

KATHERINE H. STEELE, M.N., C.S.

1900 Century Place Suite 200

Atlanta, Georgia 30345

Tel. (404) 321-4954 Ext. 5

Fax (404) 321-1928

E-mail: kat.steele@comcast.net or ksteele@mcsatlanta.org

www.mcsatlanta.org

www.atlantapsychotherapy.com

www.copingwithdissoiciation.com

Georgia License # RN059344 (Advanced Practice Nurse)

ANA Clinical Nurse Specialist Certification # 113095

CLINICAL EXPERIENCE

- 1985 to Present** Private practice of adult psychotherapy, specializing in treatment, training, supervision, and consultation for complex trauma-related disorders and attachment problems. Atlanta, Georgia.
- 1995 to Present** Clinical Director and Supervising Faculty, Metropolitan Counseling Services (part time), a non-profit, low cost psychotherapy and training center. Co-founder of MCS. Provide training and supervision in psychotherapy for residents working toward licensure. Develop and implement programs, training, in-services, and workshops. Provide group supervision and direction of supervisors.
- 10/91 to 1/95** Administrative Director, Posttraumatic Stress and Dissociative Disorders Program, CPC Parkwood Hospital. (part time). Atlanta, Georgia. Provided consultation, supervision, program planning and management, and direct care services.
- 11/85 to 1/87** Psychiatric Clinical Nurse Specialist. Joint appointment with Grady Memorial Hospital and Central Fulton County CMHC. Provided outpatient individual and group therapy, and crisis evaluation and intervention on the Psychiatric Emergency Team. Atlanta, Georgia.

RELATED WORK EXPERIENCE

- 2010 – Present** Member, Complex PTSD Treatment Guidelines Task Force, a joint endeavor between ISSTD and Division 56, American Psychological Association.
- 2010** Senior Conference Advisor, 2010 27th Annual ISSTD Conference, Atlanta, GA
- 2009 – 2010** Member, Task Force for Adult Treatment Guidelines for Dissociative Disorders, Revised and Updated; International Society for the Study of Trauma and Dissociation.
- 2009-2010** Immediate Past President, ISSTD, member of Executive Council.
- 2008-2009** President of the International Society for the Study of Trauma and

	Dissociation, 2008-2009.
2008	2008 Conference Chair, 25 th Anniversary Annual Conference, International Society for the Study of Trauma and Dissociation, Chicago, IL
2007-2008	President-Elect, International Society for the Study of Trauma and Dissociation, 2007-2008.
2008 to present	Editorial Board, Journal of Trauma and Dissociation
2008 to present	Member, ISSTD DSM-V Task Force on Dissociative Disorders
2007 to present	Member, Nominations Committee, International Society for Traumatic Stress Studies
2006 to 2008	Co-chair, Conference Improvement Task Force, International Society for the Study of Trauma and Dissociation. Improvement of submission criteria and grading system for annual conference submissions.
2006 to 2008	ISTSS Liason to the International Society for the Study of Trauma and Dissociation.
2001 to 2007	Board Member, International Society for Traumatic Stress Studies. Committee membership includes Calendars (Chair), Finance, Organizational Liasons, and Certification Task Force.
2001 to 2008	Editor, Publications of Interest Column, The International Society for the Study of Dissociation Newsletter.
2000 to present	Editorial Board Member, Journal of Psychological Trauma (formerly Journal of Trauma Practice).
2000 to present	Reviewer, Journal of Traumatic Stress and Journal of Trauma and Dissociation.
2000 to 2008	Board Member, Leadership Council on Child Abuse and Interpersonal Violence.
2005	Mental Health Consultant, Centers for Disease Control. <i>Stress in CDC Personnel Responding to Complex Public Health Emergencies</i> . Atlanta, Georgia.
2000 to 2003	Program Review Committees, International Society for the Study of Dissociation Annual Conference and International Society for Traumatic Stress Studies Annual Conference.
2001 to 2002	Clinical Program Chair. 2002 Annual Conference of the International Society for the Study of Dissociation, Baltimore, MD.
1988 to 2000	Clinical Consultant and Trainer for the Survivor Programs of the Georgia Council on Child Abuse, Inc. Atlanta, Georgia.
1997 to 2000	Executive Council Director, International Society for the Study of Dissociation.

