



Conference Agenda

February 9-11th

Orlando, FL

The Creative Corner, sponsored by Pandora's Project, will be available throughout the entire conference. Stop by for some creative fun!

The walking labyrinth will be set up in the grounding room and will also be available throughout the duration of the conference. The labyrinth, along with walking tips, are provided courtesy of by Alix Amar M.Ed, MSS, LCSW

AA meetings will be available but the dates/times/locations are currently to be determined.

Be sure to stop by and see our vendors and sponsors in the front area. They will have many things to offer that may be helpful with your healing journey.

Friday Night – February 9th:

**6:30-8:00 PM Supporter/Caregiver Small Group by Nancy Gaulin, PsyD
and Paula Burley, RN
Room 1**

Meet other supporters and share your concerns, hopes, and questions in a safe space.

**8:30-9:30 PM Welcome Reception
Main Conference Hall**

Attendees can enjoy some light complimentary snacks and drinks while meeting and reconnecting with other attendees. Registration will be open during this time.



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Saturday February 10th:

*Optional Pre-Conference Activities

7:30-9:00 AM **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**
Room 1

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch.

8:00-8:45 AM **Gentle Yoga, Grounding, and Meditation Class by Cynthia Herzog LCSW**
Grounding Room

8:00-9:00 AM **Registration Opens**
Main Conference Hall

9:00-9:15 AM **Welcome by Jaime Pollack, Founder/Director of An Infinite Mind**
Room 3

9:15-10:45 AM **Key Note Presentation**
Olga Trujillo
The Sum of My Parts: A Personal Journey of DID

Room 3

Olga Trujillo was diagnosed with Dissociative Identity Disorder at the age of 31. Over the past 25 years she has undergone an intense journey to understand what Dissociative Identity Disorder (DID) is, how she developed it, the impact on her life, and she began to address the challenges she faced in healing. In 2011 Olga's memoir, *The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder* was released by New Harbinger Publications. In this presentation, she will bring her experience of DID to help participants expand their knowledge from an inside out perspective.

10:45-11:00 AM: **Refreshment and Snack Break Provided by Windward Associates, LLC**
Main Conference Hall

11:00AM-12:30 PM: Breakout Sessions

∞ **Dissociation -- The Resilience Queen of ACEs by Bonnie Armstrong M.A, ACC**
Room 1

Using my personal experience as a high-functioning Apparently Normal Person (ANP) who worked in child welfare before I became aware of my Dissociative Disorder, the workshop will concentrate on healing and techniques to build physical, emotional and spiritual resilience. We will focus on Adverse Childhood Experiences (ACEs) science and show that better understanding of trauma's effects on children's behavior and adult health can improve self-awareness, services, treatment, and life outcomes.

(Continues on next page)



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∞Mind/Body Paths to Wellness: Yoga as Therapy by Cynthia Herzog LCSW, CAP, ICADC, 500 RYT Room 2

Mind/Body Paths to Wellness will briefly explore the power of connecting Yoga practices of breath and mindful movement with traditional Cognitive Therapies. When we connect the Mind/Body we become more firmly grounded in the present where healing begins! Participants will explore ten Yoga Therapy principles and paths to wellness including regulating the breath, relaxing, developing a felt sense of the body, imagining a new inner reality, becoming mindful, working with the bodies energies, body movement, healing the unconscious connection between trauma and pain, love and forgiveness and setting Intentions for success. Gentle body and breath movements included in the seminar

∞When My Reflection Feels Like “Not Me”: evidence of a missing self bias in DID by Dr. Lauren Lebois Room 3

Often individuals with DID report their mirror reflection feels unfamiliar or strange in some way, that is, like it isn't them. Our team is interested in what brain activity underlies this feeling of “not me.” We implemented a series of studies to begin to understand this feeling on a behavioral and biological level. The goal of this talk is to present these new findings, which include aggregate data from individuals who participated in the study at last year's Healing Together conference. These results contribute to evidence against the sociocognitive model of DID.

