Volume 16 : Issue 2 BUMPER 24 PAGE ISSUE Winter 2015

First Person Plural — dissociative identity disorders association

"Rainbow's End"

Charity Registration Number = 1056602 (formerly 1109464)

Events for your diary (or letting others know about)

- ??/01/2016 FPP new website goes live (see p3)
- 23/01/2016 Fun Day for members of FPP (see p4)
- 25/02/2016 Peer support group for Supporters (see p5)
- Starting 23/04/2016 Dissociation in children & adolescents training course (see www.integratetraining.eu/#!dissc/cee5)
- Various 2016 dates FPP & ESTD-UK trainings (see www.eventbrite.co.uk/o/first-person-plural-3307090714

Editorial by Kathryn L

As I write I find myself feeling disappointed that so few of you sent in comments about the new look newsletter after receiving the first issue. So, I start this one without having a solidly confident sense of whether or not my last (and current) efforts in designing and compiling the new newsletter are an improvement on what we had before. That's not me fishing for compliments (at least not for personal gratification), simply a plea once again for feedback which I can take on board to ensure your newsletter continues to be an effective and valued benefit for members.

As editor, I work with the material submitted so if the content (rather than the presentation) is cause for comment I also want to know this —but more, I need as many of you as possible to contribute pieces for publication in future issues, so that the content reflects more members' viewpoints and creativity. For instance, to my liking, this issue has too few shorter pieces, and it could be improved by inclusion of original artwork or poetry. Could you submit these or any other material for the next issue? See back page for Guidance for Contributors.

It is pleasing that the little feedback I did receive was in this vein...

"I simply wish to tell you how very beautiful the new look of Rainbow's End is to me (us)! It is really gorgeous! And I so value being able to see really clear color photos of you"



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Melanie Goodwin,
Chairperson, F.P.P.

Chair's Letter

Dear All,
I hope you are enjoying the new look newsletter, I was really excited when the time came to send it out. Kathryn worked (and played) very hard to produce the first issue and I feel it turned out professional while retaining that important feeling of inclusiveness, lots of information offered through carefully written articles and a gentleness that I personally find so important. It tangibly demonstrates FPP's ethos.

Another important development is our new website. It has been more complex than we could ever have imagined and involved a lot of writing. It is important that FPP shares information that is expressed in a way that captures the strong beliefs that the organisation is built on. Again I am really excited with both the content and feel of the site, I would like to imagine someone having a tough night finding something on our site that helps to make it a little easier whether it is through an article in a newsletter, listening to Paul talking about his role as a supporter or a piece of information that resonates in the moment.

The new website will go live early in the New Year.

Kathryn and I have presented FPP's new one day contribution to the ESTD-UK's new, post foundation four day course. We felt our day made an important contribution and the feedback confirmed this. The overall feedback for the four days was extremely positive with people commenting that the two courses (8 modules) really do fulfil Sue Richardson's idea of 'Practical training for people in practice' and allow for progressive learning. With an expanding group of experienced trainers, each having many years' working with DID clients, these ESTD-UK days are both structured and a forum for questions and sharing epitomising the trainers' expertise. This respectful and integrative approach allows us as trainers to feel a part of the day and I always learn something new and come away with a 'lot of food for thought'.

This new FPP training "The evolving therapeutic relationship from the perspectives of complexly dissociative clients" will be run as a stand-alone day for those already working with DID/DDNOS clients. We will also be running our established two day course in Durham in Spring 2016. For full details of our own and collaborative trainings go to: - www.eventbrite.co.uk/o/first-person-plural-3307090714 Please share this information far and wide.

FPP collaborated with ESTD-UK members to produce an information sheet for clinicians, service providers and commissioners. It may be useful for FPP members. Find it at www.estd.org/?page_id=1265 then click on Resources tab under UNITED KINGDOM for the Download link.

By the time you read this our latest peer support group in Chester will be formed, we wish them well.

