

# 7TH BIENNIAL ESTD CONFERENCE

## THE LEGACY OF TRAUMA AND DISSOCIATION

Body and Mind in a New Perspective



## Maladaptive Daydreaming: an Overview of a Proposed Disorder

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This panel discussion about maladaptive daydreaming (MD) will include presenters from Israel, Italy, Hungary, Poland and the United States. People with MD spend many hours per day in a complex inner world that often includes many different characters and complex plots and actions. The MD causes significant distress and dysfunction. Presenters will discuss the diagnostic criteria for MD, its phenomenology, comorbidity and associated features. The differential diagnosis includes addictions, OCD, dissociative disorders and stereotypical movement disorders. None of these features are present in all cases. One presentation will focus on the artwork produced by 9 individuals in treatment for MD. Another panelist will present a correlation network analysis of 135 cases of MD. Another presenter will discuss the relationships between MD and fantasy proneness, default mode networks and other models that might help us understand MD. Trauma and dissociation are prominent in MD, but do not occur in all cases. Nevertheless, even if typical structural dissociation is not present, virtually all individuals with MD describe a dissociation between their empty, unhappy, drab external self and life and their comparatively rich, colored and fulfilling inner fantasy world. MD should be understood and considered by clinicians treating trauma and dissociation.