



REVIEW

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Chronic complex dissociative disorders and borderline personality disorder: disorders of emotion dysregulation?

Bethany L Brand^{1*} and Ruth A Lanius²

Abstract

Emotion dysregulation is a core feature of chronic complex dissociative disorders (DD), as it is for borderline personality disorder (BPD). Chronic complex DD include dissociative identity disorder (DID) and the most common form of dissociative disorder not otherwise specified (DDNOS, type 1), now known as Other Specified Dissociative Disorders (OSDD, type 1). BPD is a common comorbid disorder with DD, although preliminary research indicates the disorders have some distinguishing features as well as considerable overlap. This article focuses on the epidemiology, clinical presentation, psychological profile, treatment, and neurobiology of chronic complex DD with emphasis placed on the role of emotion dysregulation in each of these areas. Trauma experts conceptualize borderline symptoms as often being trauma based, as are chronic complex DD. We review the preliminary research that compares DD to BPD in the hopes that this will stimulate additional comparative research.

Review

Dissociation is a process that provides protective psychological containment, detachment from, and even physical analgesia for overwhelming experiences, usually of a traumatic or stressful nature. Dissociation is conceptualized as analogous to the "animal defensive reaction" of freezing in the face of predation, when fight/flight is impossible [1,2]. Dissociation is defined in the DSM-5 as a disruption of the usually integrated functions of: consciousness (e.g., trance states, non-epileptic seizures, pseudo-delirium); memory (e.g., impairment of autobiographical memory, that is, dissociative amnesia); awareness of body and/or self (depersonalization; e.g., feeling numb, watching oneself from a distance as if in a movie); environment (derealization; e.g., world appears far away or "foggy"); familiar places/people seem unfamiliar or strange; tunnel vision; and identity (e.g., confusion about one's identity; experiencing discrete and discordant senses of self referred to as "identities", which we refer to here as "dissociated self-states"; [3].

Trauma has been linked to difficulties with emotion regulation, particularly when it involves childhood abuse

[4-6]. Studies of BPD patients have found that negative emotion, emotion dysregulation, and dissociation occurred simultaneously [7-9]. Researchers have found a connection between difficulties with emotion regulation and posttraumatic stress disorder [6,10,11]. Despite many researchers proposing that dissociation serves as a protection from overwhelming affect related to trauma [12-16], surprisingly few studies have empirically examined the relationship between trauma, dissociation, and emotion regulation. Briere [12] found that affect dysregulation and posttraumatic stress symptoms were the only significant multivariate predictors of dissociation in a traumatized sample. Briere concluded that risk factors including high posttraumatic stress and poor affect regulation skills may determine whether traumatized individuals develop pathological dissociation. He hypothesized that emotion regulation moderates the relationship between trauma and dissociation. However, a study of 290 college students found no evidence that emotion regulation moderated the relationship between peritraumatic dissociation or peritraumatic distress and later trait dissociation [17]. Rather, Kalil found that emotion regulation partially mediated the relationship between peritraumatic dissociation and later trait dissociation, but not between peritraumatic distress and later trait dissociation.

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Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders

Richard A. Chefetz



Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders:

Multimodal Psychoanalytically Informed Treatment of Complex Dissociative Disorders Richard A. Chefetz, 2000-05

Shame Matters Orit Badouk Epstein, 2021-09-29 Winner of the 2022 Gradiva Award for Best Edited Book Understanding shame as a relational problem Shame Matters explores how people with support can gradually move away from the relentless cycle of shame and find new and more satisfying ways of relating Orit Badouk Epstein brings together experts from across the world to explore different aspects of shame from an attachment perspective The impact of racism and socio economic factors on the development and experience of shame are discussed and illustrated with clinical narratives Drawing upon the experience of infant researchers trauma experts and therapists using somatic interventions Shame Matters explores and develops understanding of the shameful deflations encountered in the consulting room and describes how new and empowered ways of relating can be nurtured The book also details attachment informed research into the experience of shame and outlines how it can be applied to clinical practice Shame Matters will be an invaluable companion for psychotherapists clinical psychologists counsellors social workers nurses and others in the helping professions

