

July 2009

R a i n b o w E N D

Volume 10

Issue 1

Support & Information Newsletter of First Person Plural
the survivor-led association for survivors of trauma and abuse who experience
dissociative distress, and for their family, friends and professional allies

Registered Charity No: 1109464

CONTENTS

Editorial statement.....	2	Experience of Discrimination	.12
Editor s note and letters of thanks to Kathryn	2	Success for an Inside one	13
Election of Trustees3	What therapists in training want to know (Part 4)	14
Request for contact3	One Little Girl, One Little Boy	.15
Chair s Report	4	Anger Awareness	...16
Reporting back from TAG/RAINS Conference	5	Poems & Artwork	...18
Cutting Edge Programme8	Mutual Support Sharing	20
Open Meetings9		
Play Centre10		

Donations from Members

THANK YOU to all members who added a donation to their annual membership renewal fee. Your generosity will help FPP to continue its work and is very much appreciated.

First Person Plural, PO Box 2537, WOLVERHAMPTON, WV4 4ZL

<http://www.firstpersonplural.org.uk>

email: fpp@firstpersonplural.org.uk : tel : 01902 763490 [ans]

Editorial Statement

While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments when necessary. Decisions about the inclusion and amendment of contributions are made by the editor and are final. Contributions do not necessarily reflect the views and opinions of First Person Plural, members of the executive committee or the editor. Inclusion of any reference to an individual or organisational resource is not a recommendation. The contents of this newsletter are for information and support purposes only. The newsletter is not a substitute for individual therapy or professional supervision. It is an addition to, not a replacement for, other networks of support.

Contributions can be sent in at anytime articles; stories; resources; book reviews; tips; poetry; personal experiences; written articles and poems are good; brief snippets & artwork are desperately needed. It would help if you can send your contribution electronically as an email attachment. This saves times and resources but handwritten and typed material sent by post will continue to be accepted. **Please send to the new editorial email address** newsletter@firstpersonplural.org.uk

Originals will only be returned if a suitable stamped addressed envelope is enclosed

IMPORTANT:- When sending material for publication please clearly mark **FOR PUBLICATION** and say what name or pseudonym you wish to use.

ATTENTION

Material in this newsletter may trigger painful memories and feelings.
Read with caution and appropriate support if necessary

Editor's Note

This issue of Rainbow's End has a lot of information about recent and forthcoming events. To include articles and poetry sent by members it is a bigger than usual newsletter. It is good to have received your contributions. Keep them coming!

The following letters express thanks to the many years of Kathryn's hard work and commitment in editing Rainbow's End. Bunchy

From Angela on behalf of All of Us

We would like to say a big thank you to Kathryn for producing and editing Rainbow's End. We have been receiving the Newsletter ever since she took over the task of being the founder of First Person Plural when the former Newsletter, Collective Consciousness, ceased to be.

We know that sometimes, Kathryn has found it difficult to keep to deadlines due to personal problems and difficulties and, as we experience our own personal stress, we can really appreciate how difficult it must have been to have the added burden of getting the issues out on time.

Without her dedication and hard work in making sure that the Newsletter has been as regular and safe as possible, I am sure that our feelings of isolation and aloneness would have taken a far stronger hold.

So, thank-you Kathryn and thank-you to Bunchy in taking over the role of editor of this Very Important Newsletter.

"Dear New Editor, Bunchy,

I am glad that you are going to be editor. It is a privilege to follow Kathryn in this role.

I cried tears of Joy and Sorrow as I read the wonderful poems in the April '09 issue. The article on Pg4 pleased me no end.....because I too feel the pressure of evaluating positive and negative in many aspects of social interaction. I dislike the way we are bullied into seeking the positive.

How can there be a positive in feeling "terror" without end!?

Last but not least my thanks to Kathryn for the many ways in which she has helped me [and many others] to learn about suffering, coping, enduring and hoping!

With best wishes to everyone at FPP,

(Ms) Arati Banergea"

Election of Trustees

At the AGM on 16th May the following were elected or re-elected onto the committee:- Bunchy Casey, Kathryn Livingston, Dex Modas and Oriel Winslow. Together with Melanie Goodwin, Boo Kipps, Mary Parish & Sandra Sunfire these are the charity s trustees and executive committee members for 2009-2010.

Our thanks go to Karen Bowden, Jacquie Phillips and Kate Evans, trustees who resigned from the committee shortly before or at the AGM.

