



connected

Jan 2026

# Network News

## General news

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## Recent research publications

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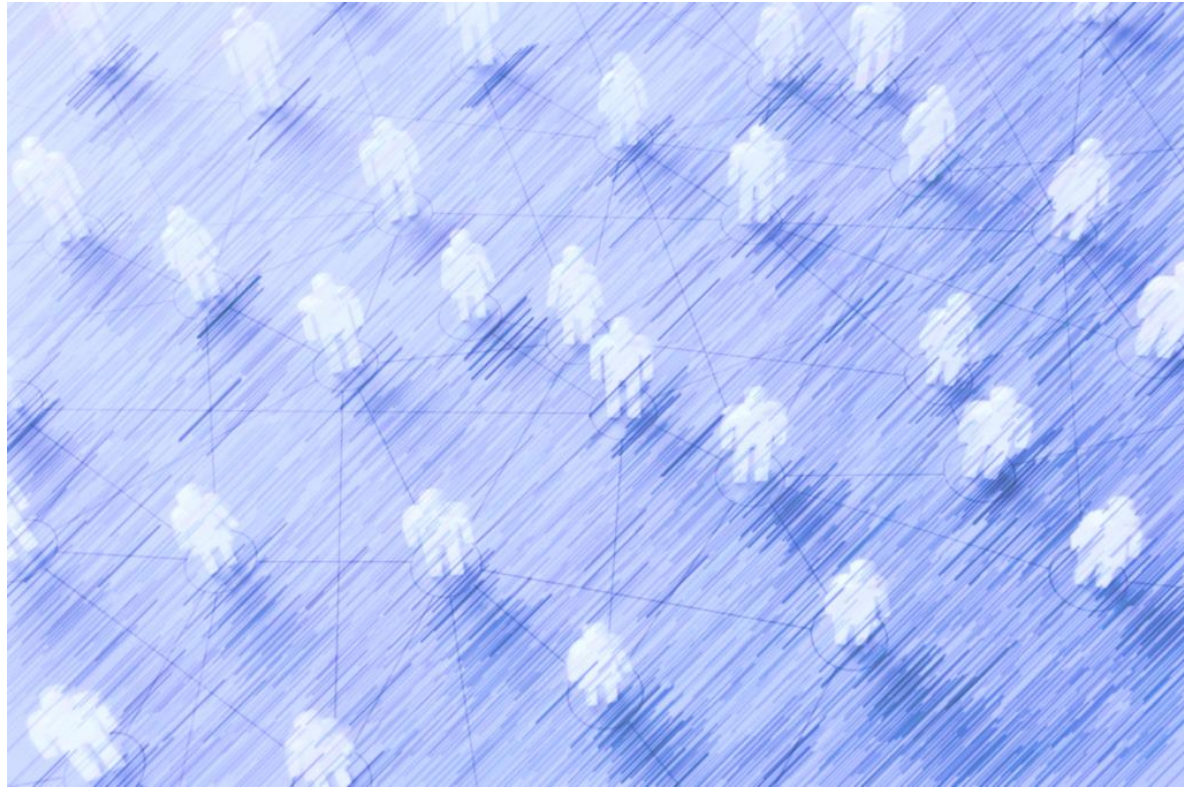
## Upcoming events

Next meeting:  
28<sup>th</sup> January, 16:00 (CET)

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@DISconnectedECR

[https://disconnected-  
network.com](https://disconnected-network.com)



## General news

Our main headline from 2025 includes our first international online conference, which took place between 6<sup>th</sup>-8<sup>th</sup> November, with over 350 registrations from 26 countries! You can read more, and find the catch-up link below.

Alongside the conference, our monthly meetings have continued, including presentations from Zarah Eve on understanding multiplicity outside of medicalization, and from Emma Černis on young people's attitudes and beliefs about dissociation.

As our network has continued to grow, we have been experimenting with different forms of connection, including research spotlights and online writing retreats. If you haven't already, do join our Slack channels to stay connected!