There is a delightful contribution from our Norwich group in this newsletter and an invitation to a FPP 'Open Afternoon' hosted by them, do please come if possible, I know it will be a lot of fun. It will also be an opportunity to talk about being in a group with those who really know. A new group for those in a supporting role will start in Norwich early in the new year.

*"..... new FPP training "**The evolving therapeutic relationship from the perspectives of complexly dissociative clients"** will be run as a stand-alone day for those already working with DID/DDNOS clients. ....."*



Chair's Letter continued

We hope this venture will evolve in other areas as peer support groups become established. If you would like to think about a group in your area please get in touch.

FPP is working with three NHS psychologists offering a full day's training about complex dissociation to all those working in NHS Norfolk Mental Health. The first day was fully booked within hours and feedback was extremely encouraging. We hope to be able to repeat this several times a year in this NHS Trust laying a solid foundation of understanding of how each individual can make a difference, whatever their role in the service. When the fragmentation within the NHS often compounds DID/DDNOS survivors' difficulties especially in times of crisis, this initiative is exciting.

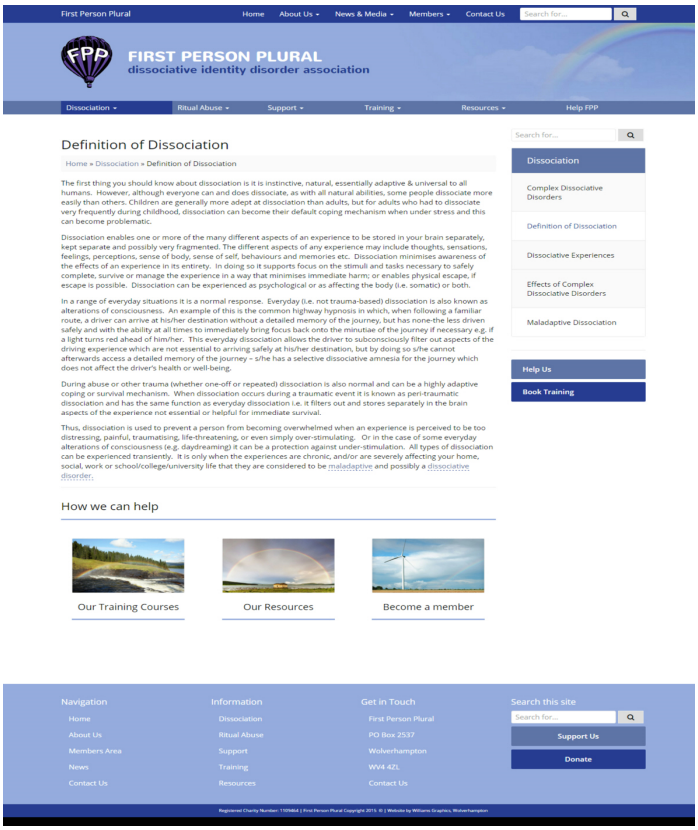
RAINS (Ritual Abuse Information Network and Support) held an information day in November. It is so encouraging to know this very important area once again has a proactive organisation with a wealth of experience who are determined to offer support and share knowledge to those working with RA and mind control clients. FPP will continue to develop this important link .

I wanted to share some of the positive things we have been directly and influentially involved in this last year that will make a positive difference for some affected by DID/DDNOS.

I also know the next few weeks will be hard, for many and intolerable for others, please, please try and remember that we hold you in our thoughts.

With warmest wishes

Melanie





Norwich Support Group - Fun Day

Where?

Norwich Wellbeing Centre

in the Garden Room

When?

Saturday 23rd January 2016
1pm – 5pm

Our support group has been running for over a year now and to celebrate the success of the group, we will be hosting an FPP fun day. We would like to invite all FPP members, both near and far, to come and join us for an afternoon of fun.

There will be Arts n Crafts, Colouring, Jigsaws, Cake Decorating and any other fun stuff we can think of.

All FPP members are welcome.

Please come and join us.