At the first committee meeting following the AGM Melanie Goodwin was elected as Chairperson, Mary Parish as Secretary and Kathryn Livingston as Treasurer.

Request for contact

Hi

I'm Rachel, I have DID and live in London. I feel extremely isolated and would like to meet with others who are interested in maybe starting a support group. Please contact me through First Person Plural's PO Box 2537, Wolverhampton. WV4 4ZL
Thank you

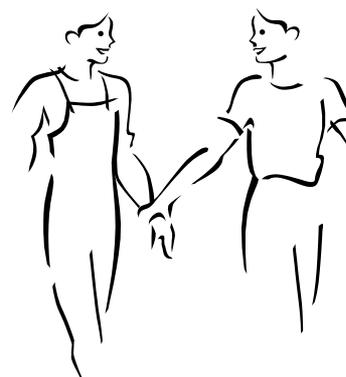
Members Meetings 2010

Annual General Meeting and
Spring Open Meeting ... 24th April

Autumn Open Meeting . 25th Sept

Venues yet to be arranged

Make a note of the dates now,
details will follow nearer the time



Chair's Report

Several members of FPP attended the recent tag & RAINS conference. We all knew it was going to be a very challenging couple of days as a lot of the conference was dealing with ritual abuse, mind control and the myriad issues involved. I think those of us who have first hand insight on this subject found it very interesting but extremely hard at the same time. We all gained a lot from it although the personal cost to each of us in the short term has been fairly overwhelming.

It is amazing that such a conference has been held and this subject talked about openly; a reflection of the progress that has been made and sustained over the last few years and the enormous courage of a few who continuously raise their heads above the parapet. By those working with clients who are survivors of ritual and /or mind control abuse to come together, have the courage to talk about not only the consequences for their clients but how hard it is for them as therapists to work with these issues in such a level headed, non dramatic way has put the subject firmly out there.

On arriving at the conference and finding that a leading member of the False Memory Syndrome was attending initially pulled the rug from under me. I was both angry and frightened, angry that extra precautions were put in place to ensure that everyone's right to anonymity was totally safe. It felt like one person had a certain amount of control over the whole conference. This feeling was quickly replaced with the hope that this person had come with an open mind to what she was about to hear during the conference. I am sad to say that my experience proved otherwise. She spent some time looking at the FPP stand and although I tried to engage her in very general, non inflammatory conversation I was cut dead. So much for open mindedness!

A very important part of the conference for me was four members of FPP presenting an extremely well balanced, professional workshop. I felt so proud to part of this experience and proud how far the organisation and individuals have come. We each chose an aspect of ordinary life that

is made so complex when you put DID into the equation. The feedback was very positive and I know some people went away with much more of an insight into the reality of living with DID while others felt less isolated in their experiences. Some of the workshop will be repeated at the September Open Meeting and the rest hopefully at the next Open Meeting.

It was also lovely to meet up with people who I now regard as old friends and to make new ones. There was a feeling of openness, acceptance and such a genuine warm welcoming by all those involved in organising the conference that as always after a tag conference I feel positive energy to keep on with the work FPP and me as an individual continues to do.

With kind regards to everyone
Melanie (chair)

TAG/RAINS Conference 2009 by Bunchy

FPP gave a presentation at the conference which was held jointly by the Trauma and Abuse Group and Ritual Abuse Information Network and Support organisations.

Keynote speakers were Dr Janina Fisher who spoke on the challenges of working with survivors of Ritual Abuse and also on Broken Bonds: Attachment, Trauma and the Body.

Dr Alison Miller spoke on Demystifying Mind Control Programming. Dr Valerie Sinason spoke on Working where there is no safety; Bearing witness with those who are still being tortured and also Learning Disability and Dissociative Identity Disorder.

There was much to be learned from the key speakers. Dr Janina Fisher coming from the USA and Dr Alison Miller from Canada. Dr Valerie Sinason works in the Clinic for Dissociative Studies in London.

Dr Janina Fisher works as a therapist and trainer using Sensorimotor psychotherapy. This form of therapy looks at how the brain stores trauma and also how the body, unable to react at the time of trauma, continues to hold trauma. Using the body as well as cognitive work the therapy enables survivors and dissociative clients to progress with their healing.

Dr Alison Miller's talks were specifically aimed at the use of Mind Control on children as a way of forcing them to comply during their abuse. She explained

Volume 10, Issue 1

the methods of conditioning commonly used and how dissociation can be initiated through such conditioning. It was very sad and triggering to hear but also very useful as therapists, support workers and survivors all strive to understand more about these issues.

