

# European Society for Trauma and Dissociation UK Network Practical Training for People in Practice

## Understanding & Working with Dissociation: A Foundation Course

A CPD programme designed by  
European Society for the Study of Trauma and Dissociation UK (ESTD UK)  
in partnership with expert-by-experiences from First Person Plural

This workshop series has been designed for anyone in the statutory, voluntary or private sector whose work may bring them into contact with individuals whose lives may be affected by childhood trauma and/or a dissociative disorder. It will benefit anyone working in health and adult or children's mental health (including commissioners; managers; clinicians of all disciplines; supervisors; support workers and NHS counselling / psychotherapy co-ordinators). Those working in education (e.g. school teachers, university & college lecturers, tutors and supervisors on PG/Masters counselling & psychotherapy courses); social care (e.g. adult and children's social workers, anyone working in child protection, fostering and adoption services) and pastoral care will also find the programme useful. It may be suitable for those who have lived experience of complex dissociative conditions and their non-abusing family and friends.

Each workshop is free-standing so that the course can be undertaken as a whole or in any combination of individual days, provided participants meet the requirements for each workshop.

Each day provides 5 CPD hours or 15 hours in total.

An application is pending for BACP CPD endorsement of the course

### Learning outcomes

Participants undertaking all 3 days will be able to:

- Be equipped with basic theoretical knowledge of dissociation & and the dissociative conditions
- Understand the developmental origins of dissociation, its effects and its role in surviving abuse and trauma
- Recognise different categories & levels of dissociation and their relationship, similarities and differences with other aspects of mental health
- Use tools for initial screening and have an outline understanding of a protocol for assessment
- Understand the core components & stages of treatment
- Draw on a range of treatment strategies
- Be equipped for multi disciplinary work.
- Be more confident in supporting those affected by dissociation
- Enhanced their knowledge & understanding by learning from experts by experience
- Access material via a DVD to inform colleagues and others using a cascade model
- Be equipped to move on to post-foundation training provided by ESTD UK

For further details and to enquire about booking the foundation course workshops to run in-house email Melanie Goodwin [fpp-chair@hotmail.co.uk](mailto:fpp-chair@hotmail.co.uk)

The three workshops will be running  
in York on March 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> 2012

Further information about these and any other dates & venues for the workshops will be posted when available on [www.estd.org](http://www.estd.org) and [www.firstpersonplural.org.uk](http://www.firstpersonplural.org.uk) or contact Melanie as above

## Outline of programme

### ⇒ DAY 1: Understanding dissociation

**Trainers : First Person Plural**

**Learning objectives:**

By the end of the day, participants will have:

- Raised their awareness of dissociation and its role in surviving trauma
- Considered the impact on the survivor of non- recognition
- Gained practical ideas for supporting person suffering from dissociation
- Expanded their understanding of all of the above from the survivor's perspective

**Entry requirements:** No prior knowledge of dissociation is required for this workshop which is suitable for anyone coming into contact with persons living with dissociation.

### ⇒ DAY 2: Developmental origins of dissociation in childhood

**Trainer: Renee Marks**

**Learning objectives:**

By the end of the day, participants will understand:

- The development of self in the infant.
- The impact of the disorganized attachment on the developing self
- The impact of childhood trauma with specific reference to complex trauma.
- How children defend themselves against the disorganized attachment and childhood trauma.

**Entry requirements:** Prior knowledge and/or attendance on Day 1 is required for this workshop which is suitable for:

- anyone wanting an introduction to the origins of dissociation in childhood
- those who work with or care for traumatised children
- those who work with or care for traumatised adults
- those who work in fostering or adoption.

