



Registered charity no: 1109464

# First Person Plural

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

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Book our expert-by-experience trainers to deliver **TRAINING COURSES**  
in-house or as a public access event / fundraiser for your locality, team or organisation

To discuss contact Kathryn on 07779248306 or [fpp@firstpersonplural.org.uk](mailto:fpp@firstpersonplural.org.uk)

Details of our one day training courses follow; programmes can be amended to meet your needs.  
We can also provide trainers / speakers for half day trainings, brief awareness raising sessions or  
for your own conference or training day

## One Day Training Course 1 : 'Understanding Dissociation'

**Who should attend:** This introductory level course is suitable for anyone whose work may bring them into contact with individuals, whose lives may be affected by childhood trauma and/or a dissociative disorder, including anyone working in health, mental health, education, social and pastoral care in the statutory, voluntary or private sector. It may also be suitable for those who have lived experience of complex dissociative conditions and their non-abusing family and friends. Please note that the course is intense and emotionally challenging. It may be upsetting for those with unresolved trauma.

### OBJECTIVES: -

- **To raise awareness of dissociation, its effects and its role in surviving abuse and trauma**
- **To improve participants' confidence in recognising complex dissociation and in supporting those affected**
- **To provide basic theoretical knowledge of dissociation, and the dissociative disorders using plain language and illustrative examples from lived experience to enhance learning**
- **To dispel the myths and fear that often surround Dissociative Identity Disorder (Multiple Personality Disorder) and other complex dissociative conditions**

This one day introductory level training from First Person Plural has been delivered to a variety of audiences across the UK including prison staff at Durham Prison; Wolverhampton NHS PCT mental health and related workers; NHS Trust and local authority staff in other areas, private sector counsellors and therapists; staff and volunteers of Rape Crisis and Sexual Abuse services and other voluntary sector agencies.

A sample programme is overleaf.

## Understanding Dissociation Sample 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
- 03~45 Assessment & Treatment Issues  
includes excerpt from DVD and discussion
- 04~15 Final Questions & Evaluation
- 04~30 END**

## **One Day Training Course 2 :**

### **“Supporting Survivors who have Dissociative Identity Disorder or similar condition”**

This is a one day practice workshop targeted at those working to support adult survivors of childhood abuse and trauma. Additionally, therapists, counsellors, psychiatrists and other professionals working clinically or supportively with adult survivors will benefit from attending as the course is delivered by knowledgeable experts-by-experience and is unique in marrying useful theoretical knowledge with how life really is for people who have a complex dissociative disorder. Non-abusing family/friends/informal carers may also find it useful.

A basic knowledge of dissociation and the dissociative spectrum is required but the course includes a brief revision session in the form of a quiz and discussion.

The course is a useful follow-on for those who have previously attended First Person Plural’s Understanding Dissociation training day or a comparable introductory course.

#### Aim:

To further develop participants understanding of the nature of DID and how to work with survivors with DID in support situations. To encourage participants to develop an understanding of dissociative crises from the perspectives of expert-by-experiences’.

#### Learning Objectives: Participants to.....

1. explore their feelings around working with survivors with DID
2. be more confident in recognising survivors who may have DID
3. develop their practice in responding to the needs of survivors with DID

The workshop is interactive, participatory & experiential. It focuses on practical issues, including consideration of scenarios drawn from supporters actual experience of working with people who have DID.

See overleaf for sample programme.

# Supporting Survivors who have Dissociative Identity Disorder One Day Practice Workshop

## SAMPLE PROGRAMME

- 10~00      **Welcome**
- 10~10      **Dissociative Identity Disorder Revision Quiz?**
- 10~30      **DID clients in crises?**
- 11~15      **Refreshments**
- 11~30      **Living With Many**
- 11~45      **DID clients in crises (cont)**
- 12~30      **Lunch**
- 01~30      **Supporting DID Survivors**
- *Safety is the key - how can you support client to feel safe?*
  - *Small group exercise*
  - *Feedback, discussion & questions*
- 02~15      **DID internal systems & internal care giving**
- 03~00      **Refreshments**
- 03~15      **Supporting DID Survivors (cont)**
- *Small group exercise*
  - *Feedback, discussion & questions*
- 04~15      **Final questions, Evaluation & Debrief**
- 04~30      **CLOSE**