∞Psychological Service Dogs vs Emotional Support Animals by Lindsay Kincaide MS Room 4

Founded in 1999, Psychological Service Dogs, Inc. is the first service dog organization in the world to rescue, train and certify service dogs to assist those with invisible disabilities, specifically emotional or intellectual challenges. As a non-profit, Psychological Service Dogs is committed to educating the public about the critical distinctions between service dogs, emotional support animals, and therapy dogs. Psychological Service Dogs is honored to have trained service dogs for those with DID and looks forward to continuing to service the DID community.

∞A Supporters Guide to Understanding DID 101: by Katherine Quam Room 5

Surviving DID 101 is a session aimed at people with loved ones who have been diagnosed with DID, but everyone is welcome. The beginning of this session will cover the basics of the disorder briefly to create a common understanding, and then the session will delve deeper into ways to understand and accommodate a loved one. Participants will be able to work through and discuss hypothetical scenarios and to ask questions that they may not feel comfortable asking their diagnosed partner, sibling, parent, friend, or other important person in their life.

12:30-1:45 PM **Lunch break provided by An Infinite Mind**
Hotel Restaurant

12:30-1:45PM **Therapist Small Group Discussion by Nancy Gaulin, PsyD**
Room 1 **and Paula Burley, RN.**

Bring your lunch and join other therapists who want to learn more about working with DID and how to facilitate a DID group.



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12:30-1:45PM **Optional Chat and Chews**

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

∞Supporter Chat and Chew-**Room 2**

∞Survivor Chat and Chew- **Room 4**

2:00-3:30 PM: Breakout Sessions

∞**Learning to Love the Adult Survivor with DID; a daughter's journey by Nikki DuBose**

Room 1

Nikki DuBose reflects on her childhood living with her late mother, who lived with DID and BPD. In her memoir, *Washed Away: From Darkness to Light*, Nikki talks candidly about learning to love not only her mother through a long journey of heartache and misinformation, but learning to love herself as a daughter of a mother with DID and related conditions. Nikki believes that for adult children of parents with DID, compassion and education are critical to the healing process. We, too, must come to see ourselves as whole people, not "broken" members of society.

∞**Drama Therapy- Making the leap from client to student clinician by River Dowdy and Rahul Mehta**

Room 2

Last year I talked about how Drama Therapy Saved my life. This year I will share about making the leap into counseling and what it's like to be a drama therapy alternative training student AND a survivor. We will play some optional improv games that will help break the ice and are sure to have everyone laughing. Then the group will participate in another system sculpt while learning about how and why Drama Therapy has been helpful for me and could be for them as well.

∞**Improving Internal Communication by Alix Amar LCSW, Reyna Vaughn, and Morgan Dori**

Room 3

Internal Communication is important for day to day functioning in people with DID. In this workshop, we will explore some of the common scenarios that require good communication between insiders. The workshop will be interactive in nature. We will gather in small groups to address scenarios. Participants will then have the opportunity to share suggestions about how to address these scenarios and offer tips to improve internal communication

∞**Creating a New Life After Trauma by Lizabeth Casada**

Room 4

Surviving trauma isn't the end of your story but just the beginning. Most of us have had traumatic situations that led us to one of the most misunderstood and stigmatized solution of our century, Dissociative Identity Disorder. I am building a life after my trauma and my aim, my goal, my purpose, is to show you that you can too. No matter what your past has thrown at you, you can create a new life after trauma. I will share with you practical tips, information and inspiration to begin today.

∞**A DID Group a Year Later: What we keep learning by Robin Lickel LPC and Gala**

Room 5

Therapy for people with dissociative symptoms is not readily available for people, for many different reasons. A group in Madison, WI has been meeting for over a year and half, and offers the wisdom they learned over this time on how to create a safe and supportive group. A facilitator and group members will share their experiences.



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**3:30-3:45 PM: Snack Break Provided by An Infinite Mind
Main Conference Hall**

3:45-5:15 PM: Breakout Sessions

∞My Wonderful Marriage with a Multiple by Jim Bunkelman

Room 1

I believe in Healthy Multiplicity and that being a Multiple is not a disorder in and of itself. Through my relationship with my wife, Rhonda, I learned what it is like to be in successful relationships with her and a family of many others. There are many challenges in these relationships. We will talk about what these relationships look like. And we will explore the different challenges and look for techniques to help everyone feel safe and loved and happy.