How to find us: The Norwich Wellbeing Centre,
15 Chapelfield East,
Norwich NR2 1SF
http://norwichwellbeing.com

The Norwich Wellbeing Centre is in the heart of Norwich opposite Chapelfield Park and around the corner from intu Chapelfield Mall, the Forum and Theatre Royal. Unfortunately, there is no parking at the Centre. However, there are several car parks nearby.



"Our support group has been running for over a year now and to celebrate the success of the group, we will be hosting an FPP fun day."



New Group in Norwich for Supporters



Are you supporting someone with DID/DDNOS and would like an opportunity to meet others in a similar position?

A new group for those supporting people who have DID/DDNOS will hold its first meeting on

25th February 2016 from 7pm – 9pm
in the Lounge, Charing Cross Centre
17-19 St John Maddermarket,
Norwich, NR2 1DN.

The group is a place to share the impact this role has on your life and how you address some of these issues. It will be an informal group, not facilitated.

For further details and to confirm attendance contact Melanie:- fpp-chair@hotmail.co.uk

"„ a place to share the impact this role has on your life and how you address some of these issues."

View "A Partner's Perspective" on FPP's new website

Chapter 5 of FPP's learning resource film "No Two Paths the Same" features Paul speaking about his perspective as a partner of someone living with DID. This chapter which is almost 20 minutes long will be available to view for free in its entirety by anyone visiting FPP's new website after it launches early in the New Year. The chapter will appear on the "Partners, Safe Family & Friends" page.

Copies of both FPP's learning resource films as DVD or MP4 download continue to be available for purchase, with a discount offered for members of FPP, TAG and ESTD. The link http://www.firstpersonplural.org.uk/sales will take you to the sales page on both the current and new website.

Let your friends, safe family and colleagues know.





A little over a year ago a handful of us started meeting once a month. At first this was exciting and daunting in equal parts. Many of us dealt with conflicting feelings about group, asking ourselves whether we really belonged, whether others were further along in their journey than us and worrying about how much we'd shared about ourselves.

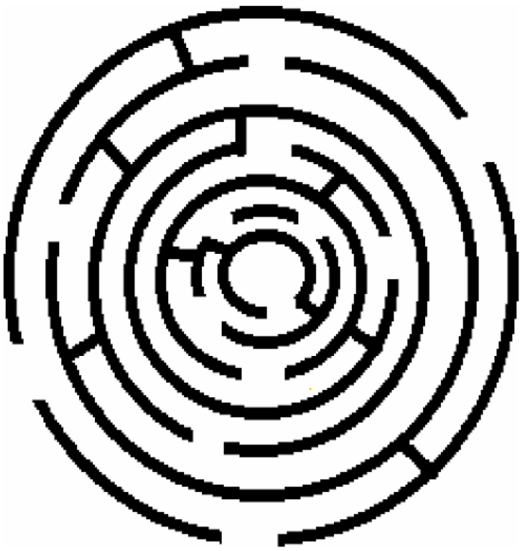
As our monthly meets turned into routine, this became a little easier. We found keeping our hands busy while we chatted over tea and biscuits helped ease the weight of the occasional silence, and those silences have become easier as we've become familiar and more comfortable with each other.

Nonetheless, we are still having fun with jigsaws, kinetic sand, colouring and friendship bracelets, and all while we catch up and share the challenges of our day-to-day. This summer we even shared a visit to the zoo - a walking safari, no less!

We've come a long way and with members recently joining and rejoining group we're looking forward to finding out where our second year together will take us!

Below you will find comments that we have put together. These are the many voices (both inside and out) of the current members of the Norwich Support Group.

Can you find your way to the centre?



What we like about our support group…

(And sometimes don't like)

The backlash afterwards can be hard- not everyone (inside) is always happy to talk so openly, some struggle; Is it real? Am I just making it worse by talking to other people about this ? This gets easier over time.

We can talk in a non-judgemental environment.

Meeting once a month works really well-it can be tempting to meet more often but that would be overwhelming.

We can talk without watching what Ôwe' say.

Meeting people in the group has given me a sense of solidarity and hope in what can otherwise be a very disorientating and lonely experience. It doesn't matter if you manage to attend every month or not, people in the group understand and it is fun!

