

Supporting Survivors who have Dissociative Identity Disorder

A Practice Workshop for Helpline & Crisis Centre Workers

PROGRAMME

- 10~00 **Welcome, Ground-rules & Housekeeping**
- 10~10 **What is Dissociative Identity Disorder?**
- 10~45 **What makes you think your caller has DID?**
- 11~30 **Refreshments**
- 11~45 **Two DID Survivors' Personal Journeys**
- 12~15 **Supporting DID Callers Part 1**
- *Safety is the key - how can you support caller to feel safe?*
 - *Small group exercise*
 - *Feedback, discussion & questions*
- 01~15 **Lunch**
- 02~00 **Supporting DID Callers Part 2**
- *Demonstration non-helpful responses role play & discussion*
 - *Small group exercise*
 - *Feedback & questions*
- 02~45 **Barriers to, and approaches used in DID therapy**
- 03~15 **Refreshments**
- 03~30 **Focusing on your feelings and needs?**
- *How do you feel? - small group exercise*
 - *Feedback, discussion & questions*
- 04~00 **Final questions**
- 04~10 **Evaluation & Debrief**
- 04~30 **CLOSE**