The talks by Dr Valerie Sinason were very relevant to the work that therapists and their clients are doing to heal from abuse and complex dissociative disorders. Valerie also spoke of the need for survivors with disabilities to receive appropriate help and support.

Giving my PowerPoint presentation gave me good experience both in speaking to an audience and answering questions from professional therapists and counsellors about the issues of surviving sexual abuse and complex dissociation.

TRAUMA, ATTACHMENT AND DISSOCIATION CONFERENCE

By Oriel

From 29th-31st May five members of the executive committee attended a conference organised by TAG and RAINS on Trauma, Attachment and Dissociation.

My first impression of the conference was how amazing it was that there were so many people who not only had heard of DID but were actively interested in finding out more about it. This was a really special feeling. In day-to-day life most people I come across have never heard of DID, and once I try and describe it or eventually get forced to use the term MPD (which personally I don't like), the most I normally get is 'Oh like Sybil'. And here was a whole room of people who actually knew about it, and understood the background of trauma and knew what dissociation meant. It felt a privilege to be in such company and meant that conversations could start at a much more meaningful place than trying to clumsily explain what the term even means.

The first talk was by Valerie Sinason, talking about working with learning disabilities. She talked about the fact that in learning disabled clients, trauma symptoms (e.g. negative self-talk and head banging) were dismissed as symptoms of the learning disability rather than taken as trauma symptoms which came from a background of abuse. This was personally really interesting to me, and I used to work with children with learning disabilities, and even with my background had not considered that such behaviour might have a cause other than the biological disability. This is also an important subject as the percentage of people with learning disabilities who suffer abuse is much higher than that of the rest of the population. It was heart-warming to hear some of the ways she had found of working with these clients.

On the Saturday, there were talks a talk on 'Demystifying Mind Control' given by Alison Miller, and two talks by Janina Fisher; 'The Challenges of working with Ritual Abuse' and 'Trauma and the Body'.

Personally I found Alison Miller's talk quite difficult to access. It was very specific to certain groups, which I felt did not acknowledge the wide-spread nature of elements of mind-control in other forms of abuse. However, it was interesting to hear her thoughts on the creation of certain alters, some of which gave me insight into my own process.

I found both of Janina Fisher's talks very powerful. She presented a very clear relational model of attachment within the DID system and illustrated the ways in which the therapist becomes part of the system. This was a new idea to me but made perfect sense in terms of what I have experienced in therapy. She talked a lot about what she calls 'disorganised attachment'; the need for attachment from one part of the system can cause

chaos in another part, which is something I think that many therapists are not clear about. This can mean that more contact with therapists can sometimes result in less stability in the system as whole. She also talked about the vital importance of curiosity, in place of judgement, which is something I have taken into my own therapy and tried to work with.

In the afternoon, three committee members and I presented a workshop on The Reality with Living with Complex Dissociation . We had each chosen one aspect of everyday life and addressed how we dealt with it in the context of living with dissociation. I had chosen to talk about my experience of university, and the difficulties of having several personalities engaging with both the people and the subjects at university. I really enjoyed doing this. It felt important to be talking about day-to-day living in a conference where the focus was so much on therapy, and I was amazed by how many people came our workshop. I hope we offered our audience another perspective on the challenges faced by those of us who live with DID. The feedback was good, and I enjoyed talking to people afterwards about things that had been raised by the talks. I was also moved by the honesty with which my colleagues spoke about the challenges that they face.

Next Rainbow s End will continue with the reports about the conference with articles by other members who attended and their thoughts on the experience.

Ritual Abuse and Mind Control: The Manipulation of Attachment Needs

Friday 25th and Saturday 26th September, 2009

Venue: London Voluntary Sector Resource Centre, 356 Holloway Road, London, N7 6PA

Joint conference by The Bowlby Centre and The Clinic for Dissociative Studies.

Sponsored by the Paracelcus Trust

This conference aims to provide an opportunity to share knowledge and experience from both clinicians and survivors to promote understanding and recovery from organized and ritual abuse, mind control and programming. It will combine clinical presentations, survivors voices, and research material and will be the first conference in the UK to address the ways in which we can work clinically from the perspective of relational psychotherapy.

This is also a unique opportunity to hear Ellen Lacter bring up-to-date knowledge from the US on treatment for the impact of mind control experiments and approaches to deprogramming. Other key speakers include Valerie Sinason.

