

***Coping with Trauma-Related Dissociation:
Skills Training for Patients and Their Therapists***

Table of Contents

Preface

Introduction for Patients

Part I Dissociation and Trauma-related Disorders

Chapter 1 Understanding Dissociation

Chapter 2 Symptoms and Disorders of Dissociation

Chapter 3 Understanding Dissociative Parts of the Personality

Chapter 4 Posttraumatic Stress Disorder (PTSD) in Complex Dissociative Disorders

Part II Initial Skills for Coping with Dissociation

Chapter 5 Overcoming the Phobia of Inner Experience

Chapter 6 Learning to Reflect

Chapter 7 Beginning Work with Dissociative Parts

Chapter 8 Developing an Inner Sense of Safety

Part III Improving Daily Life

Chapter 9 Improving Sleep

Chapter 10 Establishing a Healthy Daily Routine and Structure

Chapter 11 Using Free Time and Relaxation

Chapter 12 Physical Self Care

Chapter 13 Developing Healthy Eating Habits

Part IV Coping with Trauma-Related Triggers and Memories

Chapter 14 Understanding Traumatic Memory and Triggers

Chapter 15 Coping with Triggers

Chapter 16 Planning for Difficult Times

Part V Understanding Emotions and Cognitions

Chapter 17 Understanding Emotions

Chapter 18 The Window of Tolerance: Learning to Regulate Yourself

- Chapter 19 Understanding Core Beliefs
- Chapter 20 Cognitive Errors
- Chapter 21 Challenging Dysfunctional Thoughts and Core Beliefs

Part VI Advanced Coping Skills

- Chapter 22 Coping with Anger
- Chapter 23 Coping with Fear
- Chapter 24 Coping with Shame and Guilt
- Chapter 25 Coping with Inner Child Needs
- Chapter 26 Coping with Self Harm
- Chapter 27 Improving Decision-Making through Inner Cooperation

Part VII Improving Relationships with Others

- Chapter 28 The Phobia of Attachment and Attachment Loss
- Chapter 29 Resolving Relational Conflicts
- Chapter 30 Coping with Isolation and Loneliness
- Chapter 31 Learning to be Assertive
- Chapter 32 Setting Healthy Boundaries

Part VIII Guide for Trainers and Therapists

- Chapter 33 Guide for Trainers and Therapists
- Chapter 34 Introductory Group Session
- Chapter 35 Leave-taking Group Sessions

Appendix

Appendix A DSM-IV Diagnoses

References