



Sept 2011

RAINBOW'S END

Volume 12

Issue 2

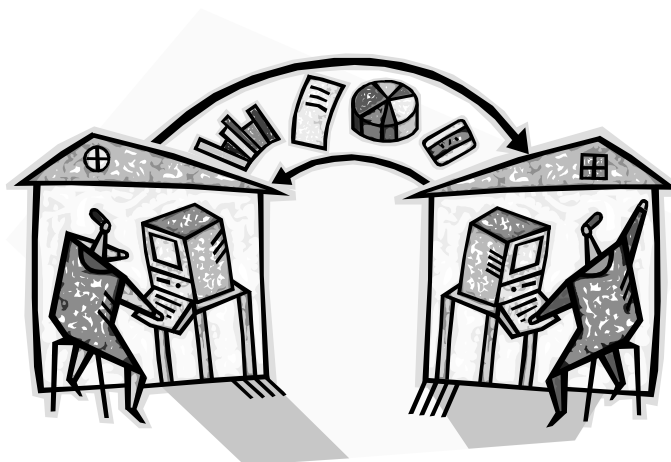
Support & Information Newsletter of First Person Plural

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

Registered Charity No: 1109464

CONTENTS

Editorial statement.....	2
Making Contact	2
Chair's letter	3
Questions About DID	4
We Have No Words	6
I Do Not Have D.I.D.	7
Play Centre	8
Book Reviews	10
Feedback on ... DVD	11
Campaign Update/Website.	12
Trust (poem)	12
Members' Survey 2009	13
Lullaby for a little part (poem)	15
Thank You	15
Self inside	15
When (poem).....	15
Dates for Your Diary	16



FPP Website Members-Only Area

You can now apply for your NEW log-in details to access the "**Members - Only Area**" on our new website.

To request your log-in details
send an email to:-

members@firstpersonplural.org.uk

The Members-Only Area gives both FULL & ASSOCIATE members access to ALL back issues of the newsletter – even those published before you joined FPP.

For FULL members the Members-Only Area also gives access to online interactive mutual support forums (message boards)

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

<http://www.firstpersonplural.org.uk> - email: fpp@firstpersonplural.org.uk

Editorial Statement:- While every effort will be made to keep contributions complete and unedited we reserve the right to make amendments. Decisions about the inclusion and amendment of contributions are made by the editors and are final. Contributions do not necessarily reflect the views and opinions of First Person Plural, members of the executive committee or the editors. 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** stories; resources; book reviews; tips; personal experiences; articles and poems; brief snippets and black & white artwork are desperately needed. It would help if you can send your contribution as an email attachment. This saves times and resources. Please send to our editorial email address **newsletter@firstpersonplural.org.uk**. If you can't send by email handwritten and typed material sent by post will continue to be accepted. The next issue of the newsletter is due in **December 2011**; any contributions for consideration for inclusion in that issue must be with us by **3rd December**

Originals returned only 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

MAKING CONTACT WITH EACH OTHER? - - - REMEMBER SAFETY FIRST

One reason people join First Person Plural is in the hope of connecting with other members. The newsletter and occasional members open meetings provide opportunities to do so but we suggest you use caution. Do not lose sight of the fact that, initially at least; other members of FPP may be strangers to you, as you are to them. FPP does not check applicants for membership. Anyone can become a member by completing a form and making payment. We have no reason to believe that any of our members are unsafe persons but conversely we can offer no assurances that someone is trustworthy just because they are an FPP member. Also non-members may have access to the newsletter. Clearly we are not saying never make contact but we do advise that you use common sense precautions as you would when meeting or contacting any stranger. Develop your friendship slowly before exchanging personal details such as telephone, mobile or postal address. Set clear boundaries for yourself about what kind and how much contact you wish to have with each other. Listen to & respect each other's need to set and change boundaries. Do not let desperation for understanding, support and friendship cloud your judgement or lead you to try to get more from each other than each wish to give.

*Not everything that is faced can be changed.
But nothing can be changed until it is faced.*

- James Baldwin-

Chair's letter

Dear All,

We seem to have been very busy in the last few months laying down the foundations for what we hope to achieve in the next year. We have the London Launch of "A Logical Way Of Being" DVD at the end of September. Sue Richardson with some colleagues are organising a DVD event in October in York and Remy Aquarone and I are hosting a similar evening in Norwich in November. We aim to run a further three evenings next year based in other parts of the country. The audiences we are inviting include many services that work with vulnerable people from paramedics, to mental health teams, housing associations and trainee health professionals to name but a few. So you can imagine the level of internet research needed prior to the invitations going out. We have received a lot of interest from people working in the field of domestic violence and drug and alcohol abuse. The climate is certainly changing but it still is so hard to get the necessary follow on of the help these people need.

To offer something positive and achievable the ESTD-UK with input from FPP has developed a Foundation Course offering three days training at an elementary level. Day one: - FPP Understanding Dissociation, day two: - Renee Marks, Developmental origins of dissociation in childhood and day three: - Remy Aquarone, Assessment and Treatment.

