

Keynote Talk

Title: Guiding Dissociative Clients to *Finding Solid Ground*

Bethany Brand

Until recently, there was little treatment research to guide clinicians about stabilizing the most severely dissociative and traumatized clients. Few mental health clinicians have received systematic training about the assessment and treatment of dissociation. It is critical that clinicians are aware of the myths as well as the research about treating complex dissociative clients. Dr. Brand will discuss myths about treating dissociative individuals and findings from the Treatment of Patients with Dissociative Disorders (TOP DD) studies. This series of studies shows a wide range of improvements for patients receiving present-oriented, stabilizing treatment. More than a decade of research and input from clinicians and individuals living with dissociative reactions informed the development of the psychoeducational program called *Finding Solid Ground*. Dr. Brand will provide an overview of the randomized controlled trial that is underway to study the impact of the *Finding Solid Ground* program. Thus far, patients who are participating in the study show a wide range of benefits. Clinicians who participated in the study deepened their understanding of practical approaches to help stabilize complex dissociative clients.