

Continuing professional development with ESTD UK

To apply for any of the following courses or to discuss your interest, please see individual contacts below.

1. Understanding & Working with Dissociation: A Foundation Course A CPD programme designed by European Society for the Study of Trauma and Dissociation UK (ESTD UK) and First Person Plural

This workshop series has been designed for anyone in the statutory, voluntary or private sector whose work may bring them into contact with individuals whose lives may be affected by childhood trauma and/or a dissociative disorder. It will benefit anyone working in health and adult or children's mental health (including commissioners; managers; clinicians of all disciplines; supervisors; support workers and NHS counselling /psychotherapy co-ordinators). Those working in education (e.g. school teachers, university & college lecturers, tutors and supervisors on PG/ Masters counselling & psychotherapy courses); social care (e.g. adult and children's social workers, anyone working in child protection, fostering and adoption services) and pastoral care will also find the programme useful. It may be suitable for those who have lived experience of complex dissociative conditions and their non-abusing family and friends. Each workshop is free-standing so that the course can be undertaken as a whole or in any combination of individual days, provided participants meet the requirements for each workshop.

Each day provides 5 CPD hours or 15 hours in total.

Learning outcomes

Participants undertaking all 3 days will be able to:

- Be equipped with basic theoretical knowledge of dissociation & and the dissociative conditions
- Understand the developmental origins of dissociation, its effects and its role in surviving abuse and trauma
- Recognise different categories & levels of dissociation and their relationship, similarities and differences with other aspects of mental health
- Use tools for initial screening and have an outline understanding of a protocol for assessment
- Understand the core components & stages of treatment
- Draw on a range of treatment strategies
- Be equipped for multi disciplinary work.
- Be more confident in supporting those affected by dissociation
- Enhanced their knowledge & understanding by learning from experts by experience
- Access material via a DVD to inform colleagues and others using a cascade model
- Be equipped to move on to post-foundation training provided by ESTD UK

Outline of programme

DAY 1: Understanding dissociation

Trainers : First Person Plural

Learning objectives:

By the end of the day, participants will have:

- Raised their awareness of dissociation and its role in surviving trauma
- Considered the impact on the survivor of non- recognition
- Gained practical ideas for supporting person suffering from dissociation
- Expanded their understanding of all of the above from the survivor's perspective

Entry requirements: No prior knowledge of dissociation is required for this workshop which is suitable for anyone coming into contact with persons living with dissociation.

DAY 2: Developmental origins of dissociation in childhood

Trainer: Renee Marks

Learning objectives:

By the end of the day, participants will understand:

- The development of self in the infant.
- The impact of the disorganized attachment on the developing self
- The impact of childhood trauma with specific reference to complex trauma.
- How children defend themselves against the disorganized attachment and childhood trauma.

Entry requirements: Prior knowledge and/or attendance on Day 1 is required for this workshop which is suitable for:

- anyone wanting an introduction to the origins of dissociation in childhood
- those who work with or care for traumatised children
- those who work with or care for traumatised adults
- those who work in fostering or adoption.

DAY 3: Assessment & treatment

Trainer : Remy Aquarone

Learning Objectives:

By the end of the day, participants will

- Understand the continuum from everyday dissociation (altered consciousness) to Dissociative Identity Disorder (DID)
- Be familiar with the use of screening instruments and their scoring as well as an understanding of the main Assessment Tool.
- Be clear about the reasons that may necessitate the use of these instruments.
- Be aware of the key components and stages of therapy as well as the effective use (when necessary) of a multi disciplinary team.

Entry requirements: Prior knowledge and/or attendance on Day 1 is required for this workshop. It is suitable for participants with or without prior experience of working with trauma and dissociation. It is especially suitable for those whose role includes the assessment of mental health conditions.

Post –foundation training

The above workshops (or other equivalent training in work with dissociation) provide a foundation for the following courses. Contact the trainers for further details.

Supporting Someone who has Dissociative Identity Disorder.

Trainer: First Person Plural (fpp@firstpersonplural.org.uk or www.firstpersonplural.org.uk/train.htm)

A practice-focused workshop designed for those working in a support, rather than clinical or therapeutic role. Prior knowledge or attendance on Day 1 of the above foundation programme is necessary but there is no requirement to be working with or informally supporting a dissociative individual

An additional requirement for the following 5 courses is current work with a child, adolescent or adult with a dissociative condition.

Working with dissociative children and adolescents (ISSTD seminar package)

Trainer: Renee Marks (reneeemarks@yahoo.co.uk or isst-d.org)

DSM IV assessment of dissociative conditions

Trainer: Remy Aquarone (remyaquarone@btconnect.com)

Affect regulation and the use of self (4 days in total).

Trainer: Remy Aquarone (remyaquarone@byconnect.com)

Working with dissociation: An attachment-based approach (4 days in total) .

Trainer: Sue Richardson (SueRichardson1@compuserve.com) Next course:

Edinburgh, Scotland 23-24 March & 20-21 April 2012

Supervision of complex trauma and dissociation

Trainer: Sue Richardson (SueRichardson1@compuserve.com)

About the trainers : All are experienced trainers & members of the ESTD-UK training faculty.

Remy Aquarone is a UKCP & BPC registered Analytical Psychotherapist with many years experience assessing and treating complex dissociative conditions. He is Director of the Pottergate Centre for Trauma & Dissociation in Norwich; President of the European Society for Trauma & Dissociation (ESTD); and a former International Director of the International Society for the Study of Trauma & Dissociation.

First Person Plural is the only national survivor-led membership charity in the UK which exclusively works for and on behalf of those affected by dissociative identity disorder (DID) or the similar childhood-trauma-related complex dissociative disorder. Our trainers are experts by experience i.e. individuals with lived experience of dissociative identity disorder who have training skills and a broad-based theoretical knowledge of dissociation, dissociative conditions, trauma and attachment.

Dr Renee Marks is a Consultant Therapist in the North of England specialising in children from birth to adolescents. She has 26 years experience working with children and families in a therapeutic capacity. Renee formerly managed an adoption team and now specifically focuses on families with adopted children who experience attachment problems due to unprocessed trauma and dissociation.

Sue Richardson is a UKCP registered attachment-based psychotherapist and member of The John Bowlby Centre with over 30 years experience in the helping professions. She has been instrumental in the formation of UK networks in the field of trauma & dissociation in which she is a published author.