Conference costs:

Self funded 200

Organisationally funded 250

Concessionary 95

For further details please go to our website www.thebowlbycentre.org.uk or e-mail admin@thebowlbycentre.org.uk or telephone 020 7247 9101.

The Bowlby Centre : Promoting attachment and inclusion

CAPP is a company Ltd. by Guarantee No.3272512 Registered Charity No. 1064780/0



Inside each other we nestle. Each fitting so carefully within the One who gets seen by the world. Our voices are many, our memories so separate. We are beginning to learn how to open up and sometimes become Insiders Out!

by The Getting Brave Selves

CUTTING EDGE PROGRAMME ON DID

Dear everyone, I wanted to say thank you to all the people who I have spoken to, or who have emailed me about their experiences for the programme I have been working on about DID. I know and appreciate that for many of you this was not an easy thing to do, and that you did it because you felt you might help other people with DID. At this stage the programme is not going ahead with Channel 4 as the producers have specific criteria which has been difficult to find. Given that this is a difficult subject, and that not only are there few people with DID, but also fewer who could ever consider taking part in a documentary, this has always been a long shot. But it has been worth spending the time trying to make it happen, and I have met and spoken to some very imaginative and lovely people along the way. I have enjoyed the research and talking to you all, and I wish you all the best for the future
All Good Wishes, Francine

STOP CHILD ABUSE NOW RALLY 2009

on

**Saturday 26th September 2009
1.00pm 4.30pm**

Setting off from Temple Place at approx 1.00pm, the march will wind down London's famous Strand ending up at Whitehall Place (opposite Downing Street) at approx 2.00pm for the Open Forum Rally 2009!

To find out how to participate please visit; <http://stopchildabuse.org.uk>

World Mental Health Day

10/10/09

MARCH FOR MENTAL HEALTH

What better way is there to show your support, unity and desire for change than to gather with your fellow advocates and conduct a march or hold a rally?



To find out how to participate please visit;

http://www.wfmh.org/09world_mental_health_day_2009.htm

Open Meetings

So many people ask us what they can do to help FPP but don't want to be on the committee. One way is to offer to organise, with the support of a committee member, one of the bi annual Open Meetings.

One member has taken on the September meeting, booking a venue and being responsible for the refreshments (drinks) on the day. This is such a help and enables us to hold meetings in new venues without a committee member spending hours trying to find an appropriate venue on a limited budget in an area they don't know.

The next Open Meeting that will be combined with the AGM is probably going to be 24 April 2010 and we would like to hold it further north than Birmingham.

The main considerations are that the town chosen is easily accessible by public transport, in particular train and not too far from a railway station on arrival and that it does not have religious symbols or other aspects that may be very triggering for many. I appreciate that something is always difficult for someone but being empathic to the likely needs of our members is a prime consideration.

We would also welcome offers of organising and running an activity during the day.

Please contact us if you feel that with some support this is an area you could help us.

PLAY CENTRE

Can you find the right path to reach the treasure?

Q What do you call a deer with no eyes?

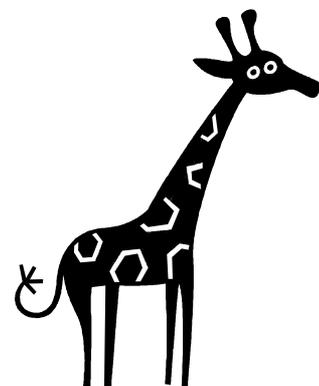
A No idea.

Q Why do giraffes have such long legs?

A Because they have smelly feet.

Q What do you get if you pour hot water down a rabbit hole?

A Hot cross bunnies!



PIRATE S WORD SEARCH

S S V E B O P L X J O O U J O
 S T I O R C R N S R B C Z N U
 G H A I Z U P L A N K E D E V
 D F I R V K S V T H C A A V Q
 M P Z P B P P A I R A N B I C
 T E F Y X O U I E V D B F M H
 H N T K P V A G S R H C V D S
 C A W W I X Z R H I T G E R C
 A S A I L S Z C D F S C L L K
 N F H J O J T K S U T L Y B W
 N D T J Y A F P N O M O A Y T
 O J R Y P B U T R V L X N N E
 N O I E H Y D R A G J E J D D
 E Y Y U W E A P E W Y V U H B
 T E P N A P F I B B E N S U K

CANNON
 EYEPATCH
 ISLAND
 OCEAN
 PARROT
 PLANK
 SAILS
 SHIP
 STARBOARD
 TREASURE

Q Why didn t the pirate take a shower before walking the plank?

