronic shock from attachment trauma and/or overwhelming, unmetabolized childhood medical experience may serve as the initiation point or trigger for the transitory paranoid states, somatoform and psychoform dissociation, meltdowns and prolonged impasses we see in individual therapy, couples therapy, and groups.



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∞ **Loving YourSELF on the Creative and Artistic Path to Internal Communication and Parts Integration by AA**

There is no one size fits all approach to healing from trauma and recovering from Complex PTSD, OSDD or Dissociative Identity Disorder (DID). On my own path to healing a multimodal integrative approach of both traditional therapeutic methods as well as “out of the box” interventions in combination with my own system’s parts creativity and intellect lead to a beautiful transformation and recovery. Though I am a clinician myself, I am here to present as a survivor to share what was helpful for me and my system in an effort to be a role model of healing, advocacy and hope.

1:15-2:45 PM Lunch Break

1:30-2:30PM *Optional Chat and Chews*

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2:45-4:15 PM: Breakout Sessions

∞ **Supervising New Clinicians to Work with Dissociative Disorders and DID by Dr. Serenity Serseción**

This presentation will discuss examples of how to supervise new clinicians starting to work with DID and dissociative disorders. Supervision examples will be based on CBT and psychodynamic perspectives with doctoral students at an LGBTQ+ specialty clinic. The presenter will use de-identified case examples of students and clients to help participants practice supervision skills. Time will be provided for a question and answer segment.

∞ **Coping with Crisis While Living with DID by Olga Trujillo**

2020 was a difficult year for most people but for people with DID it was even more challenging. In this workshop, we’ll explore how people coped with the many crisis our nation faced during this year. We’ll examine coping strategies that people with DID can use to help them get through re-traumatization’s, loss and other significant challenges in their lives. We’ll explore when some of these strategies can cross over into less healthy approaches and how we might handle it.

∞ **Loving My Parts and Myself by Venn Crawford**

By learning to love each part of ourselves, we learn to fully love our whole self, and by extension are then able to love others outside ourselves more fully. This process of getting to know and love oneself plays out more theatrically within a system, and its impact on the mental health of the system is equally dramatic. Relationships within the system can take many forms, but each of them has an equal potential to heal. In this talk, we’ll address the many shapes that in-system relationships can take, and our personal experience with healing through loving each other.



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∞ D.I.D. Healing Tricks and Witness Tips; A Silly Summation of Ridiculous Healing Tools by Madison Clell

Sit back and relax while I spaz through a recap of my best (?dubious?) D.I.D and post-D.I.D mental health tricks! None of which you will find in any professional literature anywhere, probably for good reason. Said tips and tricks will be punctuated by embarrassing stories; in particular you guys can see how to survive and almost ludicrously thrive being cross-examined - with one's D.I.D being brought up - for a court trail! As per usual, this is mainly for FUN, please laugh and roll your eyes and wave your arms and extra bonus if you zoom into this sesh sipping a beverage with an umbrella in it. AUDIENCE PARTICIPATION ASSIGNMENT: have some chocolate to snack on! Every year I eat and throw chocolate during the presentation, this year will be no different!

4:30- 5:00 PM: Closing by Jaime Pollack, Founder/Director of An Infinite Mind