

Mary T. Sise, LCSW FROZEN IN TIME

FROZEN IN TIME:
Healing the
Fragmented Self

Mary T. Sise, LCSW, D.CEP
518.785.8576
marysise100@gmail.com
MarySise.com



Mary Sise

1

OBJECTIVES:

Upon completion of this workshop participants will be able to:


- Name 5 clinical symptoms of fragmentation
- State two metaphors that help clients understand fragmentation
- List the 6 R's of treatment

Mary Sise

2

HEALING TRAUMA: HISTORICALLY

- Warriors & Shamans
- Similarities to western psychotherapy:
 - Parts therapy
 - Dissociation
 - Internal family systems



Mary Sise

3

Mary T. Sise, LCSW

FROZEN IN TIME

SUBJECTIVE INDICATIONS OF FRAGMENTATION

- Client feels empty, numb or dead inside
- Client feels not quite whole
- Client describes "hole in my chest" or stomach area
- Client can't remember events, years
- Client unable to access an emotion
- Unexplainable body pain

Mary Sise

4

OBJECTIVE INDICATIONS OF FRAGMENTATION:

- Client drinks to feel an emotion
- Client won't own an emotion
- Memory gaps
- Chronic illness, especially as a child
- Client acts spacey & not in the body
- Client has a hard time moving on after a loss

Mary Sise

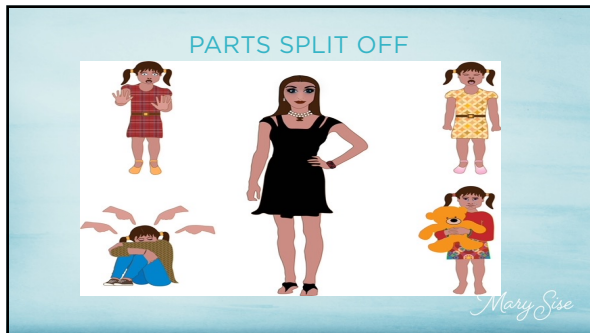
5

OBJECTIVE INDICATIONS OF INCREASED DISSOCIATION

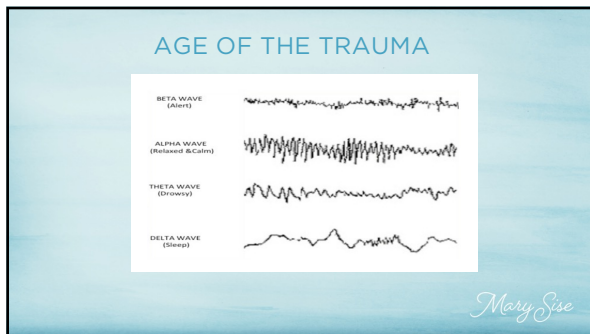
- Client feels spacey & not in the body
- Therapist feels spacey
- Memory gaps
- Client doesn't remember they said something in the session
- Eyes darting or blinking
- Often need a longer session to see this
- Clinically you feel something isn't right
- Lots of trauma under age 7, during an intake become increasingly stressed or spacey

Mary Sise

6



7



8



9



10



11

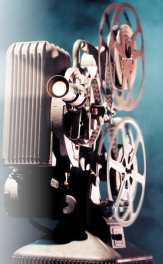


12

Mary T. Sise, LCSW FROZEN IN TIME

During processing:

1. Remember: Client triggered
2. Return: to consciousness – stay with me in today – in this reality
3. Re-own: the dissociated emotion & child.
4. Release: Help part of you that is left behind, use tapping & add: *"For me and every part of me, especially the child part of me"*
5. Reprogram: It is safe to cry (blue crayon), be angry (red crayon). Own & release
6. Re-integrate: Bring part to today, separate time – you didn't know you were going to live, that time is over, **look out your eyes see today**




Mary Sise

13

ROLE OF THE HEALER:

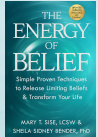
- Historical & spiritual perspective
- Must stay calm and bring client to here
- Must be integrated
- Must have healed the split off aspect of themselves **first**
- **Cannot take someone further than you have gone!**



Mary Sise

14

FOR MORE INFORMATION, TRAINING OR DCEP SUPERVISION:



Mary T. Sise, LCSW, D.CEP
596 New Loudon Road
Latham, New York 12110
(518) 785-8576
MarySise100@gmail.com
www.MarySise.com

Mary Sise

15