A *Because he knew he would wash up on the shore.*

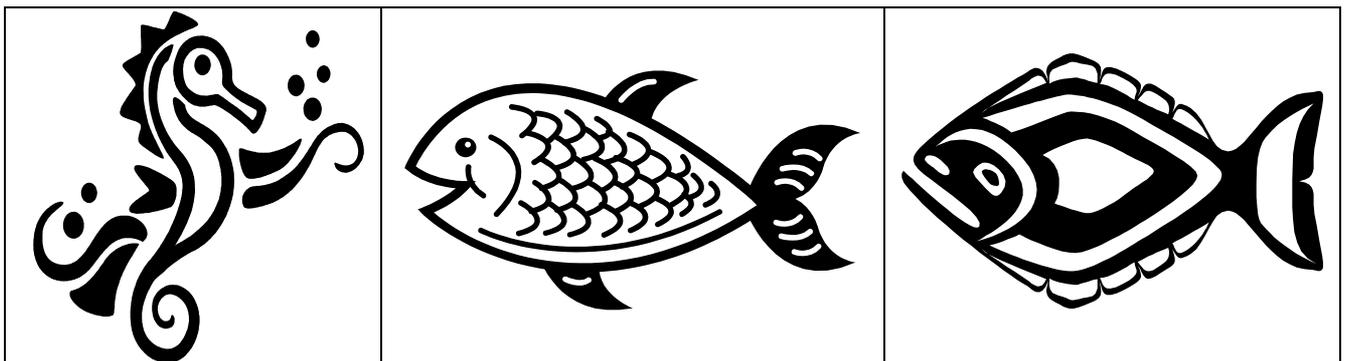
Q How do pirates make their money?

A *By hook or by crook.*

Q Why does it take pirates so long to learn the alphabet?

A *Because they spend years at sea.*

PICTURES FOR YOU TO COLOUR



Our experience of being discriminated against by the National Health Service.

by

Rosie, Little Rosie, Calesta, Lauren and Joanne

A medical procedure called a gastroscopy (endoscopy) was arranged for us in relation to a physical medical condition and before receiving the appointment we made absolutely sure that we told our doctor all about the fact that we suffered from DID. We told him that there would be the strong possibility that during the procedure we could switch as a result of severe agitation brought on from having this unpleasant procedure. We said that this would be dangerous for us, because if this happened during an internal medical procedure it could cause internal damage and that it was also potentially dangerous for the medical staff too as some of us are extremely aggressive and even prone to physical violence.

We, therefore, requested that we have a general anaesthetic instead of a local anaesthetic to prevent this and also that all of the medical details that we had provided to him would be sent on to the surgeon and the other medical staff.

Our doctor failed to pass on the fact that we had DID, so that when we received an appointment for the procedure- the staff had no idea that we suffered from this.

The application for a general anaesthetic was dismissively refused on the basis that the hospital did not carry out this procedure with a general anaesthetic as this was a simple procedure (ignoring the fact that we suffered from Dissociative Identity Disorder, which made their idea of a simple procedure laughable) To top it all off we have now been told by our doctor that due to the fact that we have disclosed the fact we have DID (we should keep it secret?????) the surgeon may now refuse to carry out the procedure on us- Implying that it is our fault for arrogantly complicating their protocols with our mental illness.

This, as you can understand, has caused us extra undue stress, has made us switch more rapidly and has actually potentially worsened the condition that we had arranged to have the procedure for!!!

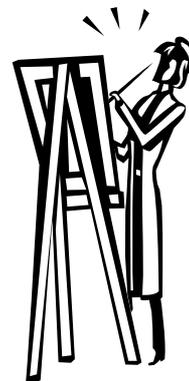
We give this account in the hope that It will provide some validation for other DID/Dissociation sufferers who may have experienced similar discrimination.

Success for an inside one by Bob

My name is Bob and I live in Jackie Jones. Earlier this year I entered a competition for marginalised artists. Today I received a congratulations letter saying I had had one of my paintings accepted for an exhibition. Now the rush is on to get it framed and to the pick up point. I am ever so excited as this is a great honour. Also my statement as to why I am marginalised will be in the exhibition programme, so I will be bringing attention to the plight of inside ones and how society knows very little about us or understands us. I feel in a way as if I will be representing my kind in public and that also is a great honour.