Kathryn and I are going, by invitation, to the International Society for the Study of Trauma and Dissociation, ISSTD, Conference in Montreal in November. We have a 90 minute workshop in which to show the DVD and discuss. Remy, Mike Lloyd and Gill Sanders from Serious Media will, along with Kathryn and myself, make up the panel. It is very exciting to have the DVD recognised as a 'very useful training tool' in the States. The European Society for Trauma and Dissociation, ESTD, trustees gave a generous donation towards the making of it which again validates the work we do. The ISSTD and the, ESTD, are selling it on their websites. Not to mention Sue, Remy and Mike believing in what we wanted to achieve and giving so much time in helping us to do so. Not only what you see as the end result but feedback at every stage of the editing and during the production of all the written material. I still have to pinch myself sometimes to believe it is all true!

We are just about at the stage where we will be starting to send a free copy to every community mental health team or the equivalent in the UK. We will be including a questionnaire which if not returned within a certain time, will be followed up with a letter.

I know a few of us have done the bulk of the hard work and it has been incredibly hard, but without the support of you, our membership, through the articles you write to share in the newsletter, e-mails we receive from you and meeting you at our Open Meetings we would not have been able to achieve this. Throughout I have felt a tremendous responsibility in having an opportunity to be a voice for many, using it wisely and assertively while ensuring that at each step we never forget we are speaking on behalf of FPP.

Of course the other major project that is now up and running with some very steady, solid foundations being laid is the message board on our updated website. On behalf of everyone I want to thank Kathryn for all her hard work and amazing wisdom that has enabled such good guidelines on how to use this facility. It is both welcoming and clear. I hope all our full members find it helpful and can acknowledge the importance each and every posting has in maintaining and strengthening our organisation's ethos. We will be keeping a careful watch as we want this to be a safe place to share. It is important that anyone who feels things are maybe not quite right let us know. As I keep stressing this is your organisation so we all have a responsibility in helping this venture to succeed. I would also like to recommend you visit back copies of our newsletters.

And I must mention 4Thought TV - making the DVD was easy-peasy (and it is in the dictionary) compared with doing that programme. Again, although it was about me I was there representing FPP and I never forgot this during the ninety minute filming. The challenge was to get across what is DID, how it has affected me all within the theme of do I see my mental health situation as a gift or something I resent. You try and do that in two minutes! Thank you for your feedback and if you missed it you can view it at FPP's new YouTube channel, together with an excerpt from our DVD. <http://www.youtube.com/user/FirstPersonPluralUK>

As always my kindest regards to everyone **Melanie**

Questions about DID

by Oriel

A few years ago I was having a very hard time with a friend who was finding it difficult to accept my diagnosis of DID and every time we tried to talk about it, the conversations were very heated and not very helpful, so I started trying to answer some questions in writing. I thought it might be useful to publish some of my answers in the newsletter. It would also be great to read other people's responses to the same questions. Please remember that this is just based on my experience, and your answers and experience and opinions about what is helpful may be very very different. It would be great to read a few, so do send them into the newsletter if you would like to...

Why did you suddenly 'get' DID?

You never mentioned it before and I have known you for years.

I did not suddenly 'get' DID. I have had DID since I was little. However, you are right that it was not obvious before in the way that it is now. One of the main reasons for this is that I didn't know I had DID. By its very nature, DID creates a split in the brain to protect from past experiences, and therefore I, the 'main person', the person who is your friend, also didn't know that there were other personalities, although I was aware of losing time and being driven to act in ways I didn't understand or chose. Gradually, partly through therapy and partly just because of the time in my life, I learnt about these other parts, and the more I learnt about them the more they let me learn about them. But they have always been there. You have probably met them in the sense that my chaotic or confusing behaviour was often driven by one of them, and their attempt to deal with their past. One of the reasons that I talk more about them more now is that I have to look after them, and in order to help them stop unhelpful behaviour I have to take on their realities and needs. Also, as they feel more recognised by me, and safer to come out, they may talk more or be more openly 'out'. For me, this is more helpful than them taking over the body in a chaotic way. Therefore, it may seem on the surface that I have suddenly 'got' DID, but it has always been a part of me, and the difference is how I deal with it and how I live with the others, rather than any fundamental change in what is there or what I live with.

Have I met/will I meet any of the others?

As I said above, you may have nearly met some of the others in the sense that when we are very anxious or triggered, they often come into the body and drive my behaviour. So if there was a time that my reaction to something didn't make sense to you or was out of character, or I denied it later, it is likely that someone else was around. I think of this as slightly different to 'meeting' them. If you had met them you would probably know; they all have very different voices, writing, body language, use of speech etc. from each other and from me. I am told it is very noticeable when someone is out properly and is ready to meet someone. In my system, unless we are so triggered it is impossible to do so, we will normally stay in the host when we are out in public or in a situation where the others do not feel completely safe. Even if they are there and near the surface.

In terms of whether you will ever meet them, I don't know the answer to that. I think a lot of it will depend on you- whether you want to, whether you are able to fully accept them, whether the situation is safe etc.. Alters know on a very instinctive level what is safe for each of them, and will probably pick up if you are not quite believing in them or ready to meet them. It will also depend on how our relationship develops. The one thing I am almost certain of is that they will not appear in order to 'prove' we have DID.

Alters come up for a reason, because they are triggered by something- often something bad from the past but sometimes something good. For example one of my little ones loves food and is often close by when we are eating. If she becomes comfortable with you she may come if we are alone having supper together, but she will be able to gauge if that is ok or not. The times we are very badly triggered you may meet one of them in flashes, of anger, terror etc. but this is no different to how you have known me to be the whole time we have known each other- but it may feel easier if you understand those moments are often driven by an alter.

