

Our expertise & activities

First person plural focuses on complex dissociative distress such as dissociative identity (multiple personality) and dissociative disorder not otherwise specified. We are a membership charity offering full membership to dissociative survivors and affiliate membership to friends / relatives / carers / support workers / professionals and anyone else with an interest in our work.

We publish a support & information newsletter; run bi-annual members open meetings; write information resources, maintain a web-site and in Spring 2011 we'll be releasing a training DVD. We offer training & awareness-raising activities and participate in consultations.

Our trainers are experts by experience i.e. individuals with lived experience of dissociative identity disorder who have training skills and a broad-based theoretical knowledge of dissociation, dissociative conditions, trauma and attachment.

If you would like more information about our training, or to discuss your training needs, please contact us by email or post initially

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First Person Plural

Our aims are:-

- to provide support and information to adult survivors of trauma and abuse who experience complex dissociative distress, and to their friends, family and carers (allies);
- to promote a better understanding of complex dissociative distress among health and social care professionals and to improve service provisions leading to better health outcomes; and
- to advance the education of the general public in order to promote a better understanding and acceptance of people who experience complex dissociative distress.

Our mission is for ALL who are adversely affected by complex dissociative conditions to have free and easy access to a range of relevant and effective specialist assessment, treatment, care and support services which offer the hope of recovery and/or an improved quality of life.

Please contact us for more information about membership, our work, training and information resources.



First Person Plural

*national survivor-led association
for dissociative identity disorder and
similar complex dissociative conditions*

Training

- traumatic dissociation and it's effects on the lives of adult survivors of abuse and trauma in childhood**
- working with and supporting people who have dissociative identity (multiple personality) and dissociative disorder not otherwise specified**
- workshops, seminars, talks, conference presentations, displays and exhibition stands**

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Registered Charity No : 1109464

First person plural offers a range of training & awareness-raising workshops, seminars, talks and displays on dissociation and related issues.

Who is our training for?

Our training is designed to flexibly meet the needs of those whose patients, clients, service users or friends/family include survivors of abuse or trauma who may have a complex dissociative condition. We provide introductory level courses which build participants' confidence in using their existing aptitudes, knowledge and skills to provide support to those with complex dissociative conditions. Our courses are a useful introduction for clinicians and others but training in clinical therapeutic skills is not provided

We train paid and volunteer workers from health, mental health, self-help & mutual support, social care, community resource, help-line, or faith settings and students training for any of these. For example:-

- Community mental health teams; mental health nurses and other ward staff
- Social Workers, Social Support Workers, STR workers, Prison staff
- Refuge, crisis, day care, employment project workers
- Help-line workers, Listening support workers, Self-help group facilitators
- Survivors, service users, family, friends
- Nurses, Midwives, Health Visitors, Dentists & dental assistants
- GPs, other primary care workers, Psychiatrists & other doctors
- Psychologists, Psychotherapists, Counsellors
- Allied health workers e.g. occupational therapists and physiotherapists,
- Pastoral & spiritual carers, advocates

One day training workshops are part presentations using personal experience & audio visual tools, and part participatory. Group exercises are used to encourage discussion and may include role play. Time for questions is scheduled. Our one day workshops aim to provide a good basic understanding of dissociation, its effects and the support needs of survivors. Workshops can be offered to groups of between 10 and 35 people.

Awareness-raising talks & seminars of varying lengths are offered for groups of service users, survivors, family members, friends, carers, professionals, volunteers, support workers, sexual abuse / domestic violence forums, schools, colleges and other groups of young people (15-19) or any community / interest group wishing to learn about dissociation. Groups can be of any size. We offer short talks or longer seminars which may include some participatory activities. Opportunities for questions and discussion are included.

Conference papers, presentations and workshops.

Our trainers can bring their expertise and experience to your own conferences etc by invitation or peer-reviewed submission. We are particularly pleased to collaborate to provide survivors' perspectives to complement professional presentations.

Displays & information stands introducing dissociation can be provided for your own training courses, conferences and similar events.

What does the training cover?

We can be flexible to meet your training needs. Training may include for example:-

- Defining dissociation & the role of dissociation in surviving abuse and trauma
- Types of dissociative experience and their effects on survivor's lives
- The spectrum of dissociative disorders with a focus on dissociative identity (multiple personality) disorder
- Self-help and coping skills
- Ways of supporting dissociative survivors
- Introduction to some theories of dissociation (illustrated from survivors perspectives)
- Myths and controversies about dissociative distress and related issues
- Prevalence of complex dissociative conditions and other research results
- Problems of non-recognition of complex dissociative conditions and inappropriate treatments
- Introduction to specialist dissociation assessment tools and other useful resources
- Looking after yourself as helper / supporter

What about costs?

Our fees vary according to the nature of the session and the organisation booking it. Fees from our training help support our other activities. We are committed to providing education about dissociation as widely as possible and are happy to negotiate fair and manageable fees. For instance, if you do the photocopying we always offer a reduced fee.