EDUCATION

1983	MN, Psych/Mental Health	Emory University	Atlanta, GA
1978	BSN	University of South Carolina	Columbia, SC

AWARDS

- 2010 **Lifetime Achievement Award**, International Society for the Study of Trauma and Dissociation.
- 2010 **Valor Institute Professional Achievement Award**
- 2006 **Emory University Distinguished Alumni Achievement Award**. Emory University, School of Nursing, Atlanta, Georgia
- 2006 **Media Award: Written** from the International Society for the Study of Trauma and Dissociation, for publication of the book, *The haunted self: Structural dissociation and treatment of chronic traumatization*.
- 2001 **Pierre Janet Writing Award** from the International Society for the Study of Dissociation For best theoretical and clinical publication in the field of dissociation.
- 1999 **Distinguished Achievement Award** from the International Society for the Study of Dissociation.
- 1997 **Fellow**, International Society for the Study of Dissociation

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- 1986 to Present International Society for the Study of Trauma and Dissociation
- 1993 to Present International Society for Traumatic Stress Studies
- 2007 to Present Division 56, Trauma, American Psychological Association
- 1998 to 2007 Leadership Council on Interpersonal Violence

PUBLICATIONS

Books

Boon, S., Steele, K., & Van der Hart, O. (in press, March, 2011). *Coping with trauma-related dissociation: Skills training for patients and their therapists*. New York: Norton.

Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2006). *The haunted self: Structural dissociation and treatment of chronic traumatization*. New York: Norton.

[Translations of *The Haunted Self* published or in preparation in German (2008), Spanish (2008), Finnish (2009), Dutch (2010), French (2010), Russian (2010), Italian (2011), Japanese, Taiwanese, Swedish, and Korean.]

Chapters in edited books

Steele, K., & Van der Hart, O. (2009). Treating dissociation. In J.D. Ford & C. Courtois (Eds.), *Treating complex traumatic stress disorders* (pp. 145-165). New York: Guilford Publications.

Steele, K., Dorahy, M., Van der Hart, O., & Nijenhuis, E.R.S. (2009). Dissociation and alterations in consciousness: Different but related concepts. In P.F. Dell, & J. O'Neill. (Eds.). *Dissociation and the dissociative disorders: DSM-V and beyond*. New York: Routledge.

Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2009). The theory of trauma-related

