Mission Statement

The New England Society for the Treatment of Trauma and Dissociation (NESTTD) is a nonprofit organization devoted to providing professional training and education for the effective treatment of psychological trauma, complex trauma and dissociation.

Founded in 1984, NESTTD is incorporated as a nonprofit organization. The society has its headquarters in Massachusetts and has members from Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

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Dear Members,

This is my first letter as President of the board of NESTTD. I first enjoyed NESTTD’s programming in 2003, and membership has been an important part of my professional development ever since. I am honored to be able to serve as President.

After emerging from the brief pause in programming that we take each summer, we have begun again in earnest. I was pleased to see both familiar and new faces at our first program of the year, when we welcomed Nancy Napier, PhD, and again at our exciting Friday Afternoon Series, featuring Martha Sweezey, PhD, LICSW.

In late August the board meets for a full-day retreat, to set the tone for the year. We told you recently about our listserv vendor change, which should simplify joining for new members. This rolled out recently. We are hopeful that as this year unfolds we will tell you more about plans for a new website. Ours is functional for sign-ups but not very mobile-ready, and fairly archaic. We have assembled a sub-committee and begun some planning. Stay tuned.

We continue to discuss both the board and the membership’s desire to foster more diversity among our community. We recognize that to accomplish this most of us need to continue to embark both on personal growth and reflection but also to notice the way systemic influences affect these divides. We specifically name racial and ethnic diversity as notably missing at present as the large majority of our community is white. We have asked the board to consider this at the individual, committee, and board level. While the dissociations in society often run deep, our healing lens may offer us some tools to stay curious for new possibilities. While we name racial diversity as one goal, we are also seeking other aspects of diversity as well, and our scholarship subcommittee has put together a financial assistance policy, now visible on the website.

In recent times we are reminded too repeatedly that old societal traumas are re-experienced in painful new ways. As I am writing this it has been a few weeks since the mass killing of Jews worshipping in a synagogue. And this is far from the only recent display of hate and ignorance creating new trauma on old themes. While we work hard to help others heal, we also often struggle to find footholds at times. We have a lot to offer in understanding about trauma through
our training, and at the same time these are times where our support for each other may be even more important. My heart goes out to all of the healers.

I would like to thank Spencer Nineberg, our outgoing President, not only for the wonderful job she did during her two-year term as President, but also for the steady support and encouragement she provides me in her role as Past-President. The workings of a volunteer board are an exquisite system of mutual support as we try to read the needs of our community at large and get a whole lot done. The board was pleased to be able to work with One Tree Planted to plant 150 trees in honor of the work Spencer accomplished for NESTTD during her two years of Presidency.

We as a board enjoy ideas from the membership about what helps us serve our mission most completely. Keep your ideas coming on the evaluation forms. We do read them! The listserv is another forum for the exchange of ideas for our membership.

Warm Regards,
Carolinda

Editor’s Corner

Barbara Phillips, PhD, LICSW, Editor

It has been a markedly difficult time recently with so many tragic events happening here and beyond New England. Among the numbers of deadly acts of violence, our nation has faced the mass murder at the Tree of Life Synagogue in Pennsylvania, driven by anti-Semitism; the senseless, racially motivated shooting at a supermarket in Kentucky; and the mass shootings of young people at crowded social venues.

We at NESTTD are also deeply saddened by the tragic impact of the California wildfires. Our hearts go out to the victims, their families, their friends, and their loved ones.

Despite our felt pain, deep sadness, and admixture of anger and frustration, let us come together to remind each other that the hatefulness displayed in these recent
actions and the promotion of divisive rhetoric has no place in our community, our country, or our world. While these events were attacks on specific communities, which may or may not represent one’s shared identity, they each represent a strike against our shared humanity. In the words of NASW Social Work Voice (Nov/Dec 2018), let us “choose to see people not based on their opinions or values, but on their shared humanity.”

