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Georgia APRN License # R059344  
ANA Clinical Nurse Specialist Certification # 113095

**CLINICAL EXPERIENCE**

- 1985 to Present** Private practice of adult psychotherapy, specializing in treatment, training, supervision, and consultation for complex trauma-related disorders and attachment issues. Atlanta, Georgia.
- 2014 to Present** Adjunct Faculty, Emory University, Nell Hodgson Woodruff School of Nursing, Atlanta, Georgia.
- 2014 to 2018** Core faculty, International Congress on Trauma and Attachment (Istituto di Scienze Cognitive International) (Hosted in Rome, London, New York)
- 2015 to 2018** Clinical Consultant, Crime and Trauma Assistance Program, Mt. Carmel Health, Columbus, Ohio.
- 1995 to 2016** Clinical Director, Metropolitan Counseling Services (part time), a nonprofit, sliding scale psychotherapy and training center. Co-founder of MCS. Provided training and supervision in psychotherapy for residents working toward licensure. Developed and implemented programs, training, inservices, and workshops. Provided group supervision and direction of supervisors.
- 1991 to 1995** Clinical Director, Posttraumatic Stress and Dissociative Disorders Program, CPC Parkwood Hospital. (part time). Atlanta, Georgia. Provided consultation, supervision, program planning and management, and direct care services.
- 1985 to 1987** Psychiatric Clinical Nurse Specialist, Grady Memorial Hospital. Provided outpatient individual and group therapy, and crisis evaluation and intervention on the Psychiatric Emergency Team. Atlanta, Georgia.

**RELATED WORK EXPERIENCE**

- 2008 - Present** Editorial Board, *Journal of Trauma and Dissociation*
- 2010 – 2018** Member, Complex PTSD Treatment Guidelines Task Force, a joint project of ISSTD and Division 56, American Psychological Association.

- 2009– 2011** Member, Task Force for Adult Treatment Guidelines for Dissociative Disorders, Revised and Updated; International Society for the Study of Trauma and Dissociation.
- 2008-2009** President of the International Society for the Study of Trauma and Dissociation.
- 2008** 2008 Conference Chair, 25<sup>th</sup> Anniversary Annual Conference, International Society for the Study of Trauma and Dissociation, Chicago, IL
- 2008 to 2013** Member, ISSTD DSM-V Task Force on Dissociative Disorders
- 2007 to 2010** Member, ISSTD Board of Directors
- 2001 to 2007** Board Member, International Society for Traumatic Stress Studies. Committee membership includes Calendars (Chair), Finance, Organizational Liaisons, and Certification Task Force.
- 2001 to 2008** Editor, Publications of Interest Column, The International Society for the Study of Dissociation Newsletter.
- 2000 to 2005** Editorial Board, *Journal of Psychological Trauma*
- 2000 to 2008** Board Member, Leadership Council on Child Abuse and Interpersonal Violence
- 2001 to 2002** Program Chair. 2002 Annual Conference of the International Society for the Study of Dissociation, Baltimore, MD.
- 1988 to 2000** Clinical Consultant and Trainer for the Survivor Programs of the Georgia Council on Child Abuse, Inc. Atlanta, Georgia
- 1997 to 2000** Board Member, International Society for the Study of Dissociation.

## TRAINING AND WORKSHOP EXPERIENCE

- 1990 – Present** Provide frequent trainings, seminars, consultations, and keynotes throughout the US and internationally. Recent and upcoming trainings or keynotes may be found on my website at [www.kathy-steele.com](http://www.kathy-steele.com). A list of topics and locations provided upon request.