∞Interconnected Healing by Amy Wagner MA, RMHCI

Room 2

Interconnected Healing is will focus on reducing stigma and growing resiliency in the therapeutic relationship and beyond to other relationships the survivor holds close. Beginning with the therapist, the survivor can learn to normalize their previous experiences through the use of inclusive phrasing, selective words and meaningful actions that build a village of support around the trauma survivor. Attendees will learn how to reduce stigma and build resiliency through elimination of seemingly harmless statements and micro-aggressions we so often exhibit without being mindful.

∞Healing Circles and Trauma by Mark Sideman

Room 3

Healing circles, also known as restorative circles are a practice of healing and connection found throughout the world. While not therapy, circle work can be very therapeutic; while not a "support group" circles are incredibly supportive. Healing Circles create an environment of deep listening and acceptance while establishing an environment of safety. Healing Circles support people to engage in difficult matters. This program will introduce the foundations of circle work, circle processes and some sample exercises. This session will also include looking at Healing Circles with the lens of serving persons who have experienced severe trauma.

∞Surviving & Thriving from the Trifecta of Trauma by Matthew Pappas

Room 4

I will be discussing my story as a childhood survivor of 3 different types of trauma, and sharing some of the hardships that past had caused in both personal and professional relationships and circumstances, all from a male survivor perspective. In addition, I'll also be sharing the importance of advocacy on our own behalf, and what that looks like for me, and how that differs for each individual survivor, male or female. Wrap up by sharing the importance of the male advocate in trauma recovery.

∞"Holy Watercolor, Batman, What Do We do Now?" by Kim Snow LMFT and Ruperto Ramos

Room 5

Art Therapy and humor can help survivors cope with these uncertain, unsettling times. Personal super heroine/hero personas will be created via comic strips, story boards and full body drawings to empower the participants and strengthen positive coping mechanisms. The group will become, in the end, a collective Justice League ensemble. *This session is for attendees with DID and is limited to 30 people due to materials.*

5:30-6:30 PM

Room 1

**Supporter/Caregiver Small Group by Nancy Gaulin, PsyD
and Paula Burley, RN.**



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Sunday February 5th

*Optional Pre-Conference Activities

7:30-9:00 AM **Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and Paula Burley, RN**
Room 1

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch.

8:00-8:45 AM **Gentle Yoga, Grounding, and Meditation Class**
Grounding Room

9:00-10:30 AM **Plenary Panel Presentation- Next Big Challenge: National Public Education on DID 2.0 with Laura Ward, Ron Davis, Jaime Pollack, and Dr. Milissa Kaufman Moderated by Dr. Robert Oxnam**

Room 3

Much is happening on the public education front as we strive to de-stigmatize DID. McLean Hospital (Harvard University) is a crucial center of new DID research, with remarkable patient-centered program, and a rising commitment to public education. A new documentary film is in progress with a special focus on various figures from An Infinite Mind community. Now some are suggesting that Healing Together can spread across the country. This is the sequel to the very successful panel discussion at Healing Together 2017.

10:30-10:45 AM: **Refreshment and Snack Break by An Infinite Mind**
Main Conference Hall

10:45 AM-12:15 PM: Breakout Sessions

∞Horses: Co-Creators of Change, and not Tools By Sarah Kelava LMFT, TRI ESMHL, Ruth Ocampo, M.S., LMFT, ESMHL, Sarah English, M.S., TRI, CHAI

Room 1

The continued growth of Equine Assisted Therapy facilities in the country has driven the search for ethical treatment of horses. Creating a safe environment for clients where they can develop relationships and coping strategies is a dynamic process that begins with respect for equine welfare. An equine's sentience and ability to use different parts of their brain is not only favorable to horses but best practice in human healing. Our interactive presentation reflects the importance of equine sentience is crucial to healthy development towards positive change for humans in relationships to their herds, both in and out of the paddock.

∞The Dissociative Body Speaks: Disordered Eating, Body Memories and Body Image By Lani Kent

Room 2

One of the challenging issues for those recovering from DID are the ways that complex trauma and the resulting mind/body split affects the physical body. The body often holds parts of a survivor's untold narrative. These expressions may be spoken through distortions of body image, sensations, abreactions and maladaptive coping through disordered eating patterns. Lani will share artwork, client accounts and personal experience regarding the unique "Body Speak" issues for those recovering from, treating or supporting those coping with trauma through dissociation.