- structural dissociation of the personality. In P.F. Dell, & J. O'Neill. (Eds.). *Dissociation and the dissociative disorders: DSM-V and beyond*. New York: Routledge.
- Van der Hart, O., & Steele, K. (2008). Anniversary reactions. In G. Reyes, J.D. Elhai, & J.D. Ford (Eds.), *The encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Van der Hart, O., & Steele, K. (2008). Hysteria. In G. Reyes, J.D. Elhai, & J.D. Ford (Eds.), *The encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Nijenhuis, E.R.S., & Van der Hart, O., & Steele, K. (2008). Biopsychosocial integration. In G. Reyes, J.D. Elhai, & J.D. Ford (Eds.). *The encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2006). Traumerelatert strukturell dissosiasjon av personligheten [Trauma-related dissociation of the personality]. In T. Anstorp, K. Benum, & M. Jakobsen (Eds.), *Dissosiasjon og relasjonstraumer: Integrering av det splittede jeg* (pp. 73-88). Oslo: Universitetsforlaget.
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2006). Faseorientert behandling av kompleks traumatisering: Arbeid med dissosiasjon og traumerelaterte fobier [Phase-oriented treatment of complex traumatization: Working with dissociation and trauma-related phobias]. In T. Anstorp, K. Benum, & M. Jakobsen (Eds.), *Dissosiasjon og relasjonstraumer: Integrering av det splittede jeg* (pp. 105-121). Oslo: Universitetsforlaget.
- Van der Hart, O., Steele, K., Nijenhuis, E. R. S., & Mattheß, H. (2006). Strukturelle Dissoziation der Persönlichkeit und die Behandlung tramatischer Erinnerungen [Structural dissociation of the personality and the treatment of chronic traumatization]. In A. Maercker & R. Rosner (Eds.), *Psychotherapie der posttraumatischen Belastungsstörungen* [Psychotherapy of posttraumatic disorders] (pp. 156-1730). Stuttgart/New York: Georg Thieme Verlag.
- Steele, K., Van der Hart, O., & Nijenhuis, E. (2004). Phasenorientierte Behandlung komplexer dissoziativer Störungen: die Bewältigung traumabezogener Phobien [Phase oriented treatment of complex dissociative disorders: Overcoming trauma-related phobias] In A. Eckhart-Henn & S.O. Hoffman (Eds.). *Dissoziative Bewusstseinsstörungen: Theorie, symptomatik, therapie* (pp. 357-394). [Dissociative Disorders of Consciousness: Theory, symptoms, therapy]. Stuttgart/New York: Schattauer.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2004). Strukturelle Dissoziation der Persönlichkeitsstruktur: traumatischer Ursprung, phobische Residuen [Structural dissociation of the personality: Traumatic origins, phobic maintenance]. In A. Hofmann, L. Reddemann, & U. Gast (Eds.), *Psychotherapie der dissoziativen Störungen* [Psychotherapy of dissociative disorders] (pp.47-69). Stuttgart/New York: Georg Thieme Verlag.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2002). The emerging psychobiology of trauma-related dissociation and dissociative disorders. In D'Haenen, Den Boer, & Willner (Eds.) *Biological Psychiatry* (pp 1079-1098). London: Wiley.
- Steele, K., & Colrain, J. (1990). Abreactive work with sexual abuse survivors: Concepts and techniques. In M. A. Hunter (Ed.). *The sexually abused male* (Vol. II), pp. 1-55. Lexington MA: Lexington Press.

Articles in referred journals

- Steele, K. (2009). Reflections on integration, realization, and mentalization. *Journal of Trauma and Dissociation*, 10(1), 1-8.
- Van der Hart, O., Van Ochten, J. M., Van Son, M. J. M., Steele, K., Levensvelt-Mulders, G. (2008). Relations among peritraumatic dissociation and posttraumatic stress: A critical review. *Journal of Trauma and Dissociation*, 9(3),
- Nijenhuis, E., Van der Hart, O., Steele, K., De Soir, E., & Matthes, H. (2006). Dissociation structurelle de la personnalité et trauma. [Structural dissociation of the personality and trauma]. *Stress et trauma*, 6(3), 125-139.
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2005). Phase-oriented treatment of