## EDUCATION

- |             |     |                              |              |
|-------------|-----|------------------------------|--------------|
| <b>1983</b> | MN  | Emory University             | Atlanta, GA  |
| <b>1978</b> | BSN | University of South Carolina | Columbia, SC |

## AWARDS

- 2017** **Pierre Janet Writing Award** for *Treating Trauma-related Dissociation: A Practical Integrative Approach*.
- 2017** **Honorary Lifetime Member**, Italian Society for the Study of Trauma and Dissociation
- 2016** **Honorary Lifetime Member**, European Society for the Study of Trauma and Dissociation

- 2013 President's Award**, International Society for the Study of Trauma and Dissociation
- 2013 Cornelia B. Wilbur Award** for Outstanding Clinical Contributions, International Society for the Study of Trauma and Dissociation
- 2011 Pierre Janet Writing Award** for *Coping with Trauma-Related Dissociation: Skills Training for Patients and Therapists*
- 2010 Lifetime Achievement Award** from the International Society for the Study of Trauma and Dissociation.
- 2006 Emory University Distinguished Alumni Achievement Award**. Emory University, School of Nursing, Atlanta, Georgia
- 2006 Media Award: Written** from the International Society for the Study of Trauma and Dissociation, for publication of the book, *The haunted self: Structural dissociation and treatment of chronic traumatization*.
- 2001 Pierre Janet Writing Award** from the International Society for the Study of Dissociation For best theoretical and clinical publication in the field of dissociation.
- 1999 Distinguished Achievement Award** from the International Society for the Study of Dissociation.
- 1997 Fellow**, International Society for the Study of Dissociation

## MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- 2016 to Present** Honorary Lifetime Membership, European Society for the Study of Trauma and Dissociation
- 1986 to Present** International Society for the Study of Trauma and Dissociation
- 1993 to 2016** International Society for Traumatic Stress Studies
- 2007 to 2011** Division 56, Trauma, American Psychological Association

## PUBLICATIONS

### Books

Steele, K., Boon, S., & Van der Hart, O. (2016). *Treating Trauma-related dissociation: A practical, integrative approach*. New York: W. W. Norton.

[Translations of *Treating trauma-related dissociation* in Dutch (2018), Italian (2018), German (2018), Spanish (2018), Finnish (2018), French (2018)]

Boon, S., Steele, K., & Van der Hart, O. (2011). *Coping with trauma-related dissociation: Skills training for patients and their therapists*. New York: Norton.

[Translations of *Coping with trauma-related dissociation* published in Dutch (2012), German (2013), Swedish (2013), Finnish (2013), Italian (2014), French (2014), Norwegian (2014), and Spanish (2014)]

Van der Hart, O., Nijenhuis, E.R.S., & Steele, K. (2006). *The haunted self: Structural dissociation and treatment of chronic traumatization*. New York: Norton.

[Translations of *The Haunted Self* published in German (2008), Spanish (2008), Finnish (2009), Dutch (2010), French (2010), Italian (2011), Japanese, Vol. 1, (2011), Russian (2013), Swedish (2013), Korean (2013), Persian (2018), Chinese (2018)]

### Chapters in Edited Books

Steele, K. (in press). Understanding motivational systems in complex trauma and dissociation. In D. Siegel, A. Schore, & L. Cozolino (Eds.) *Interpersonal neurobiology and clinical practice*. New

York. Norton.

