



Dissociation & Mindfulness: The Rosetta Stone to Healing the Deep Wounds of Detachment, Harm, and Abuse

(One-Day, Live Training with Christine Forner, MSW, RSW)

This course offers a revolutionary lens to see trauma and healing—not as opposites, but as part of an evolved system that protects and restores. You will leave with practical tools, deep insight, and the ability to transform therapy by working with the nervous system as it was designed to function.

Course Details

Date & Time: Friday, November 21, 2025 — 9:30 AM–4:30 PM MT

Format: Live Online Training

Abstract

Dissociation and mindfulness are two rival yet interconnected brain and body functions. Dissociation is the body's ancient survival strategy, activating when danger overwhelms the system—shutting down awareness to keep life going. Mindfulness, by contrast, is the evolved capacity to regulate through safety, allowing humans to fully sense, know, and connect with their internal and external worlds.

One function is about not knowing—numbing out the acute details of danger. The other is about knowing—tuning into the subtle details of safe states. Dissociation is the physiology of emergency cascade defences; mindfulness is the physiology of purposeful nurturing and regulation.

Why This Matters to Every Clinician

Whether you recognize it or not, dissociation and mindfulness are present in every single session you conduct. Every client is somewhere on the spectrum between disconnection and presence, between survival physiology and regulation. Most training programs do not teach how to see this or work with it. Without this understanding, clinicians risk missing what is truly happening in the room—and may even unintentionally reinforce survival patterns rather than healing.

The Missing Pieces: Isolation Threat and Renurturing Syndrome

At the core of dissociation is the isolation threat—the body’s primal alarm that survival is impossible without connection. When nurturing is absent early in life, this threat becomes chronic, wiring survival systems for fear instead of safety. Healing requires the reintroduction of nurturing, but this process is not simple.

When care or safety finally appear in a system long deprived of them, the nervous system can react with overwhelm, collapse, or defense—just as a starving body can react dangerously to food. This phenomenon, called Renurturing Syndrome, explains why clients may resist or shut down when care is offered. Recognizing and pacing this process is critical for true repair.

Learning Objectives

In six modules over one transformative day, you will:

- Discover how dissociation and mindfulness are always operating in the therapy room—and why recognizing this changes everything.
- Understand the chemical and electrical dynamics underlying dissociation and why it persists.
- Explore Mindfulness 2.0—an advanced approach that integrates safety, co-regulation, and nurturing into therapy.
- Learn how to identify and work with the primal isolation threat in clients.
- Recognize and navigate Renurturing Syndrome to avoid retraumatization and support safe reconnection.
- Reconstruct mindfulness within the complex reality of trauma, attachment, and dissociation.

Who Should Attend

- Psychologists, social workers, counsellors, and psychotherapists
- Trauma specialists and dissociation-informed clinicians• Mental health professionals seeking to deepen their clinical presence
- Practitioners curious about integrating neuroscience, attachment, and evolution in their practice



Why Attend?

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Course Fees

Early Bird until November 7: \$288.99

General Registration: : \$349.99

Student: \$199.99

Group Rates Available at Checkout

Registration: <https://www.christineforner.com/dissociation-and-mindfulness>

About Christine Forner

Christine Forner, BA, BSW, MSW, RSW—known as The Fierce Nurturer—is a trauma therapist and international educator specializing in dissociation, mindfulness, and securefulness. A protector of the vulnerable, she has over 35 years of clinical experience helping clinicians and communities understand the central role of safety and nurturing in healing trauma.

Christine is the author of *Dissociation, Mindfulness, and Creative Meditations* (Routledge, 2017) and the forthcoming *The Craving: How Prolonged Fear Shaped Humanity*.

She has introduced pioneering frameworks such as Securefulness, Primal Isolation Anguish, and Renurturing Syndrome, which have reshaped how therapists approach Dissociation care and the art of nurturing presence.

A past President of the International Society for the Study of Trauma and Dissociation (ISSTD), Christine continues to teach, write, and consult worldwide, guiding clinicians to embody presence, attunement, and secure care.



Additional Courses in Christine's Course Series

Find out More and Registration:

<https://www.christineforner.com/Courses>

Born to Be Nurtured: The Hidden Science of Human Connection

FRIDAY, DECEMBER 13, 2025 - 9:30 AM–4:30 PM MT (LIVE ONLINE TRAINING)

This day-long event will open your eyes to the evolutionary foundation of nurturing and why it is essential for healing and growth. You will learn how the brain is designed for connection, why so many of us struggle to feel safe even in safe places, and how to begin restoring this missing piece in your own life. Through science, stories, and experiential moments, you will discover that nurturing is not weakness—it is the deepest form of strength and the foundation of human thriving.

Dissociation 101: What Every Clinician Was Ever Taught

FRIDAY, JANUARY 23, 2026 - 9:30 AM–4:30 PM MT (LIVE ONLINE TRAINING)

This course will give you the framework and tools you need to finally understand dissociation for what it is: the body and brain's brilliant survival strategy.