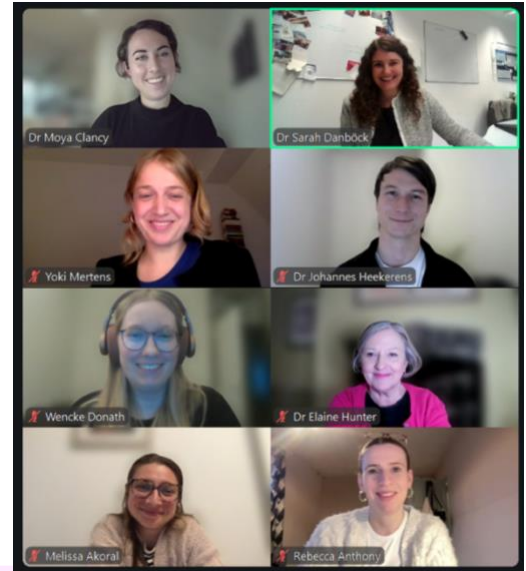
## General news

### DIS.connected International Online Conference

Thank you to everyone who was involved in our first ever conference!

Over three days in November, DIS.connected members Julia Lebovitz, Moya Clancy, Anson Chau, and Andy Fung hosted three online sessions showcasing the exciting research being done in the field of dissociation by both our esteemed keynote speakers and our very own DIS.connected members. Thank you to everyone who took part, especially our speakers. A huge thank you, too, to Johannes Heekerens and Gwynnevere Suter for their work “behind the scenes” making sure the registrations could be set up and the sessions could start on time.

You can catch up on the sessions [here](#)  
(Please note: this link will expire on 23 February 2026).



**THE AMERICAS** 9am - 12pm (ET)

Cherise Rosen, Julia Lebovitz, Katrina Rbeiz, Collin Taylor, Jeremy Cooper, **Lauren Lebois**, Nick Goode, Emma Obrien & Nicole Kouri

**THU 06**

1-4pm (GMT)

**EUROPE & AFRICA**

Elaine Hunter, Melissa Akoral, Gwynnevere Suter, Johannes Heekerens, Sarah Danböck, Rebecca Anthony, Yoki Mertens, Wencke Donath

**FRI 07**

**ASIA+** 9am - 12pm (GMT+8)

Andy Fung, Jianlin Liu, Zoe Zhang, Ocean Huang, Cherry Cheung, **Mary-Anne Kate**, Wei-Ying Chien, Bryan Yu & **Anson Chau**

**SAT 08**

### DIS.connected symposium at EABCT

In September, DIS.connected sent a symposium to EABCT. Chaired by Emma Černis, the topic of the session was affect in dissociation. Déborah Dawant presented the results of a scoping review of existing theoretical models of dissociation, highlighting emotion regulation as a possible maintenance mechanism in the persistence of dissociative difficulties that would be a promising target for future psychological interventions. Johannes Heekerens continued the discussion by presenting findings into the temporal dynamics of dissociative responses in high and low dissociation participants. His studies conducted in patients with borderline personality disorder, PTSD, dissociative disorders, depressive disorders, as well as non-clinical controls used self-report and electrocardiogram data analysed using dynamic structural equation models. Emma Černis then presented preliminary findings from a clinical single case experimental design study where CBT techniques were used to target cognitive appraisals of dissociation, rumination, and affect intolerance. Finally, Moya Clancy finished the session incorporating the presented themes and drawing upon her own work to offer reflections about future directions for this work in research and clinical practice.



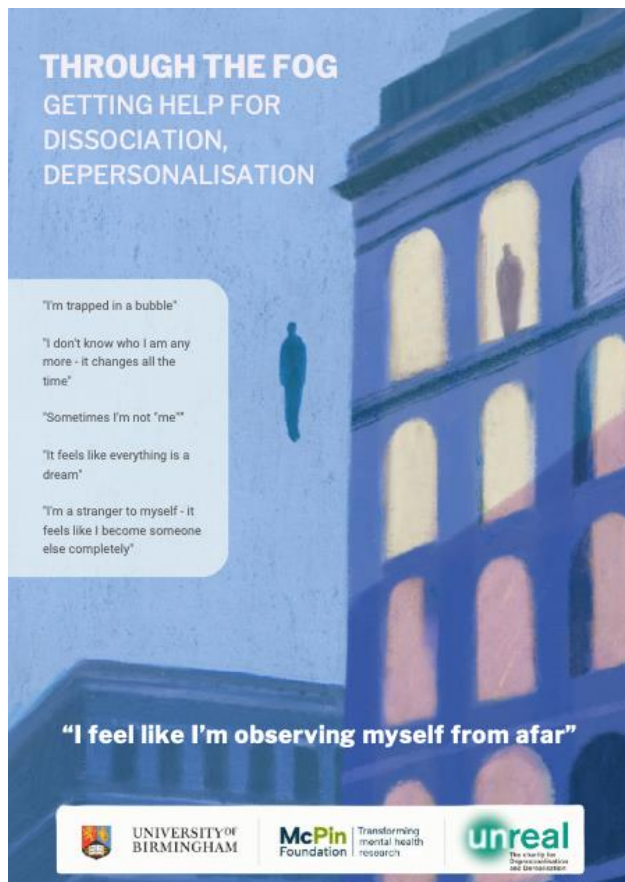
## **Opportunity to speak at the ESTD (European Society for Trauma and Dissociation) conference next year:**