In the aftermath of these events, we may be consumed by more questions than answers, and yet a few basic facts remain resolutely clear: Together we are stronger with our vast diversity of races, cultures, religions, ideas, and backgrounds. These values are intrinsic to the mission of NESTTD, as we are committed to foster an environment in which all are welcome, safe, and valued. To this end, we have set our intention and have focused our efforts to invite, welcome, create, and sustain a diverse presence in NESTTD membership, our governance, and our programs.

Committee Updates

NESTTD Membership Committee

Sandrine Aegerter, LICSW, Chair

Welcome to our new volunteers:
The membership committee is growing and is proud to welcome two new volunteers, Ellen McCarthy, LICSW, and Kim Spooner, LMHC.

Membership Committee is Seeking Feedback and Suggestions:
One of the missions of the Membership committee is to foster an environment in which members feel welcomed, connect with each other and participate in creating a sense of community. If you have any feedback or suggestions on how we can improve upon bringing this about, please contact the Membership Committee Chair Sandrine Aegerter at sandrineaegerter@tryadcounseling.com.

Listserv:
The new NESTTD listserv is running and all the NESTTD members are automatically signed in as a benefit of their membership. You can unsubscribe at any time by clicking on the link at the very bottom of any email you receive from the NESTTD listserv.

For those of you who do not wish to receive individual emails from the NESTTD listserv daily, there is an option to change your subscription to a daily summary format. Instead of receiving list messages as soon as they are posted, members using the digest format will receive one email every 24 hours containing all the previous 24 hours' messages.

To sign in for that option please follow the link available at the end of each NESTTD listserv email, or email our listserv moderator Sandrine Aegerter at sandrineaegerter@tryadcounseling.com.

Sandrine
NESTTD Program Committee
Rina Dubin, Ed.D, Sandy Dixon, Psy.D; Co-Chairs

The Program Committee is very excited to begin the 2018-2019 program season. Our first workshop, on October 20, 2018, was a wonderful success with Nancy Napier teaching Somatic Experiencing in her half-day workshop, followed by a smaller afternoon intensive that delved deeper into the theory and technique with a smaller group of clinicians.

Our three workshops for the rest of the program year are up on the NESTTD website. They include Diane Poole Heller presenting a full-day workshop on December 1, 2018, on attachment in trauma, specifically treating avoidant and disorganized clients. Our winter half-day workshop on February 9, 2019, brings Gary Bailey to NESTTD for a workshop on racism and its intersection with trauma therapy. He will follow this with an afternoon intensive that provides a chance to deepen this important work in a smaller group setting.

Our Fundamentals Program on March 16, 2019, will continue the successful format from last year, with a morning plenary by myself, Sandy Dixon, on the fundamentals of complex trauma and dissociation, followed by multiple afternoon workshop options on a number of topics ranging from trauma basics, understanding DID symptoms, IFS, culture and oppression, expressive arts, ARC, and SMART. It promises to be a full and comprehensive day. The program year closes out in April with a return of a popular speaker, Bethany Brand, who will present findings from her research on dissociation that suggests new treatment options to help stabilize DID clients. This will include both a morning workshop and an afternoon intensive.

We welcome our newest members, Dayna Chinsky, Suzan Wolpow, and Susan Zeichner, who bring energy and enthusiasm and have already started helping plan and organize upcoming workshops. We are well on our way to planning the 2019-2020 program year and look forward to your feedback and suggestions.

Sandy Dixon, PsyD
NESTTD Friday Afternoon Series Committee (FAS)

We have entered the second year of our new **Friday Afternoon Series**, which, I’m happy to report, has been extremely well received! On November 9 our Fall program, presented by Martha Sweezy, PhD, was both well attended and quite compelling on the topic of **Shame and Shaming parts in the treatment of trauma**. We hope you’ll join us for our Spring program on May 3, 2019, when **Debbie Korn, PsyD**, will present on the integration of **Three Modalities: EMDR, AEDP, and IFS**. I’m sure this will prove to be an outstanding program. Thanks to our membership, this new Friday series has been a welcome addition to our annual roster of outstanding programs!