In the main, because we met when I was an adult, and your main place is in my adult life, I imagine you will still primarily have a relationship with me- knowing the diagnosis does not mean that I have changed or that our relationship has changed so in all likelihood it will continue very much as it has been for the last few years.

We have no words – by ‘All of Us’

The deadline is fast approaching for contributions to be sent for the newsletter and we have spent the last few weeks trying to think of something we could write about, hopefully to go into it. Each time we think about it we look inside and discover that we have no words. We seem to have nothing to say or nothing to write about but we don't want to miss the opportunity of feeling 'connected' to other people through the newsletter, so we have decided to write about how we are finding it very difficult to write about anything.

Being able to communicate with outside people is vitally important for us as it helps us believe that we are real, and talking to outside people helps us feel less likely to disappear into some unknown nothingness or just 'die'. Unfortunately, such people are very difficult to find and we are forever struggling to 'stay conscious' or stay grounded and not silently slipping down some dark hole. So, writing this is one way for us to hold on to the fact that we are here.

We know what has caused this partial shutdown and we need to find a way to deal with what has happened. Our grown-up's husband was made redundant in the spring and he has decided to take early retirement. This means that he is now home all of the time and both he and us are trying to adapt to this huge change.

When he was working and we had the weekdays to ourselves we made ourselves some sort of routine – we split the days up into manageable chunks to get through each day. We taught our selves to give each other control of the body by drawing, playing loud music etc, or sometimes we sat and let ourselves just 'be'.

Her husband knows she has got DID but is not aware of what we have to do in order to stay focussed; all the busyness and confusion and how it all has to be managed. He has never asked how it is for us and hasn't seemed really interested when we have tried to explain it in the past. We try to be as 'normal' as possible with him, and it is all so difficult to maintain.

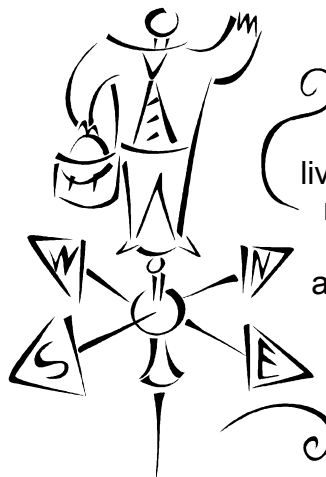
Our grown-up doesn't know how to be a wife (she was created to be a wife and mother but doesn't know how to have a proper husband/wife relationship). She doesn't understand compromise, sharing, equal rights etc. She feels she has to be at his beck and call, just there for his needs.

Having our own time is very difficult to find as she is on constant alert on the 'outside' and so our 'inside world' is getting neglected. Because of this we are suffering from depression or anxiety attacks on a daily basis.

We are all feeling very unstable and 'lost' at the moment and hope we haven't just been moaning! That was not our intention. We just wanted to share with other people who know how hard it is, how difficult it is when the only word you do have is "help".

I really appreciate your honesty. I have coped with a lot of external changes this year and have found it extremely

challenging and exhausting. There have been times when we have said we cannot do any more for now. We all needed to catch up and REMEMBER the new way we are having to try and live. From what friends who have retired tell me this is one of the biggest transitions in their lives and they are not even DID.



I Do NOT Have DID. by Ann

I do NOT have DID. I was not physically or sexually abused. I had completely emotionally inadequate parents. I grew up hugely emotionally distressed, with what was going on in my family very plain to see if any of the professionals who became involved had been prepared to see it.

I am me. I am very clear about who that me is. I also have different parts of me. Some are different ages and relate to when I got stuck at different ages, and some are more like processes developed for dealing with different specific difficulties.

I like people. I get on well with people. I have no difficulty in relating to people. And friendships are vital to me. I have 3 children, all now grown up and I have brought them up to be happy, responsible and to have good relationships themselves. I have a successful marriage of 31 years, which I must say has been very hard work.

I look forward to being just one person when all the different parts of me just assume a natural place inside.

For 16 years I have been unable to stay at home by myself or go out by myself and so far I have had 16 years of psychotherapy.

I read Rainbow's End and feel it has nothing to do with me. I have been to a FPP Open Meeting and it had nothing to do with me. I have read the Mind booklet and feel it has nothing to do with me. I have seen the new DVD and it has nothing to do with me.

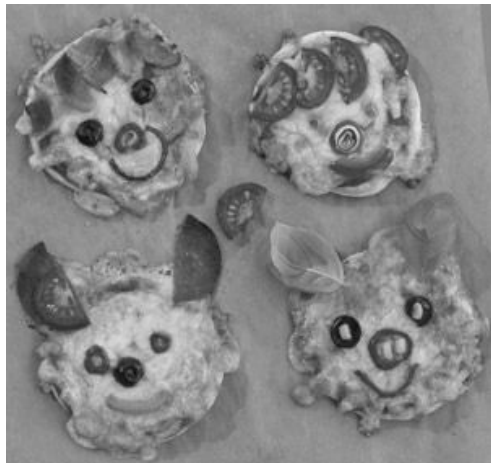
I am highly dissociative and have huge problems with life but none of these things connect with me. Which group of people do I belong to? And where are they all?

