



INTERNATIONAL
TRAUMASTUDIES
PROGRAM

1st International Congress on Trauma Prevention Studies

“From Darkness to Hope: Healing from Trauma in a World Facing Violence and Poverty”

January 9–11, 2026
Istanbul, Turkey

CLINIC WORKSHOP



Instructor Name: Prof. Dr. Erdinç Öztürk

Workshop Title: Trauma-Based Alliance Model Therapy

Brief Information About the Educator

Prof. Dr. Erdinç Öztürk continues his role as Head of both the Department of Social Sciences and the Unit for Psychotraumatology and Psychohistory Research at Istanbul University-Cerrahpaşa, Institute of Forensic Medicine and Forensic Sciences. A dissoanalyst, psychotraumatologist, trauma therapist, psychohistorian, and clinical and forensic psychologist, Prof. Dr. Öztürk is internationally recognized in the field of psychotraumatology: trauma and dissociation.

Born in Cologne, Germany, he worked for 20 years as a psychotherapist at Istanbul University Faculty of Medicine, Department of Psychiatry, Clinical Psychotherapy Unit and Dissociative Disorders Program, successfully treating hundreds of trauma cases.

Prof. Dr. Öztürk has developed numerous original treatment models for psychotherapeutic interventions in trauma-related psychiatric disorders, alongside normative, clinical, cyber, and societal dissociation-oriented theoretical studies, original research, and books. He completed all levels of his education with high and outstanding honors and has received multiple national and international scientific awards, with numerous publications and book chapters in English, German, and Spanish. Since receiving the “Best Research of the Year” award in the United States in 2007, he has been recognized among the world’s top 50 scientists in the field of trauma and dissociation.

After 30 years of clinical work in trauma and dissociation, Prof. Dr. Öztürk developed the Dissoanalysis Theory. In recognition of his international scientific contributions, he was awarded ISSTD Fellow status by the International Society for the Study of Trauma and Dissociation (ISSTD) in the USA. He pioneers the fields of modern psychotraumatology, trauma psychotherapy, dissoanalytic psychohistory, and clinical forensic psychology in Turkey, and continues to conduct scientific studies focused on family psychology, forensic psychopathology, intergenerational trauma transmission, intergenerational psychopathology, transgenerational dissociation, migration psychology, war psychology, and genocide.

Workshop Content

Trauma-Centered Alliance Model Therapy (TCAMT) was developed by Öztürk as both a short-term and crisis-intervention psychotherapy for Dissociative Identity Disorder (DID). TCAMT can also be applied to all trauma-related psychiatric diagnoses beyond DID.

Prof. Dr. Erdiñ Öztürk is recognized internationally as an expert in psychotraumatology and, as a clinical psychologist treating one of the highest numbers of trauma patients both in Turkey and worldwide, he has specialized in the clinical and forensic psychological assessment of trauma-related mental disorders, with a focus on dissociative disorders and post-traumatic stress disorder (PTSD).

In TCAMT, Öztürk has identified 30 strategically significant alter personalities for DID cases, including but not limited to: the host

personality, apparently natural alter, helper alter, persecutor alter, child alter, gay/lesbian alter, messenger alter, abuser/perpetrator alter, leader/guide/wise alter, objective/neutral alter, reversible alter, talented alter, suicidal-depressive alter, and potent female alter. Clearly recognizing these alter personalities and establishing therapeutic alliances with them forms the core stage of treatment.

In TCAMT, the alliance of alter personalities is a central focus. Instead of using the term "therapeutic alliance," Öztürk prefers "therapeutic reciprocity", emphasizing a mutually responsive relationship between therapist and client that ensures the progress and successful completion of therapy. Therapeutic reciprocity can be established even with alters that appear negative in nature. For DID, establishing reciprocity solely with the host personality is insufficient.

TCAMT requires a triadic therapeutic reciprocity: between the therapist and the host, between the therapist and alters, between alters themselves, and between alters and the host. This model, specific to DID, was developed based on Öztürk's years of intensive clinical work with DID patients, aiming to shorten treatment duration while maintaining effectiveness. After establishing the alliance between host and alter personalities, TCAMT focuses on processing trauma in a strategic, trauma-centered, and integrative approach, addressing both crisis intervention and ongoing psychotherapy needs.

TCAMT is structured around eight interconnected main phases: Multi-focused therapeutic alliance, Short-term and effective trauma work, Crisis integration and control specific to DID, Strategic functions and missions of host and alter personalities, Solution-focused approaches to insecure attachment and pathogenic family Dynamics, Correction of time perception and cognitive distortions across host and alter personalities, Integration through host-mediated mergers, Post-integration self-healing psychotherapy Each main phase typically spans about three weeks, and the full psychotherapy for DID is completed in approximately six months. Öztürk emphasizes that all clinical psychologists, psychotraumatologists, psychiatrists, mental

	<p>health nurses, social workers, psychological counselors, and legal professionals form the “Psychotraumatologist Academicians’ Movement”, contributing to trauma-informed care.</p> <p>For psychotraumatologists actively working with trauma-related psychiatric cases, TCAMT highlights the essential role of working with family dynamics of traumatized individuals and integrates these dynamics thoroughly throughout the psychotherapy process.</p> <p>Purpose of Training: The TCAMT training aims to equip mental health professionals with the skills to conduct short-term and crisis-intervention psychotherapies for DID and other trauma-related psychiatric disorders, fostering the development of competent clinicians in trauma-centered psychotherapy.</p>
Topics to Be Covered	Dissociation, dissociative disorders, dissociative identity disorder (DID), alter personalities, trauma-related psychiatric responses, trauma-focused psychotherapy, eight phases of psychotherapy, short-term psychotherapy
Duration	3 hours
Maximum Number of Participants	100
Target Audience	<ul style="list-style-type: none"> • Psychologists • Counselors / Psychological Counselors • Family Therapists / Family Counselors • Undergraduate students in Psychology, Psychological Counseling and Guidance programs, and all university students pursuing studies in mental health fields, including psychiatry specialists and residents, are eligible to participate in the training.



utoc-ko@worldhumanrelief.org



9-11 January 2026



www.utocko2026.whr.org



Bahcesehir University