- structural dissociation in complex traumatization: Overcoming trauma-related phobias. *Journal of Trauma and Dissociation*, 6(3), 11-53.
- Ford, J., Courtois, C., Steele, K., Van der Hart, O., & Nijenhuis, E. (2005). Treatment of complex posttraumatic self-dysregulation. *Journal of Traumatic Stress*, 18, 437-448.
- Van der Hart, O., Nijenhuis, E.R.S., Steele, K., (2005). Dissociation: An under-recognized major feature of Complex PTSD. *Journal of Traumatic Stress*, 18, 413-424.
- Van der Hart, O. Nijenhuis, E.R.S., Steele, K., & Brown, D. (2004). Trauma-related dissociation: Conceptual clarity lost and found. *Australian and New Zealand Journal of Psychiatry*, 38 (11-12), 906-914.
- Nijenhuis, E.R.S., Van der Hart, O., Kruger, K., & Steele, K. (2004). Somatoform dissociation, reported abuse and animal defence-like reactions. *Australian and New Zealand Journal of Psychiatry*, 38, 678-686.
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2001). Dependency in the treatment of complex PTSD and dissociative disorder patients. *Journal of Trauma and Dissociation*, 2, 79-116.
- Van der Hart, O., Van Dijke, A., Van Son, M. & Steele, K. (2000). Somatoform dissociation in traumatized World War I combat soldiers: A neglected clinical heritage. *Journal of Trauma and Dissociation*, 1 (4), 33-66.
- Van der Hart, O. & Steele, K. (1999). Relieving or reliving childhood trauma: A commentary on Miltenburg and Singer (1997). *Theory and Psychology*, 9 (4), 533-540.
- Van der Hart, O., & Steele, K. (1997). Time distortions in Dissociative Identity Disorder: Janetian concepts and techniques. *Dissociation*, 9, 93-105.
- Van der Hart, O., Steele, K., Boon, S., & Brown, P. (1995). Die Behandlung traumatischer Erinnerungen: Synthese, Bewußtwerdung und Integration. *Hypnose und Kognition*: 12(2), 1-28.
- Van der Hart, O., Steele, K., Boon, S., & Brown, P. (1993). Le traitement des mémoires traumatiques: Synthèse, réalisation, et intégration. *Dissociation*, 6 (2/3), 162-180.
- Van der Hart, O., Steele, K., Boon, S., & Brown, P. (1993). The treatment of traumatic memories: Synthesis, realization, and integration. *Dissociation*, 6 (2/3), 162-180.
- Steele, K. (Sept, 1989). A model for abreaction with MPD and other dissociative disorders. *Dissociation*, 2 (3), 151-160.

Additional articles

- Steele, K. (2009). The road is made by walking: A quarter century of being with dissociation. *Journal of the American Academy of Psychotherapists*, 45(2), 6-12.
- Steele, K., & Pain, C. (2004). The integration of somatic approaches and traditional psychotherapy with chronically traumatized patients. *The International Society for the Study of Dissociation News*, 22 (1), 4-5.
- Steele, K., & Van der Hart, O. (2004). The hypnotherapeutic relationship with traumatized patients: Pierre Janet's contributions to current treatment. *Janetian Studies*, 1_(1). <http://pierre-janet.com/JanetianStudiesBody.htm>.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2004). Trauma-related structural dissociation of the personality. www.trauma-pages.com.
- Van der Hart, O., Steele, K. & Ford, J.D. (2001). Introducing issues in the treatment of Complex PTSD. *Traumatic Stress Points*, 15(4), 10-11.
- Van der Hart, O. & Steele, K. (2000). The integration of traumatic memories versus abreaction: Clarification of terminology. *International Society for the Study of Dissociation News*, 18(2), 4-5.

SELECTED PRESENTATIONS

Invited presenter throughout the United States, and Canada, England, Ireland, Scotland, The Netherlands, Germany, Belgium, Italy, Norway, Sweden, Finland, Argentina, and Australia.