*"We all need to have a creative outlet
- a window, a space -
so we don't lose track of ourselves."*

Norman Fischer

Fun Cheese on Toast

This recipe is very easy and makes fun smiley faces to eat!



You will need:

2 sliced of white bread

*Small amount of pasta sauce
or tomato puree*

2 slices of ham or pepper or mushroom

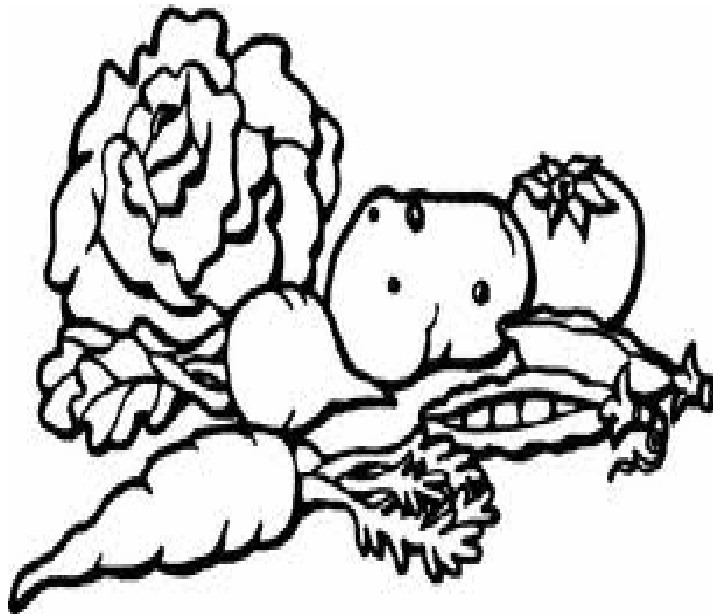
4 olives or cherry tomatoes

Grated cheddar or mozzarella

Lightly toast 2 pieces of sliced white bread then use a biscuit cutter to cut out two circles from the bread. Spread ready made pasta sauce or tomato puree on them. Cover in grated cheese and then make a smiley face with sliced olives or sliced cherry tomatoes for the eyes, olives for nose, and pepper or ham or mushroom slices for the mouth. Put under a medium grill and grill for about 5-7 minutes until the cheese is beginning to brown (keep an eye on them!). You can experiment with different vegetables and can even try adding ears or afterwards like in the picture!

PLAY

Vegetables to colour in:



Try this number search- Like a word search but with numbers instead

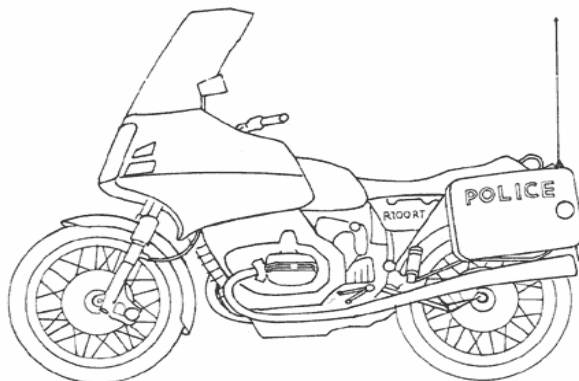
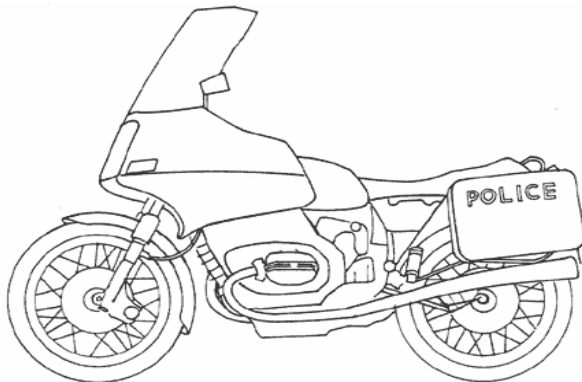
8	5	2	7	1	3	8	8	4
8	6	7	5	6	4	8	0	0
1	8	8	9	9	9	6	6	9
6	6	1	5	3	6	8	3	9
3	4	0	2	9	5	0	6	1
7	0	4	3	7	1	2	0	5
6	8	0	8	2	5	6	2	1
1	4	2	2	8	7	4	7	2
2	6	7	5	4	9	9	4	7

1388
1512
4457
5222
6528

6693
6943
7499
7515
7935

CENTRE

How many difference can you find between these two pictures?



Draw a line to each item's correct color:

Purple

Blue

Green

White

Yellow

Orange

Red



Broccoli



Blueberries



Lemon



Strawberry



Mushroom



Eggplant



Orange

Answer: Broccoli is Green; Blueberries are Blue; Lemon is Yellow; Strawberry is Red; Mushroom is White; Eggplant is Purple; and Orange is Orange.