- Steele, K., & Van der Hart, O. (2019). Assessing and treating complex dissociative disorders. In C. Courtois & J. Ford (Eds.), *Treating complex traumatic stress disorders in adults: Scientific foundations and therapeutic models*, 2<sup>nd</sup> ed (pp. 149-167). New York: Guilford.
- Steele, K., & Van der Hart O. (2019). The hypnotherapeutic relationship with traumatized patients: Pierre Janet's contribution to current treatment. In Craparo, G., Ortu, F., and Van der Hart, O. (Eds.) *Rediscovering Pierre Janet: Trauma, dissociation, and a new context for psychoanalysis* (pp. 145-163). New York: Routledge.
- Steele, K. (2017). Lessons I never wanted to learn. In Gardner, R. B. (Ed.) *Trauma and countertrauma, resilience and counterresilience*. London, England: Routledge.
- Steele, K. & Van der Hart, O. (2013). Understanding attachment, trauma, and dissociation in complex developmental trauma disorders. In A. Danquah & K. Berry (Eds.) *Using attachment theory in adult mental health: A practical guide*. Abingdon, UK: Routledge.
- Van der Hart, O., & Steele, K. (2013). Chronic traumatization and the theory of structural dissociation. In F. Kennedy, H. Kennerly, & D. Pearson (Eds.). *Dissociation and cognitive therapy*. Abingdon, UK: Routledge.
- Steele, K., & Van der Hart, O. (2009). Treating dissociation. In J.D. Ford & C. Courtois (Eds.), *Treating complex traumatic stress disorders* (pp. 145-165). New York: Guilford.
- Steele, K., Dorahy, M., Van der Hart, O., & Nijenhuis, E.R.S. (2009). Dissociation and alterations in consciousness: Different but related concepts. In P.F. Dell, & J. O'Neill. (Eds.). *Dissociation and the dissociative disorders: DSM-V and beyond*. New York: Routledge.
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2009). The theory of trauma-related structural dissociation of the personality. In P.F. Dell, & J. O'Neill. (Eds.). *Dissociation and the dissociative disorders: DSM-V and beyond*. New York: Routledge.
- Van der Hart, O., & Steele, K. (2008). Anniversary reactions. In G. Reyes, J.D. Elhai, & J.D. Ford (Eds.), *The encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Van der Hart, O., & Steele, K. (2008). Hysteria. In G. Reyes, J.D. Elhai, & J.D. Ford (Eds.). *The encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Nijenhuis, E.R.S., & Van der Hart, O., & Steele, K. (2008). Biopsychosocial integration. In G. Reyes, J.D. Elhai, & J.D. Ford (Eds.). *The encyclopedia of psychological trauma*. New York: John Wiley & Sons.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2006). Traumerelatert strukturell dissosiasjon av personligheten [Trauma-related dissociation of the personality]. In T. Anstorp, K. Benum, & M. Jakobsen (Eds.), *Dissosiasjon og relasjonstraumer: Integrering av det splittede jeg* (pp. 73-88). Oslo: Universitetsforlaget.
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2006). Faseorientert behandling av kompleks traumatisering: Arbeid med dissosiasjon og traumerelaterte fobier [Phase-oriented treatment of complex traumatization: Working with dissociation and trauma-related phobias]. In T. Anstorp, K. Benum, & M. Jakobsen (Eds.), *Dissosiasjon og relasjonstraumer: Integrering av det splittede jeg* (pp. 105-121). Oslo: Universitetsforlaget.
- Van der Hart, O., Steele, K., Nijenhuis, E. R. S., & Mattheß, H. (2006). Strukturelle Dissoziation

- der Persönlichkeit und die Behandlung tramatischer Erinnerungen [Structural dissociation of the personality and the treatment of chronic traumatization]. In A. Maercker & R. Rosner (Eds.). *Psychotherapie der posttraumatischen Belastungsstörungen* [Psychotherapy of posttraumatic disorders] (pp. 156-1730). Stuggart/New York: Georg Thieme Verlag.
- Steele, K., Van der Hart, O., & Nijenhuis, E. (2004). Phasensorientierte Behandlung komplexer dissoziativer Störungen: die Bewältigung traumabezogener Phobien [Phase oriented treatment of complex dissociative disorders: Overcoming trauma-related phobias] In A. Eckhart-Henn & S.O. Hoffman (Eds.). *Dissoziative Bewusstseinsstörungen: Theorie, symptomatik, therapie* (pp. 357-394). [Dissociative Disorders of Consciousness: Theory, symptoms, therapy]. Stuggart/New York: Schattauer.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2004). Strukturelle Dissoziation der Persönlichkeitsstruktur: traumatischer Upsprung, phobische Residuan [Structural dissociation of the personality: Traumatic origins, phobic maintenance]. In A. Hofmann, L. Reddemann, & U. Gast (Eds.), *Psychotherapie der dissoziativen Störungen* [Psychotherapy of dissociative disorders] (pp.47-69). Stuttgart/New York: Georg Thieme Verlag.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2002). The emerging psychobiology of trauma-related dissociation and dissociative disorders. In D'Haenen, Den Boer, & Willner (Eds.) *Biological Psychiatry* (pp 1079-1098). London: Wiley.
- Steele, K., & Colrain, J. (1990). Abreactive work with sexual abuse survivors: Concepts and techniques. In M. A. Hunter (Ed.). *The sexually abused male* (Vol. II), pp. 1-55. Lexington MA: Lexington Press.