Psychotherapie der dissoziativen Störungen Luise Reddemann, Arne Hofmann, Ursula Gast, 2011-09-07 Darstellung s
mtlicher Therapieverfahren in der Behandlung von Dissoziativen St rungen Beschreibung der Psychotherapien an
praktischen Behandlungssituationen St rungen orientiert Klar strukturierte Behandlungskonzepte und praxisorientierte
Hinweise zur Auswahl des optimalen therapeutischen Vorgehens Jetzt komplett bearbeitet und aktualisiert

Multimodal Treatment of Complex Dissociative Disorders Richard A. Chefetz, 2000

The Handbook of Trauma-Transformative Practice Joe Tucci, Janise Mitchell, Stephen W. Porges, Edward C Tronick, 2024-02-21 The definitive Handbook of Trauma Transformative Practice brings together the work of leading international trauma experts to provide a detailed overview of trauma informed practice and intervention its history the latest frameworks for practice and an inspiring vision for future trauma transformative practice The Handbook is interdisciplinary incorporating trauma research interpersonal neuroscience the historical and continuing experiences of victims and survivors and insights from practitioners It addresses a range of current issues spanning polyvagal theory the social brain oxytocin and the healing power of love and the neuropsychological roots of shame It also considers trauma through the lens of communities with chapters on healing inter transgenerational trauma and building communities capacity to end interpersonal violence Furthermore the Handbook makes the case for a new way of thinking about trauma trauma transformative practice One which is founded on the principle of working with the whole person and as part of a network of relationships rather than focusing on symptoms to improve practice healing and recovery

Neurobiology and Treatment of Traumatic Dissociation Ulrich F. Lanius, Sandra L. Paulsen, Frank M. Corrigan, 2014-05-13 Encompassing the contributions of expert clinicians and researchers in the area of traumatic stress and dissociation this volume is the first to integrate current neuroscience research regarding traumatic dissociation with several

cutting edge approaches to treatment providing a comprehensive neurobiologically based treatment approach The text discusses current neuroscientific research regarding traumatic stress and dissociation that includes attachment affective neuroscience polyvagal theory structural dissociation and information processing theory yielding a comprehensive model that guides treatment and clinical interventions for traumatic dissociation It then integrates this model with stage oriented treatment and current therapeutic interventions including EMDR somatic and body psychotherapy approaches Ego State Therapy and adjunctive pharmacological interventions Readers are given hands on practical guidance regarding clinical decision making enabling them to make sound choices about interventions that will facilitate optimal treatment outcomes Key Features Provides a broad based treatment approach to traumatic stress syndromes and dissociation Offers accessible current research in the basic neurosciences relevant to our understanding of attachment traumatic stress and dissociation Includes practical suggestions for integrating EMDR somatic and body psychotherapy approaches with Ego State Therapy and adjunctive pharmacological interventions Integrates concepts from the affective and cognitive neurosciences and the study of consciousness Presents a comprehensive neurobiological model that accounts for the therapeutic effects of both somatic therapies and EMDR as well as adjunctive pharmacological interventions

Multimodal Treatment of Complex Dissociative Disorders Richard A. Chefetz,2000 **The Dissociative Mind in Psychoanalysis** Elizabeth Howell,Sheldon Itzkowitz,2016-02-05 The Dissociative Mind in Psychoanalysis Understanding and Working With Trauma is an invaluable and cutting edge resource providing the current theory practice and research on trauma and dissociation within psychoanalysis Elizabeth Howell and Sheldon Itzkowitz bring together experts in the field of dissociation and psychoanalysis providing a comprehensive and forward looking overview of the current thinking on trauma and dissociation The volume contains articles on the history of concepts of trauma and dissociation the linkage of complex trauma and dissociative problems in living different modalities of treatment and theoretical approaches based on a new understanding of this linkage as well as reviews of important new research Overarching all of these is a clear explanation of how pathological dissociation is caused by trauma and how this affects psychological organization concepts which have often been largely misunderstood The Dissociative Mind in Psychoanalysis will be essential reading for psychoanalysts psychoanalytically oriented psychotherapists trauma therapists and students