A fun way to tell a story:

With a friend (or another insider) try telling a story one line at a time, but with each line starting with the next line of the alphabet- it's not as easy as it sounds

For example:

Person 1: **A** cat went for a walk

Person 2: **B**ut on the way it realised it had forgotten the was

Person 1: **C**at's do not like forgetting the way so he decided he had to pretend he meant to go that way

Person 2: **D**espite not knowing where he was, he headed into the nearest café and sat down

Person 1: **E**very person in the café turned and looked as he went in because it was a private children's party and they were surprised to see a cat walk in

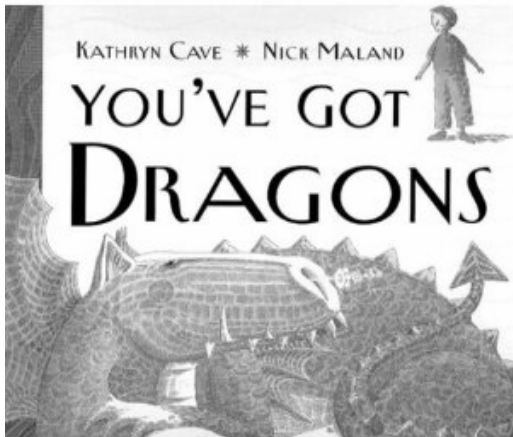
Person 2: **F**unnily there was another cat in the café who also shouldn't have been there

And carry on until you get to the end of the alphabet!

If you want even more of a challenge you can try the same thing but this time the line has to start **and** end with the same letter. This is really tricky!

Book Reviews

my favrit book by lottie



You've Got Dragons by Kathryn Cave and Nick Maland is a wonderful storybook for young (and not so young) children about dealing with fear and nurturing themselves.

my favrit book be cald yuv got dragons. i lik tis book bcos it about wen yu skerd insid ten yu get dragons wat is hard to telin peepal about. in tis book the lital boy got dragons outsid wat mak it hard for him in skol and telin his mummy and dady. tis bok telin yu about how to manig dragons. my favrit bit is wen he in skol and his techa say wat is 2 plus 2 and he sais 4 dragons, bcos he so distakt by dragons. my ova favrit bit wen we tinks maibe he got dragons bcos he bad and the book sais yu didnt get dragons bcos yu bad all tese peepal got dragons and tey fritfly good.

A Review of "New Shoes"

The author Rebecca Mitchell is co-founder of a Christian based support organisation called *Into the Light*. Although the book is not directly about complex dissociation and God and faith are mentioned, which I know for some of you will make it a no go area, I found it an extremely clear, well written book. I think Rebecca often goes straight to the point. An example that was helpful for me was, 'good boundaries mean you can be intimate with others and yet not lose a sense of yourself'. It is something I sort of knew but to have it stated so clearly was like, yes, of course. She also tackles confrontation and forgiveness, not from a religious viewpoint but one where you assess where you are at, not trying to fit into anyone else's script or 'shoulds'. A lot of the book suggests questions and allows you to gently reflect and get there for yourself while offering wise insights.

I am glad I have my own copy as I know I will return to it when I am trying to get things a bit clearer in my head and am unable to find my own words in that moment. You may like to visit the website www.intothelight.org.uk which, in my opinion, is written in the same style as this book, down to earth and practical.

A word of warning, Rebecca mentions Penny Parks. book 'The Inner Child'. I know that some people who are DID including me have found this book to be inappropriate at certain stages of our journey. I had no idea that I was DID, just I had been abused and even this was totally new information to me. I came across 'The Inner Child' and I did some of the exercises, or rather, as we learned at a later date, 'we' did some of the writing exercises. I feel the powerfulness of some of the exercises probably contributed to the breaking down of my structural dissociation much too fast and we all ended up very re-traumatised in the present. The very fact of still being highly dissociated, completely fragmented in our thinking, prevented me/us from realising what was happening at the time.

Feedback on "A Logical Way of Being" DVD

from "ALL OF US" (FPP full member)

First of all we would like to say "Thank you" to all the people involved in, and especially Kathryn, Melanie and Oriel for having the courage to take part in the making of the DVD. I'm afraid we may wear out parts of it by playing them over and over, but it is being very carefully handled and treated like the piece of treasure it is every time we take it out and play it.

We like the way Kathryn, Melanie and Oriel refer to themselves as "us, "we", "our". They are speaking the same language!

So far we are using it as a means of 'having some company' with other people who know what it is like. It is also nice to put faces to names. We have even learnt some things we didn't realise before. Every time we watch it we hear something new or we hear what is actually being said rather than hearing what we think was said.

So when we are feeling alone, afraid, sad, fed up, confused, whatever, we play a few minutes of the DVD, feel "connected" in the way that we can understand and relate to other people in what can, most of the time, feel like a big, frightening, alien world and know, once again, for a few minutes that we are not alone in this. It certainly has become one of our coping tools. Thank you.

from Dr Nilamadhab Kar, MD, DPM, DNB, MRCPsych, NHS Consultant Psychiatrist

"....There is a great need for training in these disorders and there is a dearth of quality information in this regard. "A logical way of being" is effectively bridging the gap. highly appreciated as a good resource material for training in dissociative disorders"

from an NHS Clinical Psychologist

"...I think the DVD is excellent. Very clear, not too triggering I should imagine for most people, very supportive, and helpful info for workers"

from another FPP full member

"Have just seen DVD. Excellent. Really really impressive and so cleverly put together. You come across so well, informative, natural, very genuine and very lucid. It's arranged so well into the segments – an absolute godsend for psychiatrists, therapists etc..... Thank you so much for making this DVD. It will have tremendous impact and raise awareness so much."

