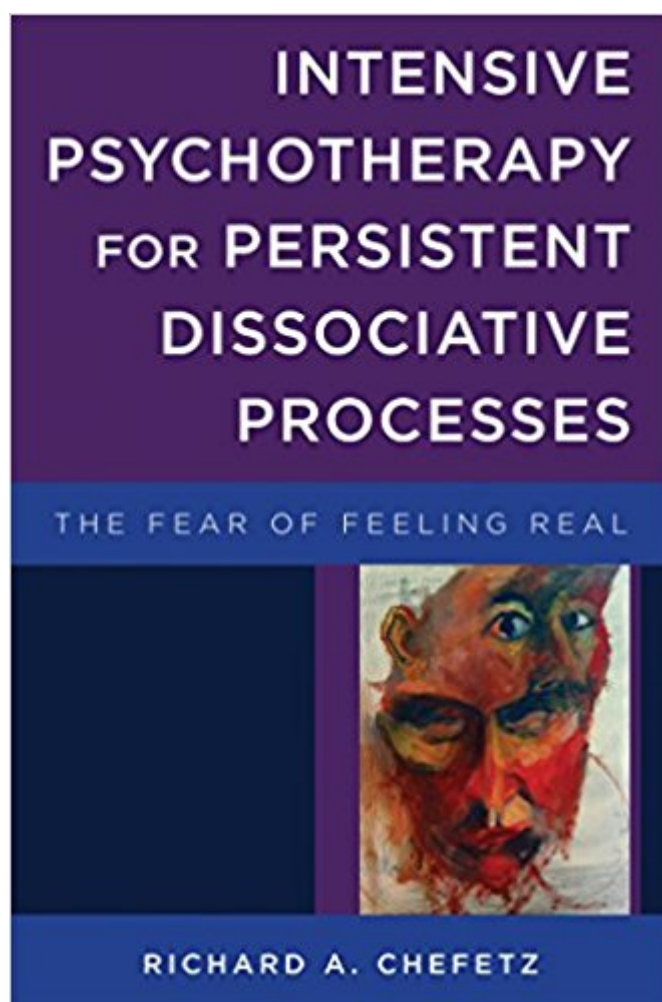


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# Intensive Psychotherapy For Persistent Dissociative Processes: The Fear Of Feeling Real (Norton Series On Interpersonal Neurobiology)





## Synopsis

Winner of the International Society for the Study of Trauma and Dissociation's (ISSTD) Pierre Janet Writing Award, 2015. What really happens in dissociation. Winner of the International Society for the Study of Trauma and Dissociation's (ISSTD) Pierre Janet Writing Award, 2015. What really happens in dissociation. Winner of the International Society for the Study of Trauma and Dissociation's (ISSTD) Pierre Janet Writing Award, 2015. What really happens in dissociation. Winner of the International Society for the Study of Trauma and Dissociation's (ISSTD) Pierre Janet Writing Award, 2015. What really happens in dissociation. Dissociative processes have long burdened trauma survivors with the dilemma of longing to feel "at the same time as they desperately want to avoid the pain that comes with that healing" a dilemma that often presents particularly acute difficulties for healing professionals. Recent clinical and neurobiological research sheds some light into the dark corners of a mind undergoing persistent dissociation, but its integration into the practice of talking therapy has never, until now, been fully realized. *Intensive Psychotherapy for Persistent Dissociative Processes* brings readers into the consultation room, and into the minds of both patient and therapist, like no other work on the treatment of trauma and dissociation. Richard A. Chefetz marries neuroscientific sophistication with a wealth of extended case histories, following patients over several years and offering several verbatim session transcripts. His unpacking of the emotionally impactful experience of psychodynamic talking therapy is masterfully written, clearly accessible, and singularly thorough. From neurobiological foundations he builds a working understanding of dissociation and its clinical manifestations. Drawing on theories of self-states and their involvement in dissociative experiences, he demonstrates how to identify persistent dissociation and its related psychodynamic processes, including repetition compulsion and enactment. He then guides readers through the beginning stages of a treatment, with particular attention to the psychodynamics of emotion in both patient and therapist. The second half of the book immerses readers in emotionally challenging clinical processes, offering insight into the neurobiology of fear and depersonalization, as well as case examples detailing struggles with histories of incest, sexual addiction, severe negativity, negative therapeutic reactions, enactment, and object-coercive doubting. The narrative style of Chefetz's casework is nearly novelistic, bringing to life the clinical setting and the struggles in both patient and therapist. The only mystery in this clinical exposition, as it explores several cases over a number of years, is what will happen next. In the depth of his examples and in continual, self-reflexive analysis of flaws in past treatments, Chefetz is both a generous guide and an expert storyteller. *Intensive Psychotherapy for Persistent Dissociative Processes* is unique in its ability to place readers in the consultation room of

psychodynamic therapy. With an evidence-focused approach based in neurobiology and a bold clinical scope, it will be indispensable to new and experienced therapists alike as they grapple with the most intractable clinical obstacles.