## Journal Articles

- Mitchell, S., & Steele, K. (in press, 2020). Mentalizing in complex trauma and dissociative disorders. *European Journal of Trauma and Dissociation*.
- Brand, B., Schielke, H., Putnam, K., Putnam, F., Loewenstein, R., Myrick, A., Jepsen, E., Langeland, W., Steele, K., Classen, C., & Lanius, R. (2019). An online educational program for individuals with Dissociative Identity Disorder and their clinicians: 1-year and 2-year followup. *Journal of Traumatic Stress*, 32, 156-166.
- Steele, K. (2018). Dependency in the psychotherapy of chronically traumatized individuals: Using motivational systems to guide effective treatment. *Cognitivism Clinico* [Clinical Cognition], 5(2), 221-226.
- Mosquera, D, & Steele K. (2017). Complex trauma, dissociation and borderline personality disorder: Working with integrative failures. *European Journal of Trauma and Dissociation*, 1, 63-71.
- Van der Hart, O., Steele, K., Nijenhuis, E. (2017). The treatment of traumatic memory in complex dissociative disorders. *European Journal of Trauma and Dissociation*, 1, 25-35.
- Steele, K. (2013). Six reasons to understand and treat dissociation. *Paradigm*, 18, 12-15.
- International Society for the Study of Trauma and Dissociation. (2011). [Chu, J. A., Dell, P. F., Van der Hart, O., Cardeña, E., Barach, P. M., Somer, E., Loewenstein, R. J., Brand, B., Golston, J. C., Courtois, C. A., Bowman, E. S., Classen, C., Dorahy, M., Sar, V., Gelinas, D. J., Fine, C. G., Paulsen, S., Kluff, R. P., Dalenberg, C. J., Jacobson-Levy,

- M., Nijenhuis, E. R. S., Boon, S., Chefetz, R. A., Middleton, W., Ross, C. A., Howell, E., Goodwin, G., Coons, P. M., Frankel, A. S., Steele, K., Gold, S. N., Gast, U., Young, L. M., & Twombly, J.]. Guidelines for treating dissociative identity disorder in adults, third revision. *Journal of Trauma & Dissociation*, 12, 115–187.
- Van der Hart, O., Nijenhuis, E., & Steele, K. (2011) El tratamiento de los recuerdos traumáticos en pacientes con trastornos disociativos complejos. [Treatment of traumatic memory in patients with complex Dissociative Disorders]. *Revibapst Volumen 3*
- Steele, K. (2011). When the patient is abusive to the therapist. *ISSTD News*, 29(4).
- Steele, K. (2009). The road is made by walking: A quarter century of being with dissociation. *Journal of the American Academy of Psychotherapists*, 45(2), 6-12.
- Steele, K. (2009). Reflections on integration, realization, and mentalization. *Journal of Trauma and Dissociation*, 10(1), 1-8.
- Van der Hart, O., Steele, K., Nijenhuis, E., de Soir, E. (2009). Souvenirs traumatiques: Leur traitement selon le modèle de la dissociation structurelle de la personnalité. *Revue Francophone du Stress et du Trauma*, 9, 81-92.
- Van der Hart, O., Van Ochten, J. M., Van Son, M. J. M., Steele, K., Levensvelt-Mulders, G. (2008). Relations among peritraumatic dissociation and posttraumatic stress: A critical review. *Journal of Trauma and Dissociation*, 9(3),
- Nijenhuis, E., Van der Hart, O., Steele, K., De Soir, E., & Matthess, H. (2006). Dissociation structurelle de la personnalité et trauma. [Structural dissociation of the personality and trauma]. *Stress et trauma*, 6(3), 125-139.
- Steele, K., Van der Hart, O., & Nijenhuis, E. (2005). Tratamiento secuenciado en fases de la disociación compleja: Superar las fobias relacionadas con el trauma. *Journal of Trauma & Dissociation*, 6, doi: 10.1300/J229v06n03\_02.
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2005). Phase-oriented treatment of structural dissociation in complex traumatization: Overcoming trauma-related phobias. *Journal of Trauma and Dissociation*, 6(3), 11-53.
- Ford, J., Courtois, C., Steele, K., Van der Hart, O., & Nijenhuis, E. (2005). Treatment of complex posttraumatic self-dysregulation. *Journal of Traumatic Stress*, 18, 437-448.
- Van der Hart, O., Nijenhuis, E.R.S., Steele, K., (2005). Dissociation: An under-recognized major feature of Complex PTSD. *Journal of Traumatic Stress*, 18, 413-424.
- Van der Hart, O. Nijenhuis, E.R.S., Steele, K., & Brown, D. (2004). Trauma-related dissociation: Conceptual clarity lost and found. *Australian and New Zealand Journal of Psychiatry*, 38 (11-12), 906-914.
- Nijenhuis, E.R.S., Van der Hart, O., Kruger, K., & Steele, K. (2004). Somatoform dissociation, reported abuse and animal defence-like reactions. *Australian and New Zealand Journal of Psychiatry*, 38, 678-686.
- Steele, K., & Pain, C. (2004). The integration of somatic approaches and traditional psychotherapy with chronically traumatized patients. *The International Society for the Study of Dissociation News*, 22 (1), 4-5.