I only have one problem and that is I could be selling the picture and I so want to see my name on the cheque, but know I have no way of cashing it. I would like to have a bank account for my money but I have no proof of identity to get one.

Does anyone have any Artwork that they would like published. You can send it email to newsletter@firstpersonplural.org.uk or post it to the FPP P.O.Box address (see front cover) The Artwork needs to be in black and white for publication. If you send it in colour it can be put into black and white for the newsletter.



Editor s note;

It is exciting to realize that although it is a slow process the existence of Complex Dissociative conditions is beginning to be recognized by professionals. The FPP Training Days, the recent conference, newly published books are all examples of this movement forward.

FPP are considering the issues of discrimination and Complex Dissociative disorders. This is a shadowy area and one that the Executive Committee will be looking into in the future.

In a real sense all life is inter-related. All *people* are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly affects all indirectly. I can never be what I ought to be until you are what you ought to be, and you can never be what you ought to be until I am what I ought to be. This is the inter-related structure of reality.

- Martin Luther-King Jnr.

Answers to What Therapists in Training Want to Know pt 4

Our thoughts on Integration from All of Us

To us, the word Integration is a dirty word, and one that sends shock -waves of panic through our whole system whenever it is mentioned, or even thought about.

One of the questions we were asked by our therapist at the beginning of, and then all through our therapy, was if we had any thoughts on Integration and whether, at some point along the line, we would want this to happen. It felt quite a relief to realise that integration was not always possible, necessary or compulsory, as the books we had read prior to our therapy suggested.

We have always felt that integration means that individual people (we like to be called people not parts) would have to die if this were to happen. One of the repetitive statements over the years has been 'I've only just got here, I don't want to have to go away again before I've had a chance to live'. Of course, since those early days, we have learnt that integration doesn't actually mean that different ones of us have to 'die', but none of us wants to take that risk.

Another question we ask ourselves is 'If we 'join together' who will be in charge?' We now don't let the subject of integration come up too often because everybody inside pulls back from one another, and we become even more separate and disconnected from each other. We feel that we have to do the best we can in the present rather than think about what might, or might not, happen amongst us in the future. We see integration as a blurring, and softening of the lines between us and, when we think about this, the lines become strengthened and made stronger, as we fight against contemplating integration. It's like trying to put two magnets together and they repel against each other - the force is too strong.

Another factor we have learnt about integration is that, before this can even begin to happen, the different alters need to tell their individual stories, work through their varying issues and accept their truth. Then that truth has to be accepted, believed and worked through by everyone else. We are not even at the point yet where we can all agree that anything 'bad' even happened at all. Our younger alters, especially, have never felt able, or safe enough, to give up their memories and experiences and, so, are still traumatised by them.

Because of these reasons (and I am sure there are others too) we decided, a long time ago, that we felt that integration would not be wanted, or possible, and so, we have agreed to live our life / lives as separate identities. Although most of the time this is very difficult to do, there is some comfort in the fact that we can see each other, identify each other (in the main) and feel that we are not alone - just one person in a body taking all the responsibility of life's choices and problems.

This is our own personal view on Integration, not necessarily the ideal one.

One little boy, one little girl

by The Crew

Barely tall enough to rest his head on my hip when he's tired, but old enough to know how dark his days were for so many years. Tough enough to stand his ground even though he never won, brave enough to defend her with all that he was and is all the days of his life. The littlest warrior we called him. Cowlick sticking straight up as though to symbolize that he would never just lay down and give up, scowl on his little face and hands balled into fists at his sides, daring anyone to come too close. Shoving people away with his anger, never wanting anyone to get too close, never anyone but her.

He never pushed her away, not until the healing began. When he watched her work, and trust, and change, and grow older, his fears took over. His anger became a wall between them. "I'LL NEVER LET YOU HUG ME!!!" he would scream at the top of his lungs to her. It was the hugging them that did it, he believed. She hugged the babies when she brought them out to work, and in doing that they heal and become one with her.

He didn't understand that it wasn't really the hugs. He didn't understand that it was her helping them, being their voice to tell the secrets, taking their pain into her, loving them....that's what makes them become one. All he knew is that she hugged them and they "go away." He believed they were dead. And so he stayed away from her, far away.

They missed each other in a way no outside children can miss a sibling or friend. They were adrift in a sea of change without the one in all of us that each had depended on for years, turned to for comfort, found in one another the perfect playmate. I remember days upon days of watching them sitting on the banks of the creek fishing, reminding one another to toss back whatever they caught because "you never hurt something smaller than yourself just because you can."

