

Learning Objectives

for Participating Health Care Professionals

Understanding and Treating Disorganized Attachment and Dissociation

Teacher: Daniel J. Siegel, M.D.

At the end of the program, you will be better able to:

1. Analyze and explain the connection between Dissociative Identity Disorder and trauma, particularly focusing on the role of developmental trauma and its impact on the fragmentation of self-states.
2. Describe several forms of dissociation, including depersonalization and derealization, and understand how these manifestations relate to the experience of individuals with Dissociative Identity Disorder.
3. Describe how conflicting emotions and the drive towards and away from attachment figures contribute to the development of disorganized attachment and dissociation.
4. Assess how disorganized attachment patterns impact mental health, specifically in the context of Dissociative Identity Disorder.
5. Analyze how therapy facilitates the linkage of differentiated self-states in individuals with Dissociative Identity Disorder, leading to integration and coherence.
6. Apply specific assessment and treatment strategies effectively when working with individuals diagnosed with Dissociative Identity Disorder.

Continuing Education content level: Introductory

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