

## Understanding Dissociation Training Programme

- 09~00 Registration & Refreshments
- 09~30 Welcome, ground rules and introductions
- 09~40 What is dissociation  
includes group exercises
- 11~00 Refreshment break
- 11~15 Effects of complex dissociative disorders  
includes excerpts from DVD and discussion
- 12~30 LUNCH
- 01~30 Taster of being DID Exercise
- 02~45 Refreshment break
- 03~00 Supporting someone - group exercise
- 03~45 Assessment & Treatment Issues  
includes excerpt from DVD and discussion
- 04~15 Final Questions & Evaluation
- 04~30 END**

Programme may be adapted to your specific needs

Any questions? Contact Kathryn Livingston  
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