

# **Managing Dissociation through the Use of Soothing & Grounding Skills**

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## **Agenda**

**9:00am-10:15:** What is Trauma, Complex Trauma, Attachment Trauma's, symptoms and behaviors. Case examples

**10:15-10:30:** Break

**10:30am-11:45:** What is Dissociation? Theory, identification of symptoms, problem behaviors, example of cases. Includes understanding of Window of Tolerance

**11:45-Noon:** Questions and Answers

**Noon to 1pm:** Lunch

**1pm-4:30pm:** Demonstrations and practicing of soothing and grounding interventions.

**4:30pm -5:00pm:** Questions and Answers