Understanding and Treating Dissociative Identity Disorder Elizabeth F. Howell,2011-06-01 Building on the comprehensive theoretical model of dissociation elegantly developed in The Dissociative Mind Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with Understanding and Treating Dissociative Identity Disorder Howell working within the realm of relational psychoanalysis explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition which involves the partitioning of the personality into part selves that remain unaware of one another usually the result of severely traumatic experiences Howell begins with an explication of dissociation theory and research that includes the dynamic unconscious

trauma theory attachment and neuroscience She then discusses the identification and diagnosis of Dissociative Identity Disorder DID before moving on to outline a phase oriented treatment plan which includes facilitating a multileveled co constructed therapeutic relationship emphasizing the multiplicity of transferences countertransferences and kinds of potential enactments She then expands the treatment possibilities to include dreamwork before moving on to discuss the risks involved in the treatment of DID and how to mitigate them All concepts and technical approaches are permeated with rich clinical examples

Treating Dissociative and Personality Disorders Antonella Ivaldi, 2016-05-26 Treating Dissociative and Personality Disorders draws on major theorists and the very latest research to help formulate and introduce the Relational Multi Motivational Therapeutic Approach REMOTA a new model for treating such patients within a clinical psychoanalytic setting Supported by her fellow contributors Antonella Ivaldi provides an overview of existing theories and evidence for their effectiveness in practice sets out her own theory in detail and provides rich clinical detail to demonstrate the advantages of the REMOTA model as applied in a clinical setting The narratives in this book show how it is possible to integrate different contributions within a multidimensional aetiopathogenic treatment model which considers the mind as a manifestation of the relationship between body and world From a conceptual perspective according to which consciousness emerges and develops in the interpersonal dimension this book shows how it becomes possible to understand in the therapeutic space what stands in the way of sound personal functioning and how to create the conditions for improving this

Treating Dissociative and Personality Disorders will be highly useful in addressing the particular clusters of symptoms presented by patients stimulating therapists of different backgrounds to explore the complexity of human nature On reading this book it will become clear that theories can truly become useful instruments if approached with a critical mind and with humbleness in order to venture into what we do not know and will never know completely the relationship with the other unique and irreplaceable

Treating Dissociative and Personality Disorders provides an integrative and comparative new approach that will be indispensable for combining relational clinical knowing and motivational theories It will appeal to psychoanalysts and psychotherapists especially those in training clinicians of different backgrounds interested in comparative psychotherapy as well as social workers and graduate and postgraduate students

The Dissociative Mind Elizabeth F. Howell, 2005 First Published in 2008 Routledge is an imprint of Taylor Francis an informa company

Trauma, Dissociation, and Multiplicity Valerie Sinason, 2012 Trauma Dissociation and Multiplicity provides psychoanalytic insights into dissociation in particular Dissociative Identity Disorder DID and offers a variety of responses to the questions of self identity and dissociation With contributions from a range of clinicians from both America and Europe areas of discussion include the concept of dissociation and the current lack of understanding on this topic the verbal language of trauma and dissociation the meaning of children's art the dissociative defence from the average to the extreme pioneering new theoretical concepts on multiple bodies This book brings together latest findings from research and neuroscience as well as

examples from clinical practice and includes work from survivor writers As such this book will be of interest to specialists in the field of dissociation as well as psychoanalysts both experienced and in training This book follows on from Valerie Sinason's *Attachment Trauma and Multiplicity* Second Edition and represents a confident theoretical step forward

