

Trauma-informed Services & Complex Dissociation Training - First Person Plural

Location: Fife (actual venue to be confirmed)

Dates: Thursday 27th & Friday 28th February 2020

Cost: £100 for both days

Day 1: Complex traumatic dissociation awareness - a crucial element of trauma-informed services

- To consider trauma and its impact
- To look at the inter-relatedness of childhood sexual, emotional, physical abuse and neglect and the impact of this trauma on the child's developmental pathways
- To identify and recognize how this affects early childhood attachment dynamics that activate and maintain attachment patterns
- To introduce complex dissociation including dissociative identity, within the structural dissociation of the personality model
- To consider the effects of living with dissociative identity

Day 2: Complex traumatic dissociation - an exploration of the recommended three phases of treatment.

- To review learning from Day 1
- To understand a three phase model of treatment for complex dissociative conditions
- To consider and reflect on the evolving nature of each of the three stages and how this may affect the client, therapist, other supporters, family and friends.

For more information and to book contact Mairi at FRASAC on 01592 642336 or email mairi.mcallister@frasac.org.uk

WHY THIS TRAINING?

There is growing recognition of the high levels of trauma victims and survivors using and working in the NHS and related services. In response to this, NHS national strategy and other drivers require localities to develop 'trauma-informed care'. To implement this successfully, it is essential to understand complex traumatic dissociation, theory and the reality from the lived experience. Dissociative identities and other distressing complex dissociative conditions are trauma-related and commonly experienced by those who were victims of prolonged abuse or other types of trauma, beginning in early childhood. It is a myth that such complex traumatic dissociation is rare, however it is true that it is frequently unrecognised. Consequently, survivors experiencing it are too often re-traumatised by services and interventions that are not appropriate, safe or effective for their needs. Staff in mental health, general health, social care and related statutory, private and voluntary services are not routinely trained pre-qualification to recognise and provide effective interventions to meet the needs of these complex traumatic dissociation survivors. This training is an excellent starting point towards meeting that critical CPD need.

ABOUT THE TRAINING

This training provides an understanding of what complex dissociation is; its natural, adaptive, logical origins and why it becomes problematic; how it might be recognised; how it is related to other trauma and attachment issues; what helps and more. It is interactive with experiential elements and importantly recognises and values the existing knowledge and experience of participants. It is unique in being delivered professionally by knowledgeable and experienced trainers who are able to illustrate and bring to life theoretical elements of the subject by fluently interweaving examples from their own personal lived experiences of complex traumatic dissociation.

WHO SHOULD ATTEND?

Anyone who works or volunteers in a medical, nursing, other clinical or therapeutic role; in social care, emergency services, welfare or personal/other support role in any service for vulnerable, unwell or disadvantaged people, whatever the presenting reason for using the service. This includes those working in the NHS, private and not-for-profit sector; in mental health and social care services, but also general health, sexual violence, domestic abuse, housing, employment etc, counselling, psychotherapy and related services.