- 10/14-18/10 27th Annual ISSTD Conference. Full day preconference: Introduction to Complex PTSD and Dissociation; workshop with Annemieke van Dijke, Executive Dysfunction in Dissociative Disorders; workshop with Pat Ogden, Trauma, Attachment, and the Body; workshop with Suzette Boon and Anne Suokas-Cunliffe, Skills Training Groups for Dissociative Disorders, Atlanta, GA
- 10/05-06/10 Phase 3 two day workshop, Helsinki, Finland
- 09/14-15/10 Keynote on integration, ½ day workshop on mentalizing, full day workshop on attachment and dependency in trauma, Heidelberg, Germany
- 04/8-10/10 2nd Biannual European Society for Trauma and Dissociation Conference. Belfast, N. Ireland
- 03/23-24/10 Two day workshop. The Phobia of Inner Experience, Helsinki, Finland.
- 03/06-07/10 Phase 1 Stabilization 2 day workshop , Oslo, Norway
- 02/3-4/10 Two day workshop. The Phobia of Attachment and Attachment Loss. Helsinki, Finland
- 12/4-5/09 Two day workshop. Attachment, Trauma, and Dissociation. Oslo, Norway
- 11/19-23/09 26th Annual Conference of the International Society for the Study of Trauma and Dissociation. Washington, DC. Plenary: There is no road, walking is the road: Toward an understanding of integration; workshop with Onno van der Hart, PhD and Pat Ogden, PhD., Decision making and perception in individuals with dissociative disorders
- 09/22-23/09 International Conference on Interpersonal Violence and Trauma. San Diego, CA
- 09/10/09 Evolutionary Ethics and Ethics Panel, Atlanta, GA
- 06/04/09 Trauma, Attachment, and the Body: Understanding and Treating Dissociative Disorders. Full day workshop with Pat Ogden, PhD. 20th International Trauma Conference. Boston, MA.
- 04/24-25/09 Invited two day workshop. Treatment of Chronically Traumatized Individuals. Calgary, Alberta, Canada
- 04/11/09 Treating the Phobia of Inner Experience in Chronically Traumatized Individuals. Half day workshop. Atlanta Group Psychotherapy Association, Atlanta, GA
- 03/27/09 Mentalizing. Full day workshop. Atlanta, GA
- 03/11/09 Treating the Phobia of Inner Experience in Chronically Traumatized Individuals. SISP, Atlanta, GA.
- 02/3-4/09 Two day workshop with Suzette Boon, PhD. Stabilization in the Treatment of Chronically Traumatized Individuals. Oslo, Norway.
- 01/25/09 Full day workshop. Stabilization in Chronically Traumatized Individuals. Zeist, The Netherlands.

- 11/15-17/08 Symposium Paper: Borderline Personality Disorder as a Dissociative Disorder: A Review of the Literature; Paper: A History of Peer Support for Dissociative Disorders and a New Paradigm; Paper: Developing a Low Cost Treatment Center for Traumatized Individuals. 25th Anniversary ISSTD Annual Conference, Chicago, IL.
- 06/09-10/08 Two days of case consultations at Center for Post-Trauma Therapy and Trauma Education, Helsinki, Finland.
- 06/05-06/08 Invited two day workshop with Onno van der Hart. Advanced Issues in the Treatment of Complex Dissociative Disorders. Helsinki, Finland.
- 05/10/08 ½ day workshop, Working with Childhood Trauma in Adults: An Update on State of the Art Treatment. LPCA Conference. Atlanta, GA.
- 05/02/08 Full day workshop with Howard Gold, JD, MSW. Ethics in the Treatment of Difficult Clients. Metropolitan Counseling Services, Atlanta, GA.
- 04/19/08 Plenary Panel on Structural Dissociation. 1st Biannual European Society for the Study of Trauma and Dissociation, and 90 min. Workshop: Treating the Difficult Trauma Patient. Amsterdam, The Netherlands.
- 04/16-19/08 Invited Full Day Workshop, Stabilization in Complex Dissociative Disorders. 1st Biannual European Society for the Study of Trauma and Dissociation. Amsterdam, The Netherlands.
- 04/03/08 Invited Plenary and ½ day workshop with Pat Ogden. Trauma, Attachment, and the Body. International Association of Eating Disorders Programs Annual Conference, Orlando, FL.
- 11/12/08 Workshop, Phase oriented treatment of trauma-related phobias. 24th Annual International Society for the Study of Trauma and Dissociation Conference. Philadelphia, PA.
- 09/21-22/07 Invited two day workshop on Dependency and other Attachment Issues in Transference and Countertransference. Helsinki, Finland.
- 03/30-31/07 Two day workshop on Structural Dissociation of the Personality: Theory and Therapy with Onno van der Hart, Ph.D. Atlanta, GA.
- 03/24/07 Full day workshop on Attachment, Trauma, and the Body with Pat Ogden, Ph.D. Berkeley, CA.
- 03/02-03/07 Invited two day workshop on Phase I Stabilization Treatment of Complex Dissociative Disorders. Helsinki, Finland.
- 01/26/07 Full day workshop on Special Issues in the Treatment of Chronically Traumatized Individuals. Atlanta, GA.
- 11/05-07/06 Presenter. Paper session: Nonrealization in Dissociative Disorders and other Psychopathology. Workshop presented with C. Courtois, Ph.D., J. Chu, M.D., & P. Kinsler, Ph.D.: The Impossible Patient. Workshop presented with Pat Ogden, Ph.D.: Trauma and the Body. 23rd Annual International Society for the Study of Trauma and Dissociation. Los Angeles, CA.
- 06/22/06 Invited Faculty. Full day institute: Theory and Treatment of Chronic