### ⇒ DAY 3: Assessment & treatment

**Trainer : Remy Aquarone**

**Learning Objectives:**

By the end of the day, participants will

- Understand the continuum from everyday dissociation (altered consciousness) to Dissociative Identity Disorder (DID)
- Be familiar with the use of screening instruments and their scoring as well as an understanding of the main Assessment Tool.
- Be clear about the reasons that may necessitate the use of these instruments.
- Be aware of the key components and stages of therapy as well as the effective use (when necessary) of a multi disciplinary team.

**Entry requirements:** Prior knowledge and/or attendance on Day 1 is required for this workshop. It is suitable for participants with or without prior experience of working with trauma and dissociation. It is especially suitable for those whose role includes the assessment of mental health conditions.

## Post –foundation training

The above workshops (or other equivalent training in work with dissociation) provide a foundation for the following courses. Contact the trainers for further details.

- **Supporting Someone who has Dissociative Identity Disorder**

Trainer: First Person Plural ([fpp@firstpersonplural.org.uk](mailto:fpp@firstpersonplural.org.uk) or [www.firstpersonplural.org.uk](http://www.firstpersonplural.org.uk))

A practice-focused workshop designed for those working in a support, rather than clinical or therapeutic role. Prior knowledge or attendance on Day 1 of the above foundation programme is necessary but there is no requirement to be working with or informally supporting a dissociative individual

An additional requirement for the following 5 courses is current work with a child, adolescent or adult with a dissociative condition.

- **Working with dissociative children and adolescents** (ISSTD seminar package)

Trainer: Renee Marks ([reeneemarks@yahoo.co.uk](mailto:reeneemarks@yahoo.co.uk) or [isst-d.org](http://isst-d.org))

- **DSM IV assessment of dissociative conditions**

Trainer: Remy Aquarone ([remyaquarone@btconnect.com](mailto:remyaquarone@btconnect.com))

- **Affect regulation and the use of self** (4 days in total)

Trainer: Remy Aquarone ([remyaquarone@byconnect.com](mailto:remyaquarone@byconnect.com))

- **Working with dissociation: An attachment-based approach** (4 days in total)

Trainer: Sue Richardson ([SueRichardson1@compuserve.com](mailto:SueRichardson1@compuserve.com))

- **Supervision of complex trauma and dissociation**

Trainer: Sue Richardson ([SueRichardson1@compuserve.com](mailto:SueRichardson1@compuserve.com))

**About the trainers :** All are experienced trainers & members of the ESTD-UK training faculty.

**Remy Aquarone** is a UKCP & BPC registered Analytical Psychotherapist with many years experience assessing and treating complex dissociative conditions. He is Director of the Pottergate Centre for Trauma & Dissociation in Norwich; President of the European Society for Trauma & Dissociation (ESTD); and a former International Director of the International Society for the Study of Trauma & Dissociation.

**First Person Plural** is the only national survivor-led membership charity in the UK which exclusively works for and on behalf of those affected by dissociative identity disorder (DID) or the similar childhood-trauma-related complex dissociative disorder. 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.

**Dr Renee Marks** is a Consultant Therapist in the North of England specialising in children from birth to adolescents. She has 26 years experience working with children and families in a therapeutic capacity. Renee formerly managed an adoption team and now specifically focuses on families with adopted children who experience attachment problems due to unprocessed trauma and dissociation.

**Sue Richardson** is a UKCP registered attachment-based psychotherapist and member of The John Bowlby Centre with over 30 years experience in the helping professions. She has been instrumental in the formation of UK networks in the field of trauma & dissociation in which she is a published author. Sue is based in the north east of England where she is in independent practice as a therapist, trainer and supervisor.

## About European Society for Trauma and Dissociation U.K. Network

Members of the European Society for Trauma and Dissociation who are based in the United Kingdom are automatically members of ESTD-UK.