*Roberta*
Roberta Fortgang, LICSW

**NESTTD Outreach & Publicity Committee**

Our wish for the “**OP**” aka **Outreach & Publicity Committee** is to continue to bring the educational offerings of NESTTD to a wide range of clinicians by means of increased visibility and increased membership numbers. Our most recent outreach efforts are to students and young
clinicians with the goals of sustainability and carrying forth the legacy of NESTTD by younger hands.

Additional OP foci are efforts to increase the presence and contributions of a racially diverse body of clinicians. Those who open the doors of awareness to the recognition of the ways in which racism is perpetuated emphasize the importance of beginning with a deep look within ourselves. In the spirit of sharing efforts and resources to this end, we highly recommend the following literary sources:

- *White Fragility: Why It’s So Hard For White People To Talk About Race* by Robin Diangelo
- *How To Be Less Stupid about Race* by Crystal M. Fleming
- *Waking up White* by Deby Irving

If, per chance, there is interest to discuss these readings, we can do so at the lunch break of our next presentation. Let me know: phillsba@aol.com.

Barbara
Barbara Phillips, PhD, LICSW

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**Summary of Nancy Napier Presentation**

*By Jean Rossner, LMHC*

On October 20, 2018, Nancy Napier, MA, LMFT, gave a NESTTD presentation on Somatic Experiencing® and “Unblocking What’s Stuck.” Nancy J. Napier is a psychotherapist and hypnotherapist in private practice in New York City. She is author of *Recreating Your Self: Increasing Self-Esteem Through Imaging and Self-Hypnosis; Getting Through the Day: Strategies for Adults Hurt as Children;* and *Sacred Practices for Conscious Living,* and co-author of *Meditations & Rituals for Conscious Living.*

Napier’s multifaceted background as a therapist includes psychodynamic training in long-term in-depth psychotherapy, attachment-focused work, intensive training in Ericksonian hypnosis, Inner Child work, EMDR, and Thought Field Therapy. Her training culminated with Somatic
Experiencing (SE), where she gained a focus on somatically-based trauma work and taught SE as a member of the SE Institute faculty for 12 years until retiring in 2017.

Napier’s presentation began with guided imagery supporting the relational connectedness of those present, expanding— in circles that felt like ripples in a pond— outward to clients, others we know, and ultimately to the earth. We were guided in a bodily experience of feeling the energy of relationship as something available to draw upon for a resource that can be both used by therapists and passed along to others (my terminology, I think, not Napier’s; as I was too engrossed in the visualization to take notes)— a lovely harmony of beginning to the presentation.

After this taste of somatic imagery, the presentation returned to a more didactic mode. Napier explained the understanding of “coupling” experiences that she found revolutionary in SE. Traumatic experiences, she explained, become “over-coupled” with other experiences (linked in a way that leads to blocking resolution of trauma) or “under-coupled” (in a dissociative process that makes aspects of experience “overwhelming… and disorganizing”). Both of these coupling forms disrupt healing processes which otherwise, according to SE, are the natural direction and tendency of the human nervous system.

SE challenges coupling problems through teaching and supporting mindful use of resources in a variety of ways based on “elements of experience” mnemonically recalled as SIBAM (Sensation, Image, Behavior, Affect, Meaning). Napier explained each of these states in detail, while also providing brief exercises that served to give attendees one’s own impressions of how it feels to work dynamically with the elements, as well as a cognitive sense of how this might be used to support our clients. Afterward, participants discussed how this knowledge melded with their own diverse experiences and practice, with many expressing interest in further study of SE.
Members’ Area

Lunch Break @Nancy Napier presentation

Evelyn Gladu  Bette Spear  Paul Neustadt

Jackson Ravenscroft  Kimika Watkins  Risheen Brown
Charles Strauss

Peter Pruyn

Natalie Robinson  Susan Aeschbach
A Note to Our Members

We, at NESTTD, wish everyone a very happy upcoming Holiday season. Please know that we are available to answer your questions, help navigate your way through the website, or help set up your directory profile. Moreover, we want to connect with you, so please keep in touch by means of our NESTTD Members Area. We look forward to receiving your professional updates via email. Thank you so much for your continued support through Membership.