Tis lovely to be able to play with jigsaws or colour kiddie pictures with friends who want to do this too.

Group allows me to talk about and even find some humour in experiences I never thought others would be able to relate to.

The littles can play and the adults can talk. Everyone is happy!

It's great to be with people who understand how important your therapist is to you!

What we like best of all is our **NEW FRIENDS!**

I try my hardest to be as Ôfunctional Ó as possible and I sometimes worry that going to a support group undermines that.

I have been shown that those who as children are hurt the most become the most thoughtful, accepting and loving adults.

We can share.

We are usually very wired and hyper afterwards, which often leads to a sleepless night. Lots of excited people chatting in the head all night isn't always a good thing, even if they think it is great.

There is so much of my day to day I keep secret or even outright lie about in order to blend in. It's been such a relief to have a place where once a month I can drop the charade and just be myself around people who understand.



Celia Harrisson
BACP senior accredited psychotherapist and supervisor
Certified Sensorimotor Psychotherapist

My experience of working with the body of clients who are D.I.D.

by Celia Harrison

It is a privilege to be asked by First Person Plural to write a little about my experience as a therapist working with people who are D.I.D. I have been specifically asked to write a little about my experience of how I integrate working with the body into my work.

The very diagnosis of D.I.D. equals immense and extreme suffering at every level. I personally think of D.I.D. as a brilliant and innate survival strategy in the midst of extreme and ongoing physical, sexual, emotional and psychological abuse and often severe neglect in childhood. The persons with whom I have the privilege to sit alongside are beautiful and unique human beings whose bodies hold the memories of the above at a deep cellular level. Their bodies will also hold all the truncated fight and flight responses along with the extreme terror of freeze and the flop "play dead" of submit and into dissociation. All of these states will hold different emotions and beliefs. In this article I will use the word "parts" which I hope will not offend any reader. We all have parts of self and with D.I.D. I see and experience each part as unique and with their own experience and feelings and no part is better than another.

Given all of the above how do I begin to include the body in my therapeutic work with people who have had to split and dissociate in order to survive? How do I create a safe enough space for this to happen when for many their bodies feel like a war zone or a place of extreme shame and loathing? How do I even mention the body to those for whom there simply isn't a body or for whom there are parts who believe nothing happened to them and who are highly defended from feeling anything in their body? These are questions I have before assuming this work and approach. I am also aware that Trauma is stored visually and viscerally and the body can't be left out of the overall journey to recovery.

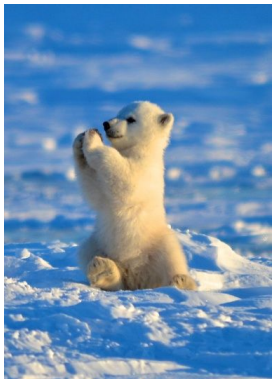
In my experience every person I have worked with is very different and individual and what works for one may not work for another. The basic goal and aim for every person is that they begin to feel a little safer in their bodies and that their bodies begin to experience less onslaught and activation from the triggers in everyday life and from somatic memories and flashbacks and that they may discover the innate wisdom of their bodies. In many trauma models this would be called widening the "Window of

"… The persons with whom I have the privilege to sit alongside are beautiful and unique human beings…. "



My experience of working with the body of clients who are D.I.D.

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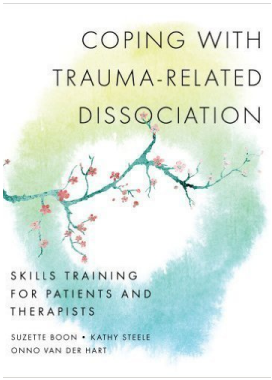
Tolerance" and providing Stabilisation. Lisa Ferentz in her work with Trauma would describe this as "Post Traumatic Growth" and "From Heartache to Hope". I love this quote (Camus 1968) *"In the depths of winter I finally learned that within me lay an invincible summer".* This is my hope and belief for all those with whom I travel. This will be their discovery.

