

European Society for Trauma & Dissociation, UK Network

Practical Training for People in Practice

Training portfolio & frequently asked questions

➤ ***What training does ESTD UK offer?***

ESTD UK has a developing programme of courses from introductory to more experienced levels. We have a policy of working in partnership with experts by experience and with other organisations. You can find our training policy and current courses on offer on the UK page of the ESTD website (www.estd.org).

➤ ***I do not yet work with trauma and dissociation but feel this is likely to be an issue for my client group and would like to raise my awareness of this area of work.***

An excellent starting place is **Understanding Dissociation** run by experts by experience from First Person Plural . This course is highly rated by participants. For details of current dates and venues see ESTD website, the First Person Plural website (www.firstpersonplural.co.uk) or contact Kathryn Livingston (fpp@firstpersonplural.org.uk)

A new 3 day **Foundation Course** is has been designed in partnership with experts by experience form First Person Plural , to be launched in York in March 2012. 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. You can do any combination of day according to your needs. Details are on the ESTD website. Applications/inquiries to: firstpersonplural-chair@hotmail.co.uk

ISSTD also run an **introductory seminar package on complex PTSD** which can be undertaken on line or delivered in the UK according to demand. For details see the ISSTD website (www.isst-d.org).

➤ ***I have encountered a client with a dissociative condition for the first time and need some training in how best to work with them.***

Any or all of the courses mentioned above would be a good starting place.

Supporting Survivors who have Dissociative Identity Disorder is an additional course designed by First Person Plural primarily for non-clinical professional supporters. Clinicians too will find it helpful in developing their

understanding of dissociative crises from an expert-by-experience perspective. It is more practical and experiential than **Understanding Dissociation** (above) and assumes some basic knowledge about dissociation and the dissociative spectrum. See ESTD or FPP website for details or contact Kathryn Livingston (fpp@firstpersonplural.org.uk)

ISSTD also run a **standard level seminar package** which can be undertaken on line or delivered in the UK according to demand. For details see the ISSTD website (www.isst-d.org)

➤ ***I already work with dissociative clients and would like to extend my knowledge and skills.***

Understanding Dissociation run by First Person Plural is helpful at all levels of knowledge and experience.

Other relevant courses are

- **Affect regulation and the use of self** (2 x 2 day blocks) run by Remy Aquarone (see ESTD UK webpage for current timetable).
- **Working with dissociation: An attachment-based approach** designed by Sue Richardson. Next course Edinburgh 23-24 March & 20-21 April 2012 Details on ESTD website. Contact Sue for further details/applications (SueRichardson1@compuserve.com)
- ISSTD run an **advanced seminar package** which can be undertaken on line or delivered in the UK according to demand. For details see the ISSTD website (www.isst-d.org)

➤ ***I work with traumatised children and adolescents. What is there for me and their carers?***

An ISSTD seminar package **Working with dissociative children and adolescents** and other related courses are run by Renee Marks on a regular basis. See the ISSTD website or contact Renee for details (reneepmarks@yahoo.co.uk)

You would also find **Understanding Dissociation** run by First Person Plural helpful.

➤ ***I am a survivor myself looking for information about and insight into dissociation***

Understanding Dissociation run by First Person Plural (see above) is both designed for and highly recommended for your needs.

- ***I am a partner or other carer looking for information about and insight into dissociation***

Understanding Dissociation run by First Person Plural (see above) is both designed for and highly recommended for your needs.

Supporting Survivors who have Dissociative Identity Disorder has been designed by First Person Plural primarily for non-clinical professional supporters but may also be useful for some family/friends/informal carers. See above for details.

- ***I am a supervisor who needs to understand dissociative clients seen by my supervisees***

Understanding Dissociation run by experts by experience from First Person Plural is an excellent starting place.

The ISSTD **introductory seminar package on complex PTSD** will provide you with additional theoretical foundations. See above to source details of these courses.

A **workshop on the supervision of complex trauma and dissociation** facilitated by Sue Richardson is available according to demand.
(SueRichardson1@compuserve.com)

- ***Some of these courses interest me but there is not quite the right fit with my needs and those of my colleagues and organisation.***

There are other courses (e.g. on assessment) in the ESTD UK training portfolio which can be adapted to meet your needs and ESTD UK training group is always interested in developing new courses - contact the ESTD UK Training group :
estduktraining@yahoo.com

- ***I am a member of an organisation or team working with clients who may have experienced trauma and dissociation and am interested in arranging in-house training for myself and colleagues.***

Several of the above mentioned courses can be provided as in-house training. Also speakers may be arranged to deliver awareness-raising and other short presentations at your own training and conference events. Contact the ESTD UK Training group or the named trainers to discuss your needs.

**To discuss any of the trainings mentioned above, please contact
the named trainers or the ESTD UK Training group :
estduktraining@yahoo.com**

New additional educational resource

DVD: 'A Logical Way of Being'

Gives a broad introduction to the primary features of dissociation, together with some understanding of their origins in early traumatic attachment and abuse experiences. You will gain insight into what it is like to live with D.I.D. and be introduced to the support needs of these individuals and the role of psychotherapeutic treatment.

**Made by and available from First Person Plural direct or via the ESTD
website**