

Annual Congress on Mental Health

July 09-11, 2018 | Paris, France

Psychotherapy of dissociative disorders with non hypnotic age-regression and therapy of unresolved conflicts



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Psychotherapy of unresolved conflicts has been shown to be successful in dissociative disorders, however some dissociative elements may persist occasionally. Therapy of persisting dissociation may be completed using non-hypnotic age regression. Non-hypnotic age regression may be more suitable and less anxiogenic for psychiatric patients than hypnotic age regression, it appears to be even more so after completion of therapy of unresolved conflicts and removal of some of the accompanying anxiety. Success of psychotherapy of dissociation may be controlled with psychometric tests (S.D.Q.-20, DES, SCID-D) and by letting the patients control the removal of dissociative elements in their safe place scenario. Removal of dissociative elements in non hypnotic age regression is achieved by letting the patient regress to one or more initial, subsequent or symptom producing sensitizing events and by eliminating accompanying emotions, body sensations and cognitions related to those events, that served as built-in triggers later on. So far therapy of dissociative disorders was possible mainly in very severe cases of dissociative identity disorders using a verbal approach of letting the dissociative identities communicate with each other, however this approach did not allow treatment of the much more frequent dissociative disorders of lesser severity. Therapy of unresolved conflicts and non-hypnotic age regression however offers an opportunity to treat dissociative disorders of any degree of severity.

Biography

Karin E Peuschel has completed her Medicine and Molecular Biology at the University of Zurich (Switzerland) and completed her Medical thesis from the University of Zurich. Currently, she is the Director of Praxis Erlenhof in Zug (Switzerland) and Independent Researcher in Psychiatry and Psychotherapy. She has published papers in the field of Molecular Biology, Psychiatry and Psychotherapy. She has been serving as a Reviewer and an Organizing Committee Member for many reputed Journals. She has developed a novel psychotherapy of addictive disorders consisting in therapy of unresolved conflicts and most recently a complementary therapy consisting in non-hypnotic age regression allowing a more complete removal of dissociation.

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