



Suze Maclaine Pont

Founder & Director of Integrative Trauma Therapy

Module - Dissociation 14-16 October 2026

A three-day seminar on Integrating Dissociation

These three days are an invitation to pause, reflect, and rediscover what is essential in the relationship with ourselves and with others. All dissociation begins with a lost sense of connection—with our own self, and with the world around us. Yet, in reconnecting through conscious encounters, we find a profound opportunity to reintegrate these lost senses of self and restore a deep connection with our Soul.

Throughout the seminar, we will explore the delicate power of subtle encounters—with ourselves and with others—as the gateway to reconnecting with the essence of who we are.

Why this module is critical for doctors, therapists, healers and spiritual coaches:

Here's the uncomfortable truth: **most doctors, therapists and spiritual coaches are chronically dissociated.**

You've learned to "leave your body" and connect to either knowledge or Source.

You've trained yourself to "rise above" difficult emotions.

You've mastered "holding space" by checking out of your own experience.

And you call this "being spiritual" or "professional distance"

But it's not spiritual and it is not 'professional'—it's dissociation with an acceptable or spiritual name.

Your clients can feel it. They get insights from you, but no integration. Wisdom, but no embodiment. Light, but no grounding. It feels good during a session, but leaves them lost in the midst of real life, in between people.

This module teaches you the difference between:

- ❌ Spiritual bypass (leaving the body to avoid pain)
- ✅ Embodied spirituality (Soul AND body fully present)

In a world saturated with noise and fleeting attention spans, loneliness and a loss of true connection have become increasingly prevalent. Many of us suffer from this lack of connection: unable to fully feel, perceive, or reflect on our lives and relationships. Routine and stress take precedence over something far richer, while emotional abandonment and the

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endless hum of media push us farther away from what is uniquely ours, often out of sight and beyond our perceptual horizon.

As true connection fades, we lose the experience of being deeply “felt.” Feelings and sensory perceptions become suspect—perhaps even threatening—and symptoms may be our only signals back to ourselves. Without these connections, we come to accept a diminished self as the norm. Yet numbness inevitably builds into anger and aggression over time, as Arno Gruen explores in *The Betrayal of the Self*. Denying our perceptions and feelings makes us robotic, distorting the human experience at its core. It distances us from our deeper humanity and from the transcendent connection we have with God, our Soul, and the Universe. For some, dissociation even becomes a refuge, an ultimate hideaway that reinforces disconnection from the Self as if it were a solution.

In this seminar, we’ll turn to silence, simplicity, and gentleness, engaging in trauma-sensitive encounters to reorient ourselves in our perception of self and others. This isn’t about doing; it’s about the small, subtle moments that reach the essential. It’s about the few fundamental qualities that touch what some describe as the intimate source of our being. Sensitive receptivity—where thinking, talking, and understanding pause—opens us to a quality that defies words and allows us to reconnect.

Dissociative Parts and Attachment Work for Ego Integration

Building on the understanding of dissociation we explored in Module 2 on Attachment, this seminar focuses on the therapeutic practice of integrating fragmented ego parts. We draw upon parts work from various therapeutic models, including ego-state therapy (Watson & Watson), schema therapy (Young), transactional analysis (Berne), the inner team model

(Schulz von Thun), structural dissociation (van der Hart, Nijenhuis, Steele), and hypnosystemic approaches.

Dissociation, as a complex disorder, requires an intricate synthesis of attachment dynamics, a systemic understanding of relational interactions, and the resolution of affect-avoidance strategies. Context-sensitive parts work and a finely attuned perception of subtle state transitions are essential to the process.

We will engage in slow-motion work, integrating stillness, mindfulness, and specific attention-control techniques, alongside imaginative distancing, to help merge fragmented aspects of ego identity into a cohesive self-experience. This multi-modal approach requires mindful self-awareness, balancing subtle self-observation with the courage to encounter oneself deeply. The interplay of focused attention and physical processing will soften the rigidity of partial states, allowing for integration.

Overcoming situational unawareness of ego parts, addressing deep vulnerability, and loosening the tight grip of control mechanisms are just some of the challenges on the path to ego integration. Practice, patience, and perseverance are vital. Developing a deepened

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self-relationship and an integrated, resilient ego calls for a careful yet courageous approach, particularly in moments where fear must be faced.

This seminar will focus on practical treatment work, providing an applied framework for exploring and integrating dissociative parts. Supervision will be available to a limited extent, depending on time requirements.

Please Note: This is a teaching seminar. While we will engage in profound personal work to uncover and understand individual dynamics, this experience alone will not heal all trauma-related issues. It is, however, a meaningful step on the path toward self-integration and enduring wholeness.

When you complete this module:

- You'll finally know when you're dissociating (vs. truly present)
- You'll integrate your fragmented parts (adaptive child, wounded child, adult self)
- You'll be able to hold space without leaving your body
- Your clients will go deeper because YOU can stay present with their depth
- You'll experience a level of wholeness you didn't know was possible

Venue: Hoeve de Kempe - Haanstraat 8 - Voorst the Netherlands

Price:

Per module: ~~€2.000~~ per module €1.500 if paid in full

All modules: ~~€8.000~~ currently €6.000 if paid in full

All prices include lunches and dinners during seminars.

VAT, overnight stay and transportation are not included.

Payment plans available.

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