Campaign Update and Website

By Oriel

As many of you will have read in the spring newsletter, there was a *Campaign Meeting for the Recognition and Inclusion of Dissociation and Multiplicity* organised by the Paracelsus Trust. The Paracelsus Trust is a registered charity who are committed to further understanding about DID. This was very well attended and it was hoped that this successful day could be repeated as soon as possible. The date of the next similar meeting is **9th March 2013**. So put the date in your diaries. The details of this day are not yet available, but we will let you know as soon as they are.

Paracelsus have uploaded an audio podcast with selected contributions from the day at www.paracelsustrust.co.uk under 'The Campaign'. This page has links to artwork displayed on the day and an article written by the chair reporting on the day. There is also information on a second day held after the Campaign, aimed at MPs, entitled '*Falling through the Commissioning Gap*', and the Paracelsus website has links to some of the information presented there.

On their website there is also a list of organisations working with DID that offer useful resources.

Paracelsus are compiling all the material presented at the Campaign meeting into a book to be published by Karnac, hopefully in 2012. This will include chapters from anyone who presented on the day who wish to be included. This book will become an invaluable resource

So, a big thank you Paracelsus for organising the day, and putting all of this together! And we will keep Rainbow's End readers informed about the progress of these exciting projects.

Trust by Oriel

*She took my hand and listened carefully
Through the ashes, I watched her silently
I looked towards her, my heart felt cold
She said nothing and let me hold*

*There was pain and fear inside me
That I didn't want her to see
But she waited and I showed it
Bit by tiny bit*

*I said, I don't know how to say
She said, show me some other way
So I did, and she watched and saw
What no one had ever seen before*

*I found a house with no windows, I wanted a door
She showed me a way in I hadn't seen before
She stood back and said she'd followed me
I looked at the door but didn't have the key*

*We stood before the door, silently
I wouldn't look at her, she looked straight at me
I turned to go another way
She touched my hand, her eyes said stay*

*I tried the door, it opened easily
I took her hand and she smiled at me
I stood at the door but would not go through
I turned and said I'm scared I'll lose you*

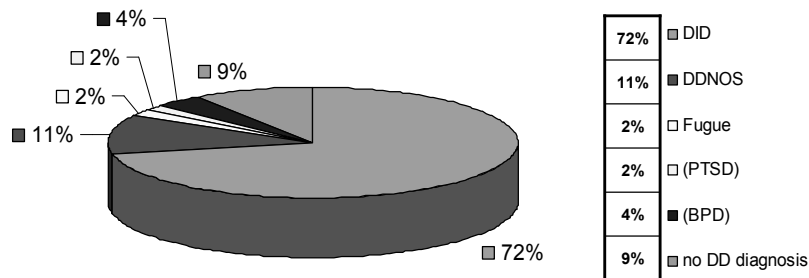
*But she was already waiting patiently
I went through the door and shut it behind me
I looked to check she was still there
She bent to pick a flower and placed it in my hair*

FPP Members' Survey 2009

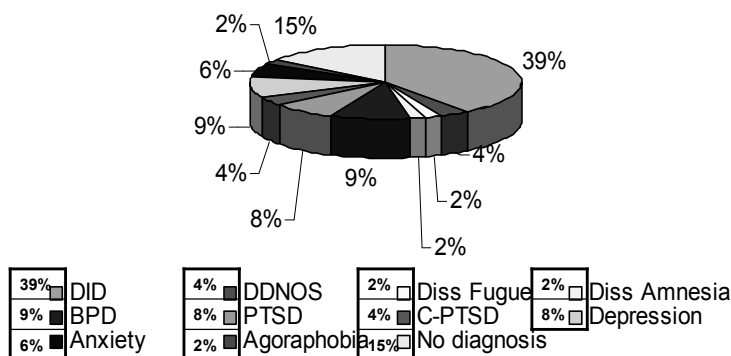
graphical summaries of responses to some of the questions

During 2009 FPP surveyed its full members. The results from this survey are still being used to help raise awareness about how difficult getting appropriate assessment & therapy within or funded by the NHS is for those who have a complex dissociative condition. The graphics below give a summary of some of data that was collected.

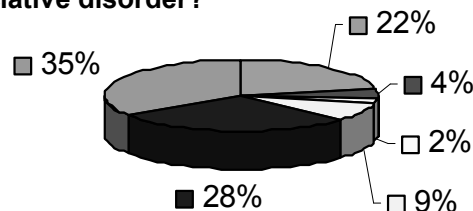
Have you ever been diagnosed as having a dissociative disorder? n=53