Holistic Therapy for People with Dissociative Identity Disorder Patricia Frankish, Valerie Sinason, 2018-03-26 This book puts forward a model of therapy and support for people with DID that provides individual therapy staff support and a safe place to live It relies upon the ideas of Bowlby by providing a secure base and this recognises the attachment needs It also includes staff who are trained to provide a therapeutic environment and also receive support to do their work The fourth element after the base the staff and the training is the individual therapy Together it has been possible to adopt a holistic approach which leads to a significant improvement in quality of life for individuals with DID and confidence for commissioners and teams in the approach By including the perspective of all the players and presenting a practical model for successful working the book will be invaluable to anyone looking to commission or provide services for this client group

The Diagnosis and Treatment of Dissociative Identity Disorder Ronald A. Moline, 2012-10-04 The diagnosis of dissociative identity disorder formerly known as multiple personality disorder remains controversial despite its inclusion as an established diagnosis in psychiatry's Diagnostic and Statistical Manual DSM IV This book consists first of the detailed description of the treatment of a patient whose syndrome of DID emerged in the course of therapy by a psychoanalyst who entered into the therapy as a complete skeptic The therapist's willingness to explore the meaning and reality of the dramatic and at times bizarre presentation of this disorder in a prolonged and difficult treatment was accompanied by an eventual successful outcome Using this case as a reference point the author then provides a contemporary exploration of the literature about the authenticity of this diagnosis and approaches to its treatment

Time to (Re-)integrate Dissociation into Psychoanalytic Psychotherapy? Paul Cundy, Golan Shahar, 2025-03-28 This book brings together contributions from leading authors in the field of dissociation to facilitate the pursuit of integrative clinical scholarship connecting psychoanalytic thinking and practice with dissociation research and treatment Dissociation is not merely altered consciousness it is an attack on consciousness on memory identity and goal directed action The attempts by early psychoanalytic theorists to grapple with this clinical entity were marred by the very same frustration evinced by contemporary descriptive psychopathologists who were faced with understanding the similarities and differences between dissociative symptoms and disorders and other types of psychopathologies The DSM V and ICD 11 categorize at least six dissociative disorders Some of these diagnoses have provoked controversy and skepticism Whilst many if not most clinicians will have encountered various forms of dissociative psychopathology Dissociative Identity Disorder remains an elusive and contested presentation Perhaps in parallel to the disorder itself it continues to be challenging for theorists and clinicians to view the field as a whole and contain the disagreements contradictions and paradoxes This book will be of use to researchers and students of clinical psychology

psychiatry and psychotherapy The chapters in this book were originally published as a special issue of Psychoanalytic Psychotherapy

Treating Complex Trauma and Dissociation Lynette S. Danylchuk, Kevin J. Connors, 2023-08-29

Treating Complex Trauma and Dissociation is the ideal guide for the front line clinician whose clients come in with histories of trauma abuse self injury flashbacks suicidal behavior and more The second edition includes the latest research and developments in treatment for trauma and dissociative disorders The book is written with the knowledge that survivors may read it and the authors have consciously maintained the dignity of the survivors throughout Clinicians will find that the chapters help them develop their own responses and practical solutions to common questions including How do I handle this What do I say and What can I do Treating Complex Trauma and Dissociation is the book clinicians will want to pick up when they re stuck and is a handy reference that provides the tools needed to deal with difficult issues in therapy It is supportive and respectful of both therapist and client and most of all useful in the office

Attachment, Trauma and Multiplicity, Second Edition Valerie Sinason, 2010-12-09 This Revised Edition of Attachment Trauma and Multiplicity investigates the subject of Dissociative Identity Disorder With a major array of contributors this book covers the background history and a description of the condition along with the issues of diagnoses and treatment