## **Book Information**

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## **Customer Reviews**

As a therapist that treats this population, I am grateful for the candid transparent experience of how this process can be so exquisitely complicated. Dr. Chefetz has done a masterful job at describing a process that is often beyond words describing the all to often life and death struggle enlivened in the consultation room. His willingness to share the pain of being real, feeling on both sides of the consultation room is instructive and brilliantly done. This is a must read for every clinician treating trauma. For those people that have foundered in finding a treating relationship to help them this depicts the challenge as well as the necessary ingredients for it to succeed. this deserves a 6 star rating. Teachers are well advised to offer this selection as an instructional tool as I do in a consultation group. The reviews that were uncomplimentary don't appear to understand the therapy

or dissociative process. This personal sharing of the pitfalls of treatment assists other clinicians in improving their skills. *Intensive Psychotherapy for Persistent Dissociative Processes: The Fear of Feeling Real* (Norton Series on Interpersonal Neurobiology)

Drawing on his long deep experience working with patients with complex dissociative disorders and trauma, Dr. Chefetz has written a superb book combining a clinical understanding of dissociation as it occurs in normal as well as pathological forms, neurobiologic bases for the functional variations, and a remarkably honest account of his struggles to engage and fruitfully understand several severely traumatized dissociating patients. He shares his own personal reactions and is open to sharing those with his patients as becomes necessary for a productive collaborative treatment. The book is a gem for clinicians working with such patients but worthwhile generally for alerting the reader to dissociation generally and for the vivid capturing of the clinical psychotherapeutic process.

I am a social worker who has the privilege of working with wonderfully complex clients (aren't we all?) who mostly carry a diagnosis of PTSD and/or borderline personality disorder. No matter the diagnosis, all carry a deep, traumatic life trajectory that include abuse, abandonment, neglect, narcissistic wounding, dysfunctional relationships, and deeply felt pain and terror, sometimes/often precluding verbal ability. Even with excellent supervision, however, various cases and presentations stumped me. For example, people who had seen many previous therapists but had never actually "gotten better". People who seem basically present yet were aware of parts of them that terrified them. People who were aware of sensations or emotions but could not place how this emotion arrived in the body or its function. People who were abused and hated their abuser yet held inside them introjects of the abuser that held enormous power over them; parts they hated, but could not get rid of. And finally, people who seem symptomatic of horrific abuse, yet reported that they had suffered no wrongdoing at anyone's hands. If your caseload has anyone with these types of presentations, or any trauma based diagnoses, this book should have been placed in your hands a long time ago. And hopefully, you could have been given a paid week off from work so that you could sit at home and read it. Yes, it's that good. Dr. Chefetz does a masterful job of helping you understand the way a mind's feelings, with repeated, sustained abuse, can fracture into frozen-like pieces that remain suspended in the patient's life, presenting itself in myriad ways, without being explicitly 'seen' by the client. Replete with examples taken from his own practice, Dr. Chefetz leads the reader through the neurological beginnings of dissociation, its manifestations, and ultimately, concepts of re-integration so the client begins to feel whole. The tone is both fascinating and gentle.

So gentle, in fact, that you may be lulled into thinking its a book about interventions, where really it's a treatise on how to view humanity. This is a seminal book, and I only wish I could have read it sooner in my career. I don't think you will ever look at the behaviors of a client the same way again.

It is no exaggeration to say that I use some part of this seminal text in every session. I have read this must-have book cover-to-cover twice since purchasing about six months ago. Multiple times per week I continue to refer to particular passages or sections. My yellow highlighter captures the most important ideas, and key words in those lines are circled in ballpoint pen. Orange highlighter denotes the actual words a therapist might say. Blue alerts me to cautionary thoughts that help me keep my work with clients safe, while empowering them. Each page provides vital information regarding the art and science and theory and practice of clinical encounters, which enables a clinician to wisely support and guide all those who courageously seek healing and entrust in professional care. Since using methods and interventions taught by Dr. Chefetz my clients report increased stability, confidence, functionality and enjoyment as they participate in their daily life and meet responsibilities. Dr. Chefetz, thank you for authoring this seminal text with its use of rich and flowing language and case studies. This text is a complete body of wisdom, insight and knowledge that is critical for efficient and effective provision of psychotherapy.

This is an informative book for both the patient and clinician. It was worth the price. I am the patient and have been working on this for many, many years. This is just my life, and it helps me to understand how the person across from me is also dealing with these issues. There were parts of the book more directly connected to clinician. There were also parts that helped explain things and how things work in a simplistic yet realistic point of view..I am very glad I purchased this. I thought it was more of a "Therapist" book, but it is for both. Sometimes I want to read about the illness and not about how other people are getting through it. So this was a nice break

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