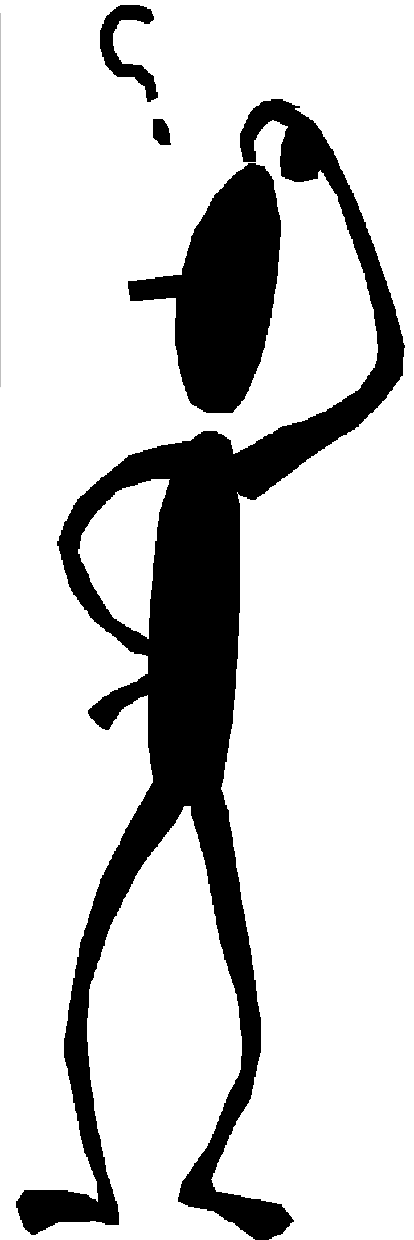
What is your current official primary diagnosis? (n=53)

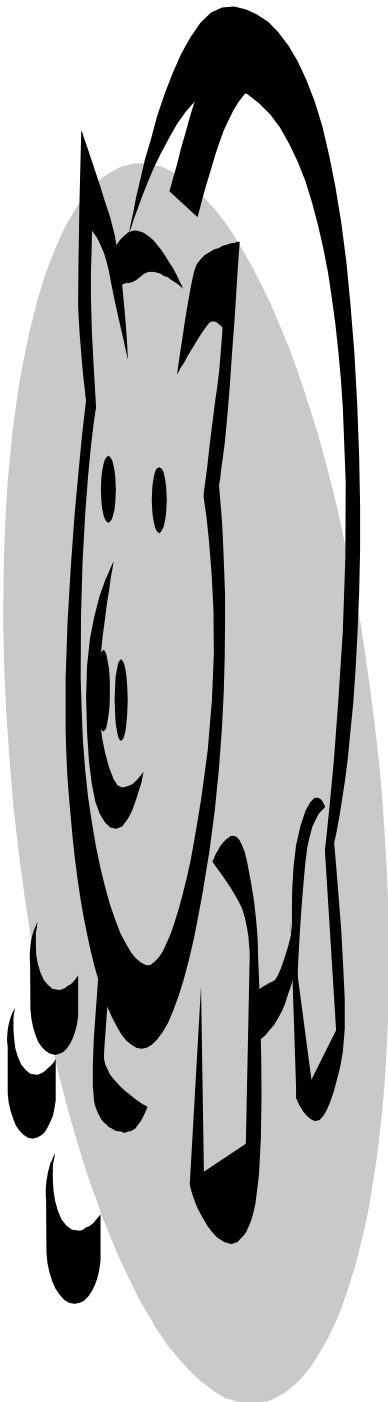


What was your diagnosis before being diagnosed with a dissociative disorder?

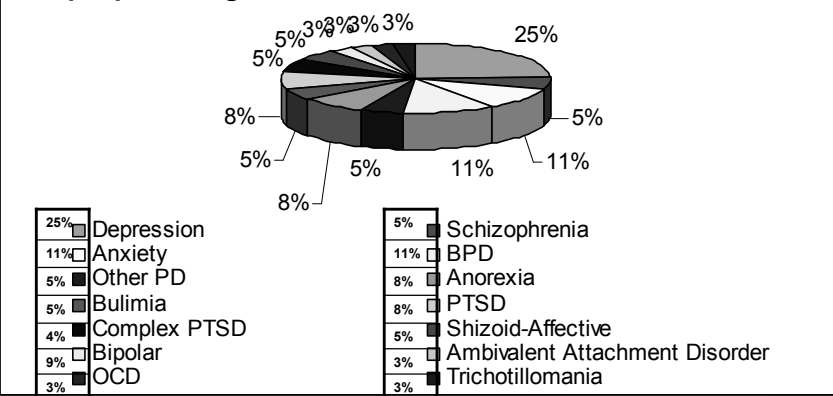


22%	Depression	Schizophrenia	4%
2%	Anxiety	Other	9%
28%	Multiple previous diagnoses	No previous diagnosis	35%