- Steele, K., & Van der Hart, O. (2004). The hypnotherapeutic relationship with traumatized patients: Pierre Janet's contributions to current treatment. *Janetian Studies*, 1\_(1). <http://pierre-janet.com/JanetianStudiesBody.htm>.
- Nijenhuis, E.R.S., Van der Hart, O., & Steele, K. (2004). Trauma-related structural dissociation of the personality. [www.trauma-pages.com](http://www.trauma-pages.com).
- Steele, K., Van der Hart, O., & Nijenhuis, E.R.S. (2001). Dependency in the treatment of complex PTSD and dissociative disorder patients. *Journal of Trauma and Dissociation*, 2, 79-116.
- Van der Hart, O., Steele, K. & Ford, J.D. (2001). Introducing issues in the treatment of Complex PTSD. *Traumatic Stress Points*, 15(4), 10-11.
- Van der Hart, O. & Steele, K. (2000). The integration of traumatic memories versus abreaction: Clarification of terminology. *International Society for the Study of Dissociation News*, 18(2), 4-5.
- Van der Hart, O., Van Dijke, A., Van Son, M. & Steele, K. (2000). Somatoform dissociation in traumatized World War I combat soldiers: A neglected clinical heritage. *Journal of Trauma and Dissociation*, 1 (4), 33-66.
- Van der Hart, O. & Steele, K. (1999). Relieving or reliving childhood trauma: A commentary on Miltenburg and Singer (1997). *Theory and Psychology*, 9 (4), 533-540.
- Van der Hart, O., & Steele, K. (1997). Time distortions in Dissociative Identity Disorder: Janetian concepts and techniques. *Dissociation*, 9, 93-105.
- Van der Hart, O., Steele, K., Boon, S., & Brown, P. (1995). Die Behandlung traumatischer Erinnerungen: Synthese, Bewußtwerdung und Integration. *Hypnose und Kognition*, 12(2), 1-28.
- Van der Hart, O., Steele, K., Boon, S., & Brown, P. (1993). Le traitement des mémoires traumatiques: Synthèse, réalisation, et intégration. *Dissociation*, 6 (2/3), 162-180.
- Van der Hart, O., Steele, K., Boon, S., & Brown, P. (1993). The treatment of traumatic memories: Synthesis, realization, and integration. *Dissociation*, 6 (2/3), 162-180.
- Steele, K. (Sept, 1989). A model for abreaction with MPD and other dissociative disorders. *Dissociation*, 2 (3), 151-160.



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