My approach in working with the body is to firstly enable the client to have some positive experience/feeling in their body. This is because many people who are D.I.D. have very little somatic memory of anything positive. For many of the parts they only have the negative in their awareness. Experiencing positive feelings in their bodies could range from feeling calmer, more grounded, stronger in their core or legs and arms, less collapsed, less tension in their stomach, a warmer feeling around the heart and/or stomach, a softening, a smile, feeling more anchored etcetera. There are numerous ways to enable this to happen depending on what suits the individual person. In all of this it is about helping the client to "notice" if only for a second how it feels in the body or to become aware of what's telling them that they are experiencing a positive feeling. This can then be embodied a bit more by inviting the client to stay with that specific feeling and to notice if it spreads or deepens or has a shape.

When I worked with my first D.I.D client with a ritual abuse history she had no memories of anything good and any attempt at visualisations or noticing anything within turned to horror. I began by looking at beautiful pictures of nature or beautiful pictures of polar bears or other animal of their choice and they would just for a few minutes look at the picture and then notice and share how they felt seeing it and then we noticed how that felt in their body. Over time they began to gather many good feelings in their body which were also remembered in the body. (I am aware there are many triggers around animals but this worked for them and they chose the photograph/ picture.) This then moved on to her exploring more of nature herself and it's healing effect and going about every 3 months to a farm where they provided a service called "Animal Touch". There were lovely animals to stroke and touch and talk to and it was up to the client to be with whatever animals they wanted. This experience was deeply healing at every level for my client and different parts were involved in different ways and

"My approach in working with the body is to firstly enable the client to have some positive experience/feeling in their body. "





My experience of working with the body of clients who are D.I.D.

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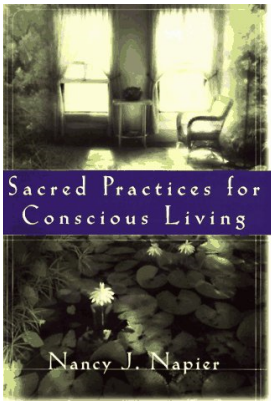
with different animals. As they began to experience their body more safely we were able to move on to other work that incorporated the body.

I think most people who have survived such a traumatic history have had something or someone, if only fleetingly, who has offered some form of love, kindness or positive attention that was never then spoilt. It could be a pet, teacher, relative, shop keeper, stranger, angel, fairy or something in nature. If the person I am with can remember an event of this kind I will then encourage them to notice how they feel when they remember, including how it feels in their body. I might say something like "when you remember her kind eyes and you feel a bit happy does it feel a bit warmer or nicer in your tummy?" As people get used to this I can just ask them to notice how it feels in their body. I explain to them that our bodies remember the "kind eyes" and how it felt at the time.

"I use visualisations as another way of creating healing and a sense of safety and grounding for my clients."

I use visualisations as another way of creating healing and a sense of safety and grounding for my clients. The visualisations include paying attention to and being aware of the body. In the book "Coping with Trauma related Dissociation" by Boon, Steele and Van Der Hart there are several excellent visualisations designed for people with parts. I have also used many of the visualisations in Nancy J Napier's book "Sacred Practices for Conscious Living". These can be adapted to suit each individual.

Similar to visualisations are what I might call "Rescue Stories" for parts to be taken via visualisation to a place of safety and care. The parts will often guide us as to what would be good for them. It might be a place in nature, it might include animals, and it might include a spiritual figure chosen by them. I often include water of some description that has healing qualities and soft new clothes for the child to choose and put on. All these things produce physiological changes in the body and bring a sense of safety and well- being. Some clients like to make a safe place within for the different parts to be and these vary from quite simple to incredibly creative and involved depending on the need of client.