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∞ Celebrating DID from the Front Lines by Tracy Green

Room 3

Tracy was diagnosed with DID in 1993. Public misinformation and fear created barriers to receiving the support she so desperately needed in her African American community, her church family, and in the mental health field. However, Tracy found the strength to overcome the barriers and get the help she needed. Today, Tracy celebrates 34 years of marital happiness, enjoying their children and grandchildren, and earning her Bachelor's/Master's degrees. She uses her education and experience to share her story using honesty and humor providing encouragement for others on the journey. Tracy is passionate about educating and correcting misinformation about the diagnosis

∞ Make your own Finger Labyrinth for Grounding and Relaxation by Alix Amar LCSW

Room 4

The Labyrinth can be an excellent tool for mindful meditation, self-reflection and healing. In this workshop we will be creating our own finger labyrinths (12 in by 12 in) which can be used for healing, both professionally and personally. We will explore the therapeutic applications of labyrinths and identify ways you might incorporate them into your life or clinical practice. There will be two brief drawing experiences designed to enhance your awareness of the impact that using a labyrinth in clinical work offers.

12:15-1:30 PM:

Lunch break provided by An Infinite Mind

Hotel Restaurant

12:30-1:45PM

Optional Chat and Chews

Grab your lunch and come join your fellow attendees to discuss what is on your mind. These are moderated by mental health professionals.

∞Supporter Chat and Chew-**Room 2**

∞DID Chat and Chew- **Room 4**

12:30-1:30

Dealing with Dissociation Survivor Small Group by Nancy Gaulin, PsyD and

Room 1

Paula Burley, RN

Meet other survivors, share your concerns, hopes, and questions in a safe space. Pre-registration was required. Chat and chews will be open to all during lunch

1:45-3:15 PM:

Breakout Sessions

∞**Living a Joy-Filled Life After Extreme Trauma by deJoly LaBrier**

Room 1

Having had personal experience with the lack of information about DID among professionals, I began advocating for myself early in my healing process, as my primary therapist died suddenly. I made choices that would lead me to healing, including shutting up and listening to those professionals who knew more than I did. I found deeply caring individuals who wanted to help and who were also willing to listen to my ideas. I found that self-advocacy and developing my own healing style, built confidence, self-trust and healing. It brought deep connections with my true self and with others.



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∞Coming Together: Trauma Interventions and Steps Towards Loving Our(Selves) by TL Room 2

In this presentation, TL (a licensed mental health professional for 30 years and survivor with DID) describes some of the trauma-informed models (including EMDR, IFS, SP, EFT, SE, AEDP, etc.) being used in psychotherapy today. In addition, she will discuss the challenges and benefits of some of these models, experienced by her and her parts on their 10-year healing journey, as they moved from “OMG, what’s happening to me?” to “Wow, you mean WE can have a ‘safe place’???” to “Memories and US”, to their current place of gentle loving, “This is US”.

∞Crap Survivor; How Healed is Healed Enough?!? by Madison Clell

Room 3

D.I.D. healing seems to take forever, does it EVER end?!?! For this magical presentation I'll begin by briefly philosophizing/ranting on the ridiculous high standards placed upon survivors by popular culture. From there we'll wade into a few non-crap therapy tools that I personally managed to ruin, segueing into crap tools that you won't find anywhere (probably for good reason) that actually worked and will be dished out with a huge caveat and lots of thrown chocolate! Loud laughing and comradery are absolutely encouraged.

∞Careful Re-entry: Life After the Healing Together Conference by Olga Trujillo

Room 4

The Healing Together Conference is a one of a kind experience for those of us with DID. It's one of the few places in the world where we are surrounded by others, who understand our lived experience. It's a safe place for all of us in a world where DID is sensationalized and where many of us hide. The transition between the conference and our lives in the real world can be challenging at best. This interactive workshop, will explore steps you can take to help that re-entry into the real world.

**3:15-3:30 PM: Snack Break Provided by An Infinite Mind
Main Conference Hall**

**3:30- 4:00 PM: Closing by Jaime Pollack, Founder/Director of An Infinite Mind
Room 3**