

Second bi-annual Conference

Thursday/Friday 21st & 22nd March 2019

The Spring Lane Building, University of York, YORK, YO10 5DD

Complex Trauma, Abuse and Dissociation

Energising Hope for Recovery

Comments from 2017 Conference Delegates

*"Wonderful, knowledgeable and experienced speakers" -- "Outstanding" -- "Fantastic"
"Very enriching and enjoyable" -- -- "Warm and inclusive" -- "Could not have been better"
"Educational, informative, amazing and inspiring" -- -- "Exceeded my expectations, excellent!"
(there was a) "beauty of warmth and depth of kindness amongst the people and a common desire to
bring healing and hope and change. No one seemed to be championing their own greatness and there
was a real sharing of common ground."*

ESTD-UK and FPP are working with partners from TEWV NHS Foundation Trust to ensure this conference has something for everyone working in the statutory, voluntary or private sector who is interested in or already working with people experiencing the effects of complex trauma, regardless of whether you need a basic, intermediary or advanced level of learning.

The Plenaries and Workshops (some of which are extended 3 hour sessions to allow for more in depth exploration of the topics) provide an opportunity to understand and address the specific needs of those who have experienced trauma with traumatic attachment and who have high chronic levels of complex dissociative experiences including those who meet diagnostic criteria for dissociative identity disorder (DID).

With a high percentage of people in contact with mental health services being survivors of trauma several NHS Trusts have started or plan to address how they can develop 'good practice' in their trauma-informed work. For staff on the frontline of all sectors working directly with trauma survivors and those who have responsibility for commissioning or managing services that meet their needs this conference is a forum to learn, discuss, network; to share your experiences and knowledge, your ideas and how you are managing the challenges of this work.

Conference Website for Further Details and Booking

<https://estduk-conference.org>

ESTD-UK is a professional network consisting of UK members of the European Society for Trauma & Dissociation (ESTD). The latter was established in 2006 as a professional society and ESTD-UK formed shortly after. The society is for clinicians, academics, and researchers with a professional interest in the field of complex traumatic dissociation, and also for official representatives of constituted national organisations who are actively engaged in education, service provision or research in the field of complex traumatic dissociation.

ESTD-UK has an established training faculty, produces information resources and provides professional networking opportunities, including stimulating and contributing to research projects. Collaboration with experts-by-experience is a core aspect of its ethos.

<https://estduk.org/>

Tees, Esk and Wear Valleys NHS Foundation Trust provides mental health and learning disability services in County Durham, the Tees Valley, York and North Yorkshire. Through their trauma informed care project, the Trust aims to establish a Trust-wide trauma informed care approach. Thus, improving service users' experience and outcomes by understanding and managing issues in a different way. Trauma informed care emphasises physical, psychological and emotional safety and helps people to rebuild a sense of control and empowerment in their lives and communities. The Trust recognises that exposure to trauma is common and sees the importance of practitioners screening for trauma as early as possible.

<http://www.tewv.nhs.uk>

First Person Plural - dissociative identity disorder association - is a charity founded in 1997. It is experts-by-experience led and one of the longest established UK organisations of any type specialising in working for and on behalf of people affected by complex dissociative identity disorders, i.e. Dissociative Identity Disorder and DID-like Other Specified Dissociative Disorder. It remains the only UK membership charity specialising in this field. It prides itself on working collaboratively with other organisations who share its interests and ethos, including ESTD and TEWV NHS FT. The charity holds a firm belief that collaborative working is key to achieving common goals of improved and earlier recognition, together with effective, timely treatment and support services for all those affected by the dissociative identity disorders. It is an established training provider delivering courses to a wide range of organisations and individual professionals including NHS, private sector and other charities / not-for-profits. It develops and provides information resources through its website and to individual enquirers; encourages mutual support networks including an online support forum for full members of the charity and issues a quarterly membership newsletter. Kathryn Livingston, as founder of First Person Plural, was awarded a British Empire Medal in the 2018 Queens New Year's Honours for services to people with Dissociative Identity Disorder.

<http://www.firstpersonplural.org.uk/>