Handbook of Dissociation Larry K. Michelson, William J. Ray, 1996-03-31 This timely handbook provides state of the art coverage of both current and emerging theories research and treatment of dissociative phenomena The book opens with a discussion of the historic epidemiologic phenomenologic etiologic normative and cross cultural dimensions of dissociation providing an empirical foundation for the remaining chapters Subsequent chapters examine the developmental aspects of dissociative disorders in addition to psychological and psychophysiological assessments Eight case studies apply dissociation theory and research to specific treatment modalities

Psychosis, Trauma and Dissociation Andrew Moskowitz, Ingo Schäfer, Martin J. Dorahy, 2011-08-10 In the 100 years since Eugen Bleuler unveiled his concept of schizophrenia which had dissociation at its core the essential connection between traumatic life events dissociative processes and psychotic symptoms has been lost Psychosis Trauma and Dissociation is the first book to attempt to reforge this connection by presenting challenging new findings linking these now disparate fields and by comprehensively surveying from a wide range of perspectives the complex relationship between dissociation and psychosis A cutting edge sourcebook Psychosis Trauma and Dissociation brings together highly respected professionals working in the psychosis field with renowned clinicians and researchers from the fields of traumatic stress dissociation and the dissociative disorders and will be of interest to those working with or studying psychotic or dissociative disorders as well as trauma related conditions such as borderline personality disorder or complex post traumatic stress disorder It makes an invaluable contribution to the burgeoning literature on severe mental disorders and serious life events The book has three sections Connecting trauma and dissociation to psychosis an exploration of the links between trauma dissociation and psychosis from a wide range of historical and theoretical perspectives Comparing psychotic and dissociative

disorders a presentation of empirical and clinical perspectives on similarities and differences between the two sets of disorders Assessing and treating hybrid and boundary conditions consideration of existing and novel diagnostic categories such as borderline personality disorder and dissociative psychosis that blend or border dissociative and psychotic disorders along with treatment perspectives emphasising humanistic and existential concerns **Understanding Dissociative**

Identity Disorder Lindsay Schofield, 2021-12-22 This accessible guidebook has been created to be used alongside the picture book *Our House Making Sense of Dissociative Identity Disorder* as a broad introduction to childhood trauma and its legacies with a focus on dissociation and DID This clear and easy to read resource offers an insight into trauma its continuing effects and the continuum of dissociation Practical exercises and opportunities for reflective discussion are included throughout to encourage personal engagement either individually or through treatment Written with clinical accuracy warmth and compassion it will expand the reader's knowledge of DID and deepen the understanding application and usefulness of the picture book Key features include Photocopiable and downloadable resources and activities designed to develop a richer and more personal understanding of the development of DID A page by page insight into images from the picture book Further reading suggestions and information about treatment and support for survivors as well as for the family friends and professionals who journey with them Bringing clarity to a complex issue this is an invaluable resource for survivors of trauma and for those who support them counsellors psychologists social care workers and other professionals as well as family and friends

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Table of Contents Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders

1. Understanding the eBook Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - The Rise of Digital Reading Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Advantages of eBooks Over Traditional Books
2. Identifying Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - User-Friendly Interface
4. Exploring eBook Recommendations from Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative

Disorders

- Personalized Recommendations
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders User Reviews and Ratings
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders and Bestseller Lists
5. Accessing Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders Free and Paid eBooks
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders Public Domain eBooks
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders eBook Subscription Services
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders Budget-Friendly Options
 6. Navigating Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders eBook Formats
 - ePub, PDF, MOBI, and More
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders Compatibility with Devices
 - Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Highlighting and Note-Taking Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Interactive Elements Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 8. Staying Engaged with Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 9. Balancing eBooks and Physical Books Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time
- 11. Cultivating a Reading Routine Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Setting Reading Goals Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Fact-Checking eBook Content of Multimodal Psychoanalytically Informed Treatment Of Complex Dissociative Disorders
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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