ESTD-UK strives to support and implement in the UK the aims of the European Society for Trauma and Dissociation which are:-

- **To promote an increase in the knowledge of Trauma, Dissociation and all disorders related to chronic traumatization.**
- **To provide professional and public education about dissociation, trauma and trauma related disorders.**
- **To support communication and cooperation among clinicians and other professionals in the field of dissociation and trauma.**
- **To stimulate national and international research projects.**
- **To provide knowledge and education specifically to those countries in Europe who do not have easy access in this field.**

ESTD-UK functions primarily through an online email listserv by which its members can communicate with each other, providing support, information and professional discourse about dissociation, trauma, dissociative and other trauma-related disorders.

The ESTD-UK training faculty designs and delivers a range of relevant courses as detailed earlier. The training faculty includes a number of experienced professionals together with an expert-by-experience from First Person Plural, who is a member of ESTD in her own right and an experienced trainer.

An ESTD-UK research group has also recently formed to develop, encourage and undertake research projects that will help towards building a UK quality evidence base in the field of trauma-related dissociative disorders, including prevalence, treatment outcome and cost effectiveness studies. Experts-by-experience from First Person Plural are also represented on this group.

A briefing sheet "Dissociative Disorders : Information for clinicians and NHS fund holders" written by Sue Richardson on behalf of ESTD-UK is available from [www.estd.org](http://www.estd.org)

If you are interested in joining ESTD and consequently becoming a member of ESTD-UK Network visit [www.estd.org/member.html](http://www.estd.org/member.html). Full membership is open to those who are professionally occupied with diagnosis, treatment, research or teaching in the field of (chronic) trauma, dissociation and disorders related to chronic traumatization or officially represent an organization in the above mentioned field. There is also Student membership available.

United Kingdom ESTD contacts are:-

**Colin Howard**

**Mike Lloyd**

**Christopher Findlay**

**Rémy Aquarone**

President E.S.T.D.

Email: [colin@harrishoward.com](mailto:colin@harrishoward.com)

Email: [mike.lloyd@cwp.nhs.uk](mailto:mike.lloyd@cwp.nhs.uk)

Email: [christopher.findlay@btinternet.com](mailto:christopher.findlay@btinternet.com)

E-mail: [remyaquarone@btconnect.com](mailto:remyaquarone@btconnect.com)

# European Society for Trauma and Dissociation UK Network

## Practical Training for People in Practice

### Understanding & Working with Dissociation: A Foundation Course

#### Booking Form : Priory Street Centre, York, March 2012

Tick which modules you wish to attend – ensure you meet your chosen modules' entry requirements

<input type="checkbox"/> <b>Understanding Dissociation</b>  Thursday, 1st March 2012	<input type="checkbox"/> <b>Developmental Origins of Dissociation in Childhood</b>  Thursday, 8 <sup>th</sup> March 2012	<input type="checkbox"/> <b>Assessment and Treatment of Dissociation</b>  Thursday, 15 <sup>th</sup> March 2012
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**How to book:** Post /email the completed form to **Kimberley Liebmann, Renee P Marks Associates, Unit A2, Croft Head Business Park, Dale Street, Skelmanthorpe, Nr Huddersfield, HD8 9BQ**  
[reneemarks2@yahoo.co.uk](mailto:reneemarks2@yahoo.co.uk)

**Your details:** Please complete a separate form for each delegate. Photocopies are acceptable

Title (Please circle) Dr Prof Mr Mrs Ms Miss Other: \_\_\_\_\_

Full name: \_\_\_\_\_

Job Title / Position / Occupation: \_\_\_\_\_

Department / Team: \_\_\_\_\_

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Email: (required) \_\_\_\_\_ Tel: \_\_\_\_\_

#### Confirmation of your booking and joining instructions will be sent by email

I am a wheelchair user       I require a hearing loop       I require a vegetarian meal

Other reasonable access requirements or special dietary needs for medical reasons: \_\_\_\_\_

#### Delegate rates (tick which applies)

**Any one module**            **£85**            **£75** for ESTD-UK members

**Any two modules**            **£160**            **£140** for ESTD-UK members

**All three modules**            **£225**            **£195** for ESTD-UK members

**For each module there are two £50 bursaries available – to enquire email [sandra@sandrabuck.co.uk](mailto:sandra@sandrabuck.co.uk).**

