



## **European Society for Trauma & Dissociation, UK Network**

### **Practical Training for People in Practice**

#### **Summary of training delivered January –December 2009**

The ESTD UK training programme has been well received over the last 12 months. The programme has been enhanced by our continued collaboration with experts by experience via First Person Plural. Feedback is always very positive about the value of this expert-by-experience training. Participants view it as very useful in developing their understanding and as having practical application to their work with trauma and dissociation.

FPP is represented on the ESTD-UK Training Faculty and has collaborated during 2009 to organise and/or deliver the following from the ESTD-UK training programme:-

**Feb 2009** : a half-day expert-by-experience session as an integral part of the ESTD-UK / Remy Aquarone 4 day **"Affect regulation, the use and abuse of self: Working with complex trauma and dissociation"** course in **Manchester**

8 professionals attended; their comments on FPP's input included:

"Really enjoyed the FPP presentation"; "Excellent to hear survivors story told so eloquently"; "Very Powerful"

**November 2009** : a one day introductory level **Understanding Dissociation** training course designed, administered and delivered by FPP's expert-by-experience trainers in **York**

31 individuals attended, including 23 professionals; on the evaluation all rated a high level of satisfaction with the course. Comments included:

*"Despite the heavy nature of the subject you made the day accessible and enjoyable";  
"Really opened my eyes. Made sense of some of my professional experiences, gave me ideas for working more helpfully with clients"; "Very valuable & because survivor-led I felt I was given a privileged & unique insight into DID. Also felt very well informed"; "role play exercise really highlighted the difficulties / conflicts that exist within a person";  
"Personal experience was very valuable in making the training meaningful and real";  
"Hugely valuable and enjoyable day. I came to this subject with little awareness / understanding and I feel I am taking away a tremendous amount – in terms of insight, resources, research material. This felt very soundly and solidly based"*

**November 2009** : a one day introductory level **Assessment of Dissociative Conditions** training course organised and administered by FPP; designed and delivered by Remy Aquarone of the Pottergate Centre for Trauma & Dissociation in **York**

12 professionals attended; on the evaluation all rated a high level of satisfaction with the course. Comments included:

*"Excellent, very informative and interactive"; "Very useful clinical ideas for use with my dissociative clients"; "Brilliant"; "Very helpful, always brought back to clinical practice"; "Sensitive to the needs of the group – very good"*

## **Other courses run in association with ESTD-UK**

**Time as a Neural Organiser of the Self** was delivered as a one day workshop by Nel Walker in York in April. This attracted 20 delegates from a variety of settings. The majority felt very satisfied with the day. Comments included:

*"Very knowledgeable and experienced trainer". "Very practical material and demonstration". "Excellent presentation, pace, delivered from a very approachable & natural trainer". "Excellent, comprehensive, clear, stimulating and informative".*

**'Dissociative process and the therapeutic use of self'** (2 day workshop run at York St John University) and the follow-on 3 day workshop **'Working with trauma and dissociation'** (run once at YSJ and once at the University of **Strathclyde**), run by Val Wosket. The evaluations were very positive from both organisations and all in the 'very good' to 'excellent' range in terms of the teaching and content (less positive in parts on aspects such as venue and catering- over which we have no control!).

The **ISSTD module on Working with Dissociative Children and Adolescents** was delivered by Renee Marks. This training was delivered over 4 full days over a 5 month period and 7 people completed this first set of training on Diagnosis and Treatment of Children with Dissociative Disorders. It was evident that the training left the participants in a good position to identify dissociative features in children and to start the treatment. There was a some anxiety amongst the participants about future supervision and consultation and this led to a bi-monthly meeting of all the participants to update their training, discuss cases and to consult. This proves to be very successful and allows the participants to explore more in depth the therapeutic techniques working with dissociation in children and adolescents.

## **Future plans**

The ESTD UK training group is in the process of putting a new programme together for 2010. Plans (subject to recruitment) include running one or both of the workshops again on **'Dissociative process and the therapeutic use of self'**, to be hosted by York Women's Counselling Service (in Jan and March 2010) and by Durham PCT (workshop 1 in Feb with possibility of workshop 2 later).

**"Affect regulation, the use and abuse of self: Working with complex trauma and dissociation"** will run again in Norwich January/February 2010. Please note that this course is now full. The next one would be in late autumn 2010 or early 2011 and is open to suggested locations.

**'Reaching for Relationship: An attachment-based approach to working with dissociation'** is new course to be launched in Autumn 2010 by Sue Richardson in York. This 4 day course is designed for practitioners of any discipline who are already working with dissociative clients and have some prior training in this area of work. It aims to help people to enhance their practice by exploring ways of working with

complex issues and sharing creative interventions. Some prior knowledge of attachment theory is helpful but not essential: pre-course reading will be suggested and the course will begin with an overview and refresher re attachment concepts.

The **ISSTD module on Working with Dissociative Children and Adolescents** will be run again by Renee Marks.

The ***ISSTD Introductory, Standard and Advanced modules*** are still available according to demand.

Further information on future courses will be sent out as soon as it is available. If you would like to express an interest in any of them now or if you would like to see a course run in your area, make any suggestions for courses or offer to run a course in association with ESTD UK, do contact the training co-ordinator, Sue Richardson. Email:

[SueRichardson1@compuserve.com](mailto:SueRichardson1@compuserve.com)).