

Working with Parts in Dissociative Disorders: A practical guide for Trauma Therapists

Presented by: Dolores Mosquera



About the Trainer: Dolores Mosquera is a psychologist specializing in complex trauma, personality disorders, and dissociation. She is the director of the Institute for the Study of Trauma and Personality Disorders in Spain. Dolores has extensive teaching internationally. She has published several books, book chapters and articles on trauma-related disorders. Dolores received the David Servan-Schreiber award for outstanding contributions to the EMDR (Eye Movement Desensitization and Reprocessing) field in 2017, was made Fellow of the International Society for the Study of Trauma and Dissociation in 2018, for her contributions to the trauma and dissociation field. She received the MAM10 Prix David Servan-Schreiber award in 2021 to a foreign researcher who has made a notable international contribution, having advanced research in the field of EMDR. In 2022 Dolores received the award Professional of the Year in the category of Psychology for the trajectory and significant contributions in dignifying the profession (psychology).

TRAINING DETAILS

✓ *Criteria:*
4-year Basic Degree or 2-year Master's Degree in Psychiatry, Psychology, Counselling or Social Work

✓ *Dates : 18-19 Nov 2026*
Time: 9 a.m. – 4:00 p.m.

✓ *Fees:*
Member: \$670
Non Member : \$750

Included: 2 tea breaks and lunch

✓ *Venue:*
Holiday Inn Singapore Atrium
317 Outram Road,
Singapore 169075

This two-day training is open sector professionals. No training in EMDR is required.

Many therapists report difficulties when working with patients with dissociative disorders, especially in regards to developing the treatment plan, structuring the sessions, or deciding what to prioritize - reducing the patient's internal conflict, improving daily functioning, as well as working with those parts that are most challenging.

Program

1. Introduction to dissociation and relevant related concepts
2. How to distinguish ego states, modes and dissociative parts
3. Treatment implications and strategies for the different presentations
4. How to structure the work – organizing principles to keep it process oriented and not get lost in content or symptoms of the week
5. Organizing the session: Steps to establish a guided work scheme
6. Important aspects in the development of the Adult Self: One piece at a time
7. Scheme to explore the internal system and understand the conflict.
8. Overview of treatment progression: from stabilization to integration, including working with protective, critical, and avoidant parts

Video fragments and case discussions will highlight common challenges and therapist decision-making in real time.

This workshop will describe useful concepts to help therapists understand patients with dissociative disorders and organize the work plan. In addition, a variety of techniques and tools for the different steps of the work will be illustrated, allowing for safe interventions with various types of clinical problems and dissociative parts. A conceptualization model developed specifically for dissociative disorders will be presented, as well as a guide to carry out a treatment plan adapted to several common difficulties

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