Days of her dark head of curls and his brown, shaggy head side by side on the old swing. The two of them playing tag in the meadow, hide and seek in the forest. "Ready or no-ot, heere I come!" his voice would sing-song out to her on the breeze. She would scrunch down smaller in her hiding place, stifle her giggles as best she could, a gleam of joy dancing in her eyes. He always found her, and she always tickled him when he did.

The missing one another was tangible between them, a huge chasm neither one could find a way across. She couldn't go back, to do so would be to deny those babies their healing. He couldn't move forward; to do so would be to die he thought. The days passed into endless weeks, rolled into months upon months, and still they would gaze at one another with such longing at times.

Until now, until this baby, until it was time for this child's shadows to be driven away with the light of love. He watched and listened as she kept going, day after day. Never giving up, never willing to say I can't, never an inkling that this was too hard for her, never....except for the tears shimmering in her eyes, the stumbling in her steps, the hanging of her head.

He asked questions of those he trusted, pondered what he'd seen of the adults he shared this space with. Knowing that no one truly dies, having seen the proof with his own two eyes, he made his choice. Knowing he could turn back if he chooses, but knowing it would be at great cost to them both if he does, he made his choice. Slipping his hand into mine, tugging me closer he whispered in my ear. "Don't forget me." As if I ever could.

He slowly made his way to her, tapping her on the shoulder to get her attention. "Can I have a hug?" She protested at first, knowing how long he'd been afraid. Not anymore he told her. Taking each other's hands, they walked deeper into the trees.

for David and Catie, one little boy and one little girl

Anger Awareness by Bunchy

I attended an Anger Awareness workshop awhile ago delivered by Pauline Flaws. We were looking at the fact that as survivors we are not always able to recognise feelings of anger.

We were given a list of symptoms of anger to help us understand that we might be experiencing anger and not realise it.

What are the signs that your body gives you when you are angry?

Does your heart pound? Do you feel hot and flushed? Sweaty?

Tension in your jaw or shoulders? Do you feel like grabbing something or hitting out? - Do you feel powerful? - Frightened? - Do you feel like stamping on something or someone? - Are your fists clenched? - Do you feel like physically breaking out?

Do you feel like emotionally breaking in?

Need your own space? Rush of adrenaline?

<u>What is Anger?</u>	<u>Unrecognised</u>
<ul style="list-style-type: none"> ø. Anger is a natural feeling ø. You have a right to feel angry and stay angry, what happened was not acceptable. ø. Anger is the most logical and appropriate response to abuse and injustice. ø. Anger is a feeling just like any other feeling. ø. Anger can be frightening and destructive around and within us. ø. Because it is a frightening and dangerous emotion it is often displaced or ignored by ourselves or others around us. 	<ul style="list-style-type: none"> ø. The problem with anger occurs when it goes unrecognised and unvoiced. ø. When anger is internalised and turned against the self

Several of my selves recently had an experience of explosive anger . Normally we turn anger inwards either onto the body or internal conflict between selves which are both destructive. Because of a great fear of anger I try to numb out and either stop the feelings or go manic with activity to override them.

A combination of highly stressful events over a few weeks had led to different selves each having anger that was not being expressed. This time though we had been working in therapy with some of the parts who experienced RA and don't speak. It has taken along time for me to be able to agree to work with these parts.

One phone call was the trigger that led to the explosion of anger. I had not been prepared for the fact that several selves could group together and all want to release their anger at once. It was a frightening time and one I am still working through. However the point of this article is to say that I certainly recognised the anger .awareness of what I was going through had come. Now I am working towards learning how to deal with the anger that surged out. I haven't found out the best way yet to do that since my usual coping strategies didn't fit.

It was a very physical experience that needed a physical release. I broke china, ran, screamed but the most important thing is I did not hurt myself. Is there anyone else out there who has touched the roots of their anger and is learning to deal with that new unknown?

Therapy is -
by Anon

the hardest, and the easiest place to be,
the hardest to talk about the then and now
the hardest to learn to understand myself
us,

And trust, that s the hardest to trust
Breakdown those barriers, that are there
so BIG and STRONG! that took years to build.
Do I let them down? is that really right?

And the easiest, yes the easiest place!
Safe, Secure, Caring
Where else can we go to feel so safe?
to show our true selves.

Tears, pain, anger, - understanding,
But! it s scary, so very scary,
What will we discover next?
In That hour, that can feel like a day,
sometimes minutes,
Other time I don t go at all!