The ESTD Research / Scientific Committee is inviting DIS.connected members to present their research during their webinar series next year, in 2026:

*From Anca-Livia Panfil, chair:*

- Our goal is to support early career researchers in trauma and dissociation to have a voice and visibility.
- We have 90 minute long free webinars that are usually held by two researchers (approx. 40 minutes each).
- We accept published and unpublished research that respects the general European requirements for conducting research.
- No ESTD-member fee is required and no other costs are involved.
- We request permission for the recordings to be put online for members but the speaker's agreement includes the option for no-permission if the content is unpublished for example.
- The webinars target our members and all non-members interested in the subject.
- The audience is usually a mix between researchers and clinicians but all interested can join.
- The presenters do not interact directly with the audience but with the co-hosts of the evening, meaning with Scientific Committee members.
- The schedule for such webinars is decided with speakers depending on their availability.

If you are interested, please contact Anca directly [anca.livia.panfil@gmail.com](mailto:anca.livia.panfil@gmail.com). You will need to supply a photo, bio, and abstract of the presentation for promotion approx. 1 month before the event.



## **Free resource for young people experiencing dissociation**

In partnership with the charity 'Unreal' (<https://www.unrealcharity.com>) and the McPin Foundation (<https://mcpin.org>), Emma Černis, Gwynnevere Suter and colleagues at the University of Birmingham have created a free new self-help and psychoeducation resource for young people experiencing dissociation. Co-produced with a group of young people with lived experience of dissociation, the resource guides young people through what dissociation is (and isn't!), gives tips for having conversations with trusted adults and clinicians, and advice for self-care - including how to avoid misleading online content about dissociation.

The resource is available to download for free, and the team are encouraging everyone to spread the word so that it reaches the people who need it most. They have a limited number of physical copies available - if you are in the UK and work in/with a service who may be interested in receiving some of these to hand out to clients, please contact Emma.





# Recent publications

## **Clinical patterns in a neuroimaging-based predictive model of self-reported dissociation.**

Purcell, J. B., Ren, B., Palermo, C. A., Bair, Z. A., Marr, M. C., Modell, R. L., Pan, X., Robinson, M.A., Shanahan, M.E., Swee, M.B., Kaufman, M.L. & Lebois, L. A. (2025). *Journal of Psychiatric Research*, 192, 251-260.

<https://doi.org/10.1016/j.jpsychires.2025.10.045>

X @LaurenLeboisPhD BlueSky: @laurenleboisphd.bsky.social

## **The Dissociative Symptoms Scale (DSS): Psychometric properties of scores on a German version in clinical samples.**

Heekerens, J. B., Biermann, M., Mocarz-Kleindienst, M., Vonderlin, R., Lyssenko, L., Hofmann, V., Carlson, E., Enning, F., Schmah, C., & Kleindienst, N. (2025). *Psychological Assessment*. <https://doi.org/10.1037/pas0001432>

Dissociation is common and highly relevant to mental health. The 20-item Dissociative Symptoms Scale measures dissociation across four domains. We present the German version, showing a similar four-factor structure and strong reliability and validity in clinical samples (N=257).

## **Towards an experimental model to study dissociation in the laboratory: Current challenges and a path forward.**

Heekerens, J. B. & Schmah, C. (2025). *Biological Psychiatry: Global Open Science*, 5(5). <https://doi.org/10.1016/j.bpsgos.2025.100549>

In this commentary, we discuss steps toward developing a widely accepted model of dissociation for laboratory research, addressing conceptualization and measurement of dissociation, as well as triggers and ecological validity.