- Traumatization. Fourth World Congress on Trauma. Buenos Aires, Argentina.
- 12/02/05 Presenter. One day workshop: Working with Attachment and Dependency in Psychotherapy. Atlanta, Georgia.
- 11/6/05 Presenter with C. Courtois, Ph.D., J. Chu, M.D., & P. Kinsler, Ph.D., Treating the Impossible Patient. Workshop presented at the 22nd ISSD conference. Toronto, Canada.
- 06/04 Invited presenter. One day workshop: Structural dissociation of the personality: Theory and therapy. One day workshop: Dependency and attachment in the treatment of complex trauma-related disorders. Hinks-Hillcrest Institute. Toronto, Canada.
- 11/03 Master Clinician Workshop. Phase oriented treatment of dissociative identity disorder. International Society for Traumatic Stress Studies. Chicago, IL.
- 02/03 Case Consultations and Supervision. 1 ½ days. Norwegian Trauma Team. Oslo, Norway.
- 01/03 Hypnosis in the Treatment of Chronic Trauma and Dissociation. The Netherlands Society for Hypnosis. Utrecht, The Netherlands.
- 01/03 Two day workshop: Attachment and Dependency in Trauma. Helsinki, Finland.
- 11/02 Master Clinician Workshop. Structural Dissociation and Chronic Trauma. 18th International Society for Traumatic Stress Studies. Baltimore, MD.
- 12/01 Workshop on Dependency in the Treatment of Dissociative Disorders; Workshop on The theory of structural dissociation and phase-oriented treatment of somatoform dissociative symptoms. 18th Annual Conference of the International Society for the Study of Dissociation. New Orleans, LA.
- 5/25/01 Invited Faculty. Full day pre-institute workshop with O. van der Hart, Ph.D. European Society for Traumatic Stress Annual Conference. Edinburgh, Scotland.
- 11/2000 Invited Faculty. Full day pre-institute workshop with O. van der Hart, Ph.D. and E. R. S. Nijenhuis, Ph.D. Phase oriented treatment of complex trauma. Also, Symposium on Phobia of Traumatic Memory. International Society for Traumatic Stress Studies Annual Conference. San Antonio, Texas.
- 11/2000 Invited Faculty. Half day workshop on Attachment in chronically traumatized patients. Renfrew Centers Annual Conference. Philadelphia, PA.
- 3/16-19/2000 Invited Faculty. Third World Conference on Trauma. Melbourne, Australia.
- 1/21/2000 Invited presenter. Attachment issues in the treatment of complex trauma. Amsterdam, The Netherlands.
- 11/7/99 Invited Faculty. An Attachment Paradigm for Phase-Oriented Treatment of Trauma. International Society for the Study of Dissociation Annual Conference. Miami, FL.
- 12/4/98 Invited faculty. Phase Oriented Treatment of Dissociative Identity Disorders. Harvard Medical School Trauma Conference. Boston, MA.

10/7-11/96 Invited presenter. Advanced workshops on complex issues in the treatment of trauma survivors. Sponsored by the Dutch-Flemish Society for the Study of Dissociation, and the Dutch Regional Institutes for Ambulatory Mental Health (RIAAG). Amsterdam, Rotterdam, and The Hague, The Netherlands.