Caged Emptiness
by The Many

Already Dead
Anon

A walking ghost,
Not quite here,
I walk amongst the living.
I seem to be real,
Treading the ground,
But not leaving footsteps.
I breathe without air,
Talk without sound,
Feel through the numbness.
People pass by,
But I don t leave a mark,
With my empty body.
They tell me to live,
In this world,
But I m already dead

And they listen, calm, not judging,
- not condemning - listening,
reminding me, us, that it s ok now,
- anything can be spoken, - once
- the words will come out!
It s ok! i am not bad, it wasn t my fault,

Talk - listen, Talk - listen,
- It is a two way thing,
Yet! It amazes me, how patient,
and understanding one person can be,
why? Do they want to listen to little old me !?

Poems, drawings, artwork

Sharing can help with the feelings
of aloneness . Send your work to
be included in Rainbow s End. We
reserve the right to edit any
material considered by FPP to be
triggering or unsuitable for
publication. Send to the FPP PO Box
address or email to;
newsletter@firstpersonplural.org.uk

Learning to Fly

by no-name and Luke

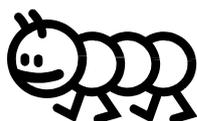
Once there was a caterpillar,
who scampered all around,
Nibbling through leaves,
as he walked upon the
ground.

An insect stopped to talk to
him,
as a butterfly flew by.
He said, "Won't it be
wonderful
when you can soar through
the sky?"

The caterpillar frowned,
and let out a little sigh.
"I don't have any wings,
there's **NO WAY** I'll ever fly".

There were many times of
danger,
along life's muddy path.
Sometimes things got so bad
The only way to cope, was to
laugh.

But one day the tiny
creatures dream,
finally came true.
Out of his cocoon he popped
and up in the air he flew!



Release by Ang

Trapped in a place that should be safe
that should be my salvation
a T that says don t hide behind a
disorder
- be strong and face the emotion !

Ahhh! But I continue week in
- week out.
It must be right he s my T .
- ignore the voices that want him gone
- am I mad? am I the only one?

Trapped weekly torture
- and punishment that I deserve,
for going for talking there!
the place that we should be free
- and we can t be

? **freedom** ? ~ trapped everywhere we
turn.

But I wont betray them anymore
i will not put us through it.
Years of frustration
- controlling - don t switch,
it must not happen.

And every week I betray us
we are trapped ~ inside
unable to speak unsafe
scars on the inside and within.

And now we have escaped this
- punishment called therapy!
A group of people - we cannot
show ourselves to
The chains are off we are free
released to be ourselves
- relief - safe - real
real to each other respectful
to us all.

Requests for contributions; mutual support and sharing with others!

We are always looking for contributions to the newsletter. Articles, reports on any activities you have done or been to promoting awareness of Dissociative conditions. Poetry, prose, and artwork are good to share as they can be validating for those who look at them. Book Reviews are particularly helpful as it can be difficult to know what books are around that might be useful to read. Website reviews would also be useful to include in the newsletter. We have received a request for contributions about things anyone has an interest in that helps them in their life such as cookery tips, gardening info. hobbies etc.

It has also been asked if anyone has good news to share such as the first time they have been able to do something specific, holiday news, helpful ways of coping.

If you can send your contributions as email attachments it helps make putting the newsletter together easier. Remember the new email address for contributions is; newsletter@firstpersonplural.org.uk

Looking through previous issues of Rainbow s End can help inspire writing and drawing. Below is a list of themes previously published in Rainbow s End Volume 8 Issue (with acknowledgement to Many Voices):

• Mixed feelings, handling the grey areas of life	• Managing finances, experience of welfare benefits
• Learning to ask for, and accept help	• Post integration problems and success
• Helpers in your life	• What recovery/healing means to you
• Sexual problems and solutions	• Healing leisure/pleasure activities
• Healthy relationships	• Choosing a therapist
• Learning to trust	• How people see you versus how you see yourself
• What you like/don t like about dissociating	• Healing/ thriving without or after therapy
• Grounding techniques	• Managing flashbacks
• Understanding your system/Meeting yourselves	• Body memories, trigger prevention/ avoidance
• Being dissociative but not D.I.D.	• Therapy/support groups
• Looking after yourself	• Changing therapists
• Favourite recipes	• Support networks
• Effective treatment	• Relative friend issues
• Self-healing/self help	
• Work life, getting back to work, disability.	