

# GUIDING TRAUMATIZED CLIENTS TO FIND SOLID GROUND

*Presenter: Bethany Brand, Ph.D.*

**Friday, March 6, 2026 ♦ 12:00 p.m. – 2:00 p.m. (EDT)**  
**Zoom Webinar**

Until recently, there was little treatment research to guide clinicians about how to stabilize the most severely dissociative and traumatized clients. Few mental health clinicians have received systematic training about the assessment and treatment of dissociation. It is critical that clinicians are aware of the myths as well as the research about treating complex dissociative clients. Dr. Brand will discuss myths about treating dissociative individuals and findings from the Treatment of Patients with Dissociative Disorders (TOP DD) studies. This series of studies show a wide range of improvements for patients receiving present-oriented, stabilizing treatment. More than a decade of research and input from clinicians and individuals living with dissociative reactions informed the development of the psychoeducational program called Finding Solid Ground. Dr. Brand will provide an overview of the randomized controlled trial that assesses the impact of the Finding Solid Ground program. Patients who participated in the study showed a wide range of benefits including decreased posttraumatic stress symptoms, enhanced self-compassion, and improved emotion regulation and adaptive functioning. Clinicians who participated in the study deepened their understanding of practical approaches to help stabilize complex trauma clients.

*Level of Curriculum Content: Intermediate*

## **Zoom at a Glance**

Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online, with or without video, whether you are connecting multiple conference rooms or meeting with attendees from their personal desktops or mobile devices. For more information or to download Zoom, please visit <https://zoom.us/>.

## ABOUT THE PRESENTER

**Bethany Brand, Ph.D.** is an Emerita Psychology Professor at Towson University. She has over 30 years of clinical and research experience, including training at Johns Hopkins Hospital, George Washington University Hospital, and at Sheppard Pratt Health System's Trauma Disorders program. Dr. Brand has published over 130 papers focusing on treatment of complex trauma and dissociation (i.e., the TOP DD studies); the assessment of trauma-related dissociation; critiques of the fantasy model of dissociation; training about trauma; and the accuracy of textbooks' coverage of trauma, among other topics. Dr. Brand has received numerous awards for teaching, research, and her contributions to the field of trauma. She is a co-author of *Finding Solid Ground: Overcoming Obstacles in Trauma Treatment* and *The Finding Solid Ground Workbook* and author of *The Concise Guide to the Assessment and Treatment of Trauma-related Dissociation*. In addition to treating patients, Dr. Brand serves as a forensic expert in trauma-related cases including death penalty and death row cases.

## PROGRAM OBJECTIVES

Participants will be able to:

- Describe the results of the randomized controlled trial of the Finding Solid Ground program
- Discuss the four main skills targeted in the Finding Solid Ground program

## PROGRAM AGENDA

12:00pm – 12:10pm	Challenges in treating the most severely dissociative and traumatized clients
12:10pm – 12:25pm	Limited training for clinicians in dissociation assessment and treatment
12:25pm – 12:35pm	Common misconceptions about treating dissociative individuals
12:35pm – 12:50pm	Research evidence to counter myths
12:50pm – 1:05pm	Overview of the Treatment of Patients with Dissociative Disorders (TOP DD) studies
1:05pm – 1:20pm	Development of Finding Solid Ground
1:20pm – 1:35pm	Design and implementation of the Finding Solid Ground RCT
1:35pm – 1:50pm	Clinical implications
1:50pm – 2:00pm	Future research needs and opportunities for training dissemination

**For additional information on continuing education policies, please visit our website at <https://psychology.nova.edu/ce>**

## CONTINUING EDUCATION INFORMATION

**Psychologists:** Nova Southeastern University's College of Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. Nova Southeastern University maintains responsibility for this program and its content.

**Clinical social workers, mental health counselors, and marriage and family therapists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling to offer continuing education. Provider number: BAP# 330, Exp. 03/31/27.

**School psychologists:** Nova Southeastern University's College of Psychology is approved by the state of Florida's Board of Medical Therapies/Psychology, Office of School Psychology, to offer continuing education. Provider number: SCE# 11, Exp. 11/30/27.

Nova Southeastern University's College of Psychology is approved by the National Association of School Psychologists to offer continuing education for school psychologists. Nova Southeastern University maintains responsibility for this program and its content. Provider# 1024

**Professional counselors:** Nova Southeastern University's College of Psychology has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4548. Programs that do not qualify for NBCC credit are clearly identified. Nova Southeastern University's College of Psychology is solely responsible for all aspects of the programs.

**All mental health professionals will receive two (2) continuing education credits for the workshop. Full attendance is required. No partial credit will be awarded. Check your licensing state's rules and regulations for more information regarding your continuing education requirements.**

Nova Southeastern University is committed to making its programs accessible to all prospective attendees. Let us know if you have specific requirements due to a disability.

## ABOUT THE SPONSOR

Nova Southeastern University's College of Psychology is dedicated to providing high-quality training, education, research, and service its students and to the community. The college offers two American Psychological Association (APA)-accredited doctoral programs (Ph.D. and Psy.D. in Clinical Psychology); a specialist and a doctoral program in school psychology; master's degree programs in counseling clinical mental health counseling, school counseling, substance abuse counseling, and applied behavioral analysis), forensic psychology, experimental psychology, and general psychology; and bachelor's degree programs in psychology and behavioral neuroscience. The College of Psychology has two APA-accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program.

## NOTICES OF ACCREDITATION, MEMBERSHIP, AND NONDISCRIMINATION

Nova Southeastern University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Georgia 30033-4097; Telephone number 404-679-4501) to award bachelor's, master's, educational specialist, and doctoral degrees. The university is chartered by the State of Florida. The College of Psychology Doctor of Philosophy (Ph.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology Doctor of Psychology (Psy.D.) program is accredited by the Commission on Accreditation of the American Psychological Association. The College of Psychology has two APA accredited doctoral internship programs, the South Florida Consortium Internship Program and the Psychology Services Center Internship Program. Questions related to the programs' accredited status should be directed to the Commission on Accreditation: Office of Program Consultation and Accreditation, American Psychological Association, 750 1st Street, NE, Washington, D.C., 20002-4242, Phone: (202) 336-5979, Email: [apaaccred@apa.org](mailto:apaaccred@apa.org), Web: [www.apa.org/ed/accreditation](http://www.apa.org/ed/accreditation). The college's master's degree program in school counseling and specialist program in school psychology are approved by the Florida Department of Education. In addition, the specialist and doctoral programs in school psychology hold the designation of National Recognition by the National Association of School Psychologists (NASP).

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