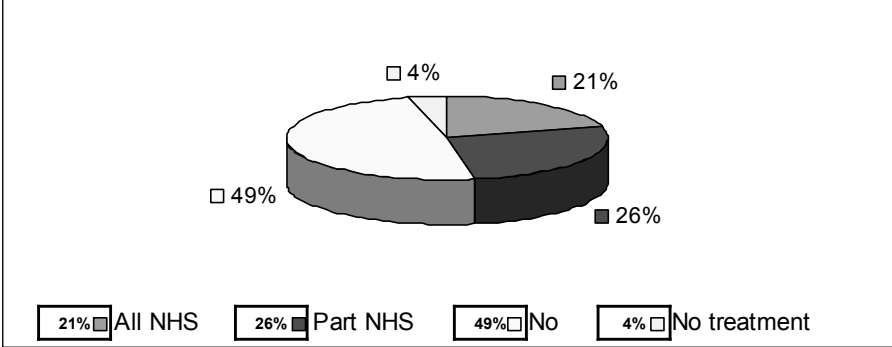




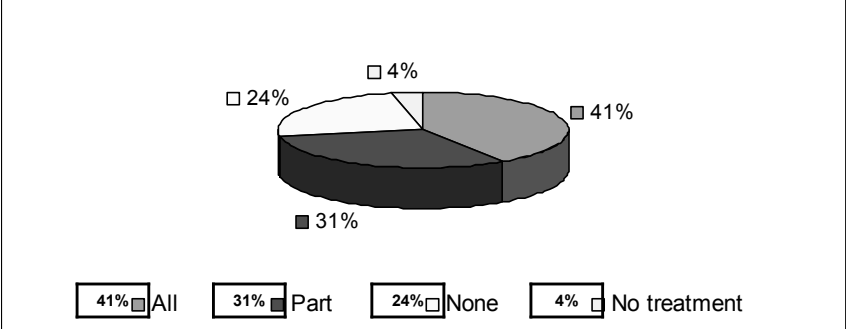
Multiple prior diagnoses include...



Does the NHS provide / fund your treatment for trauma / dissociative disorder



Do you pay privately for trauma / dissociative disorder treatment?



Lullaby for a Little Part

by the Many and More

Don't be scared my little one,
Your life has only just begun.
Do not cry your salty tears,
Find some solace from your fears.
Come now rest your weary head,
Soon be time to go to bed.

Worry not I'll keep you safe,
Wipe the tears from off your face.
Hide not away in cupboard dark,
You are safe, all fears depart.
Hush now you are free at last
Wear no more your frightened mask.

Come now and sit here by me,
You kept me safe then, now I see.
Do not walk in your silent solitude
Walk with me, your fears elude.
Together we will walk hand in hand
Together we'll reach the promised land.

It is all okay now little one,
Soon you'll see the setting sun,
Do not fear when night time comes,
No longer from the shadows run!
You are safe right here by me,
Trust me and you will soon see...

That you and I we need each other
It's alright no, no need to cower.
Hold your little hand in mine
We'll march together through time.
Our feet in step we walk on
Do not fear when night-time comes.

Thank you from Amy & Team

Thank you very much for the recent issue of Rainbow's End. My parts and I do not feel quite so alone or odd now. I particularly enjoyed reading "Survivor" by Tigger. Our heart goes out to the young 12 year old girl. The fact that she is now on her final leg of her journey brought us hope and has spurred us on to keep going on our own personal healing journey. We now know that one day, we too will be on our final leg. Thank you so much to Tigger for the honesty in the article. She has come so far in just 5 years.

I will now be looking for the "rainbow" and the "silver lined clouds" – I shall no longer ignore them. Thank you Tigger ☺ I really needed that. There is hope – there is always hope.



Self Inside

when by katliv

*when you can't name what you're
feeling except to say it's bad*

*when the pressure inside's building
so you feel you're going mad*

*when you don't know what you're
wanting or who it is in need*

*but you know there'll be explosions if
someone doesn't heed*

*you know you have to call her, but
time is getting weird*

*it'll soon be passed the deadline and
this is what you feared*

*she won't be there to answer, it'll be
the d*mned machine*

*and an angry one comes forward and
hangs up with a scream. AAAGGGHH!*



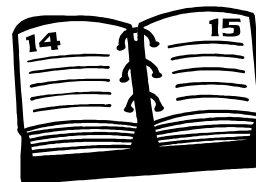
Partners of Dissociative Survivors PODS

new online newsletter for survivors

Further details from

www.pods-online.org.uk

Dates for Your Diary



Next Members Open Meeting

**Saturday 26th November
11am-4.30pm in Reading**

This will be held in Reading Quaker Meeting House; 2 Church Street, Reading, Berks, RG1 2SB.

Details of how to get there can be found at www.midthamesquakers.org.uk/local-meetings/reading.

Further details will be available nearer the time.

Although the Quakers are a religious group, we will not be using their main hall, and it is a modern, purpose built building, which has very few religious artefacts.

**TAG conference
Fri 15th – Sun 17th June 2012
Swanwick, Derbyshire**

Working with complex trauma
*Issues of Attachment, Trauma
and Dissociation*

As always TAG has some excellent plenary speakers. FPP will be submitting a workshop. We also have some individual members who will be doing the same.

Further information at www.tag-uk.net

DVD Sessions

We aim to hold sessions in various localities over the next year where we show the DVD to our members and your friends and colleagues.

These are opportunities to **watch “A Logical Way of Being”** with other like minded people and discuss some of the issues it raises. It is also a chance to see how you could use the DVD to raise awareness or in a training session in your own local areas.

One of the reasons we made the DVD was in response to some members asking about how they can get involved in training / awareness raising. The DVD gives people a training tool that they feel comfortable and confident with

We have already found it an extremely useful tool and you only have to look at some of the comments on page 11 to see that others have too. It takes a lot of pressure off the speaker / trainer -, especially if it is a not personally a good day for you.

**Saturday 3rd December
1-4pm in Norwich**

**Thursday 15th December
1-4pm in Wolverhampton**

If you would like to attend one of these sessions please send an email **by 28th October** to let us know.

**ESTD Conference: Thursday 29th March – Saturday 31st March 2012
in Berlin: *There are many walls to take down - on the way to integration***

Further information available at www.estd.org

First Person Plural, PO Box 2537, WOLVERHAMPTON, WV4 4ZL
<http://www.firstpersonplural.org.uk> - email: fpp@firstpersonplural.org.uk