

European Society for the Trauma and Dissociation, UK network (ESTD-UK)

Training Statement

Background

ESTD-UK is a network of ESTD. ESTD was launched at the United Kingdom Society for the Study of Dissociation (UKSSD) conference in Norwich in 2007. The UK network was formed in January on the merger of UKSSD with ESTD. UK members are the third largest group of ESTD after The Netherlands and Germany.

More information about ESTD can be found on www.estd.org. There is a link to the UK website which is being developed.

UKSSD has provided training in work with trauma and dissociation in the form of seminars, workshops and conferences for around 15 years. Now ESTD-UK, it has its own training group with links to ESTD, ISSTD and organizations who work with trauma in the UK.

Aims of training statement

To encourage a co-ordinated approach to training in work with trauma and dissociation in the UK and avoid the fragmentation which can characterise this field of work.

Core principles of ESTD-UK training

Training should:

- Be targeted accurately at the participants level of knowledge and experience
- Be specific to the needs of the UK
- Provide for different learning styles
- Use a variety of training methods inc. experiential learning
- Include a cognitive component using appropriate literature, especially beyond introductory level
- Incorporate an element of self-directed and reflective learning
- Relate to different practice contexts
- Allow for incremental learning at different levels.
- Have input from experts by experience (potentially in a variety of forms e.g in person, via video, written survivor material, via consulting to training design).
- Be aware of equal opportunities/ provision for difference e.g any difficulties reading written material
- Providing continuity if using more than one trainer
- Address supervision issues
- Be peer evaluated using a feedback form for participants

Core themes

To be considered for inclusion at all levels in some form if possible

- Safety and affect regulation

- Attachment issues
- Survivor's perspective
- Consideration of extra dimensions of extreme/organised abuse e.g SRA
- Supervision and organizational issues

Target audience

Caregivers in the professional and voluntary sectors e.g: foster carers, adopters, social workers, mental health workers, therapists/counselors, health workers, volunteer workers, GP's, student health care services.

If you are planning to run a course which may be of interest to ESTD-UK members, please:

- Communicate with us about your plans.
- Send us details of your course for circulation to ESTD-UK members.
- Ask us to advertise your course on the UK section of the ESTD website.
- Consider joining the ESTD-UK network.

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