**Payment : Make cheques payable to: "ESTD-UK"       cheque for £\_\_\_\_\_ is enclosed or**

have paid £\_\_\_\_\_ direct to ESTD-UK bank account [Branch Code 08-92-99, Account no: 65300059] using internet/phone banking. **Please also notify [sandra@sandrabuck.com](mailto:sandra@sandrabuck.com) of your payment**

or  request an invoice. You must enclose a purchase order or other proof of budget holder's agreement to pay your delegate fees.

Give name and contact details to send invoice to (if different from above)


Further information overleaf.....

- Venue:** Priory Street Centre, 15 Priory Street, York, YO1 6ET  
<http://www.priorystreetcentre.org.uk/>
- Dates:** Thursday, 1<sup>st</sup> March 2012 (Understanding Dissociation)  
Thursday 8<sup>th</sup> March 2012 (Developmental Origins of Dissociation in Childhood)  
Thursday 15<sup>th</sup> March 2012 (Assessment and Treatment of Dissociation)
- Fees:** The fee **includes** lunch, refreshments and training materials.  
Travel and accommodation **is not included**.
- Bursaries:** For each module ESTD-UK are offering two £50 bursaries for applicants who meet defined criteria. These will be awarded to eligible applicants on a first come basis. For further details and a bursary application form email [sandra@sandrabuck.co.uk](mailto:sandra@sandrabuck.co.uk)
- Confirmation of booking:** Bookings will be confirmed by an email sent to the email address provided on the booking form. Confirmations will be sent as soon as possible but this may not be until mid February 2012 (or after for later bookings).
- Accommodation is not provided:** If you require overnight accommodation it is your responsibility to arrange this.
- Cancellation and Refund Policy:** Cancellations received in writing no less than 10 days before the date of the relevant module will be refunded subject to a £15 administration fee per delegate per module. We regret that any cancellations later than this cannot be refunded but substitute delegates are welcome at any time. Please advise of any substitute as soon as possible by email to Kimberley Liebmann [reneepmarks2@yahoo.co.uk](mailto:reneepmarks2@yahoo.co.uk)
- Payment:** Payment by cheque or direct payment into ESTD-UK bank account must be made at time of booking. If delegate places are not available on any of your chosen modules at the time of your booking a full or pro rata refund of your payment will be issued.
- Requests for an invoice must be accompanied by a valid purchase order or other proof that the booking has been authorized by the budget holder. Terms of invoiced payments are 30 days from date of invoice
- Summary of Contacts:** For further general information about the course overall  
Melanie Goodwin, [fpp-chair@hotmail.co.uk](mailto:fpp-chair@hotmail.co.uk)
- To contact the trainers for further details about individual modules
- Understanding Dissociation : Melanie Goodwin, [fpp-chair@hotmail.co.uk](mailto:fpp-chair@hotmail.co.uk)
  - Developmental Origins of Dissociation in Childhood : Renee Marks, [reneepmarks@yahoo.co.uk](mailto:reneepmarks@yahoo.co.uk)
  - Assessment and Treatment of Dissociation : Remy Aquarone, [remyaquarone@btconnect.com](mailto:remyaquarone@btconnect.com)
- To enquire about bursaries or let us know that fees have been paid directly into ESTD-UK account: Sandra Buck, [sandra@sandrabuck.co.uk](mailto:sandra@sandrabuck.co.uk)
- For bookings, cancellations and substitutions  
Kimberley Liebmann, [reneepmarks2@yahoo.co.uk](mailto:reneepmarks2@yahoo.co.uk)  
Renee P Marks Associates, Unit A2, Croft Head Business Park, Dale Street, Skelmanthorpe, Nr Huddersfield, HD8 9BQ