



Assessing Dissociative and Somatic Presentations in Adolescents as Illustrated through the Therapeutic Assessment of a Teen and her Parents

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October 31, 2025, 10:00 am – 12:00 pm (central time)

This training will occur virtually through Zoom.

Training Overview

Dissociative and somatic symptoms are common in adolescents even when traumatic experiences are not evident, and yet are often overlooked symptoms during psychological assessments. This two-hour workshop is designed for clinicians who are looking to improve their understanding of how to assess for dissociation and somatic distress, understand the role these symptoms play in adolescent and family functioning, and how to discuss these issues with adolescent clients and their caregivers. After an explanation of key concepts and common assessment measures of dissociation and somatization, an adolescent clinical case will be shared. This case will explore how dissociative and somatic symptoms can be addressed in the context of a Therapeutic Assessment, and how to conceptualize these symptoms from a family systems perspective. Interventions for both treating these symptoms and shifting the family system will be explained. This workshop will help increase understanding of how to work with clients who present with dissociation and somatization, both for those following a traditional model of assessment and those following a collaborative/therapeutic approach.

*Note—This presentation was previously offered by the Therapeutic Assessment Institute (TAI) virtually in 2024 and at the 2025 CTA Conference under the title *The Body Keeps the Score: Assessing Dissociative and Somatic Presentations in Adolescents*.

Objectives

By the end of this training, participants will be able to:

- Explain dissociative and somatic disorder presentations, with particular emphasis on how these symptoms can be integrated into a case conceptualization.
- Identify 2-3 measures that are useful for assessing dissociation and somatic distress in adolescents.

- Describe how Therapeutic Assessment values and skills benefit the process of talking to adolescents and caregivers about dissociation.
- List 3-4 treatment recommendations that can be useful for a case with dissociation and related family system dynamics.

Tentative Schedule

10 min: Introductions and workshop overview

15 min: Overview of dissociation, somatic symptoms, and related diagnoses, with an emphasis on typical adolescent presentations.

15 min: Centering dissociation and somatic symptoms in case conceptualization for adolescent psychosocial functioning.

20 min: Helpful measures for dissociation and somatic symptoms, as well as a review of how to identify these symptoms in commonly used psychological tests.

15 min: Therapeutic Assessment case background, Assessment Questions (AQs), and test data.

15 min: A growing case conceptualization and identifying Levels of Information to inform the Family Assessment Intervention Session.

10 min: Talking to adolescents and caregivers about dissociation and somatic expression of psychological distress.

10 min: Integrating these ideas for a successful Summary/Discussion Session and treatment recommendations that caregivers will follow.

10 min: Questions and discussion

Prerequisite Training

The training is open to licensed psychologists and graduate students training to be psychologists.

Continuing Education & Attendance

This workshop is worth 2 CEs and an additional \$20.00 is required to cover Alliant's costs.

Alliant International University is approved by the American Psychological Association to Sponsor Continuing Education for psychologists.

Provider approved by the California Board of Registered Nursing, Provider # CEP17538, for 2 Contact Hours.

Approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4469.

Those seeking CE Credit under the BRN must retain this certificate for a minimum of 4 years.

Alliant International University maintains sole responsibility for this program and its content.

There are no known conflicts of interest, and no commercial support, associated with this program.

Participants will register for the Zoom link, and a Zoom record of attendance will be generated and submitted to Alliant to verify attendance. Additionally, participants are expected to keep their cameras on throughout the workshop, and in and out times will be noted. To receive CEs, participants must be present for all parts of the workshop. Partial CEs will not be provided.

Registration and Payment

To register, please email Raja directly at raja@mnccta.com and indicate professional or student and your method of payment (options below). The fee for this workshop is \$80.00 for professionals and \$40.00 for students and post-docs. Participants who are members of the Therapeutic Assessment Institute (TAI) receive a 10% discount and need to indicate that they are members in their email.

The registration fee includes the workshop and materials which will be sent via email.

If you would like CEs, an extra \$20.00 is required to cover Alliant International University's cost.

Credit card

Payment will be made through QuickBooks online. In your email, indicate that credit card is your preference, and whether you need CEs, and an invoice will be sent to your email through QuickBooks. You will enter your credit card and once payment is confirmed, QuickBooks will send you a receipt.

Electronic Payment

Venmo: Raja-David

Zelle: 651-442-3038

Once payment is received, I will send you a receipt with details.

Check

In your email, you indicate that you are mailing a check to the address listed in the footer on the first page. Checks should be made out to: Minnesota Center for Collaborative/Therapeutic Assessment, LLC.

Refund Policy

Participant cancellations occurring before October 23, 2025, will receive a 50% refund. Cancellations occurring August 24, 2025, or later will not receive any refund of registration fees.

Conflict of Interest:

In compliance with continuing education requirements, the presenter will disclose any financial or other associations with companies to which they have a direct and/or financial relationship related to the topic/content of this presentation.

Workshop Leaders



Raja M. David, PsyD, ABPP, LP is the founder and owner of the Minnesota Center for Collaborative/Therapeutic Assessment. He has written various chapters and articles on Therapeutic Assessment (TA), and is co-author of the “TA manual,” *Therapeutic Assessment with Adults: Using Psychological Testing to Help Clients Change* (Routledge, 2022). Raja routinely consults with clinicians and organizations looking to implement the TA model and teaches TA through workshops and graduate courses. In 2022, he joined the Therapeutic Assessment Institute (TAI) board of directors and took over editorship of *The TA Connection*.



Abby Hughes-Scalise is the Program Director for Augsburg University’s Clinical PsyD Program in Minneapolis, MN. She began her career investigating relationships between child psychopathology and family systems. As her interests in health psychology grew, she shifted to working with family systems in the context of complex illnesses requiring multidisciplinary care, such as chronic pain, conversion disorder, and epilepsy. Her publication history includes co-authoring a chapter in the *Handbook of Cognitive-Behavioral Therapy for Pediatric Medical Conditions* (2019; R. Friedberg & J. Paternostro, editors) on intervention approaches for psychogenic non-epileptic seizures and multiple journal articles on parent-child relationships in the context of mood disorders. She

is on the Editorial Board for the *Journal of Child and Family Behavior Therapy*.

Non-Discrimination Statement:

The MNCCTA does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, gender identity or age. The MNCCTA is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact Raja so that all reasonable efforts to accommodate these needs can be made.

Additional Information

For more information regarding the training, logistics, or to request accommodations, please email Raja directly at raja@mnccta.com.