## **Working with felt sense of anomaly dissociation in the context of psychosis: guidance for therapists.**

Černis E\*, Johns L, Hardy A. *Behavioural and Cognitive Psychotherapy*. Published online 2025:1-13. doi:10.1017/S135246582510101X

This paper outlines the CBT model for 'felt sense of anomaly' (FSA-type) dissociation, with advice for clinicians regarding assessment, formulation, and intervention.

Instagram: @emmacernis

## **Methods to induce dissociation and their effects on intrusions and memory: a randomized controlled trauma-film study.**

Danböck, S. K.\*, Hettegger, S. E., Franke, L. K., Hillemeier, K., Liedlgruber, M., Miedl, S. F., Alpers, G.W., & Wilhelm, F. H. (2025). *European Journal of Psychotraumatology*, 16(1).

<https://doi.org/10.1080/20008066.2025.2563482>

This study compared methods to induce dissociation during an analogue trauma film. Hypnotic suggestion and spiral-staring reliably elicited dissociation. Dissociation did not increase intrusions but was linked to poorer trauma-related memory.

BlueSky: @sarahdanboeck.bsky.social

## **Prospective investigation of positive psychotic symptoms, dissociative symptoms, and metacognitive dysfunctions in a non-clinical population**

Yu, B. H. W.\*, Chau, A. K. C., Chiu, C., & So, S. H. (2025). *Scientific Reports*. <https://doi.org/10.1038/s41598-025-19547-w>

Positive psychotic and dissociative symptoms in non-clinical adults influence each other over time. Metacognitive dysfunctions predicted dissociative but not positive psychotic symptoms. Findings suggest targets for symptom-specific interventions, warranting further research.

## **A latent profile analysis of positive psychotic symptoms and dissociative symptoms in the general population: their associations with childhood trauma and outcomes.**

Yu, B. H. W.\*, Chau, A. K. C., Chiu, C., & So, S. H. (2025). *Social psychiatry and psychiatric epidemiology*.

This study of 2958 adults in the general population found 4 distinct profiles of positive psychotic and dissociative symptoms. Increased childhood trauma was linked with higher symptom levels. Those most affected showed poorer emotional and functional outcomes, needing early intervention.

ResearchGate: Bryan-Yu-10

# Dates for the diary

## Upcoming network meetings:

Wednesday 28<sup>th</sup> of January, 16:00 (CET)

Wednesday 25<sup>th</sup> of February 16:00 (CET)

Wednesday 25<sup>th</sup> of March, 16:00 (CET)

Wednesday 29<sup>th</sup> of April, 17:00 (CET)

Would you like to present at one of our upcoming meetings?

Please sign up here - [DIS.connectedMonthly.xlsx](#), or email [sarah.danboeck@uni-mannheim.de](mailto:sarah.danboeck@uni-mannheim.de)

## Upcoming conferences and events:

### Building Foundations Together: 26th March 2026

Free, UK-based conference is being held at The University of Derby, exploring the future of dissociation in the UK. The conference is organised and sponsored by ACP UK, The CTAD Clinic, Derbyshire Healthcare NHS Foundation Trust, ESTD-UK and The Pottergate Centre. For more information please visit our latest news page [here](#)

### ISSTD Annual Conference: Past Perspectives, Future Horizons: Navigating Changing Currents of Complex Trauma and Dissociation. 28-30<sup>th</sup> March 2026, Portland, Oregon.

Information: <https://annualconference.isst-d.org>

### Fifth international conference on Trauma, Dissociation, and Psychosis. 10<sup>th</sup>-12<sup>th</sup> June 2026, Kristiansand, Norway.

Information: <https://www.sshf.no/en/helsefaglig/the-trauma-conference/>

### World Confederation of Cognitive and Behavioural Therapies Congress 2026: 25<sup>th</sup> - 28<sup>th</sup> June 2026, San Francisco.

Information: <https://wccbt2026.org/>

### EABCT Congress 2026 - 16<sup>th</sup> - 19<sup>th</sup> September 2026, Brussels

Information: <https://eabctcongress.org/>

### European Society for Trauma and Dissociation 10<sup>th</sup> International Congress: 1-3 October 2026, Lisbon

<https://estd2026.com/homex.aspx>