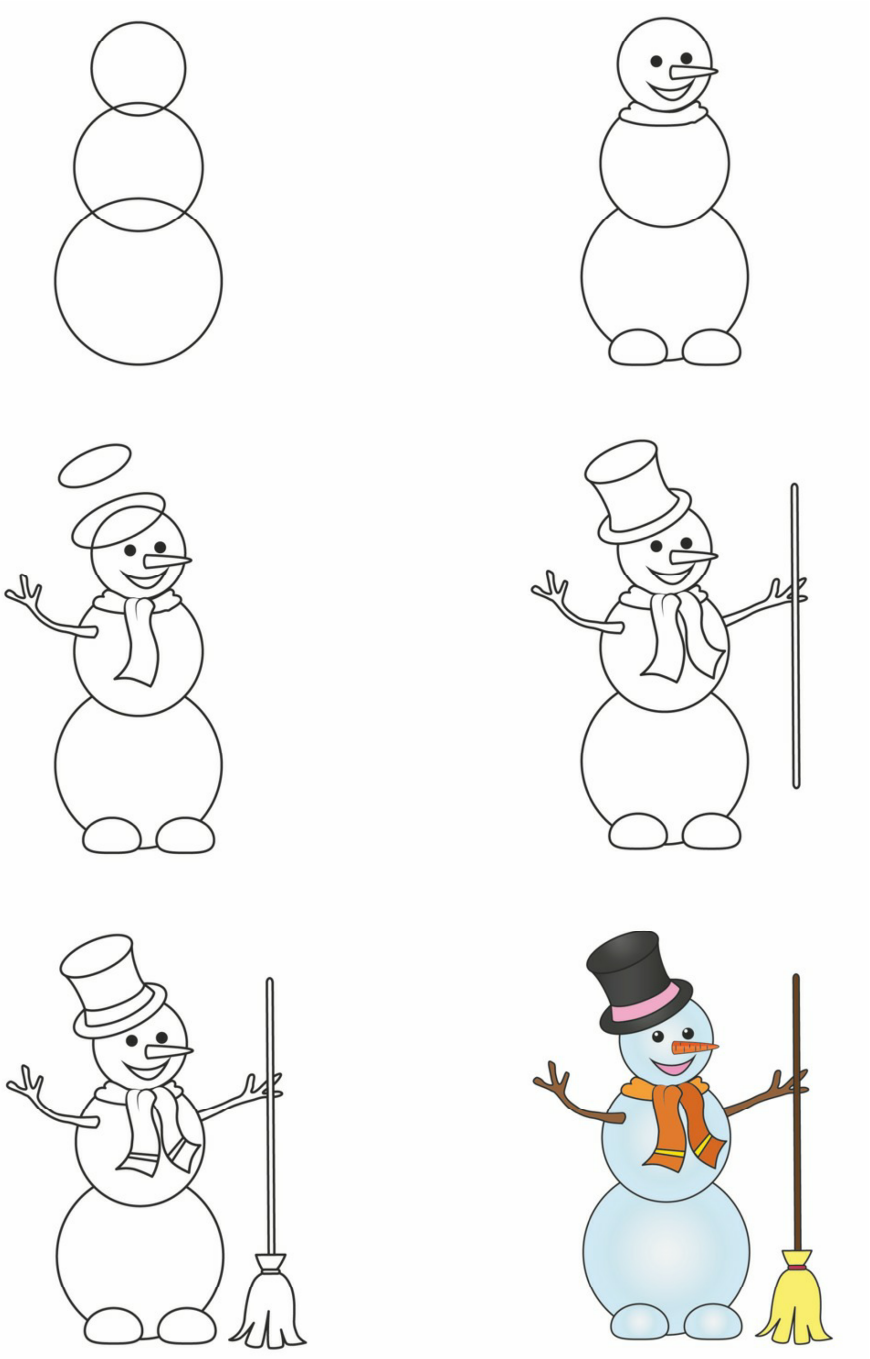


Sensorimotor Psychotherapy training in trauma includes ways to resource and stabilise and to enable those we see to begin to regulate themselves from a state of hyper and or hypo arousal. This is mainly by finding a somatic resource for hyper and hypo arousal. I use this with some trauma clients but with D.I.D. I have found that it is

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PLAY CENTRE

Learn to Draw a Snowman

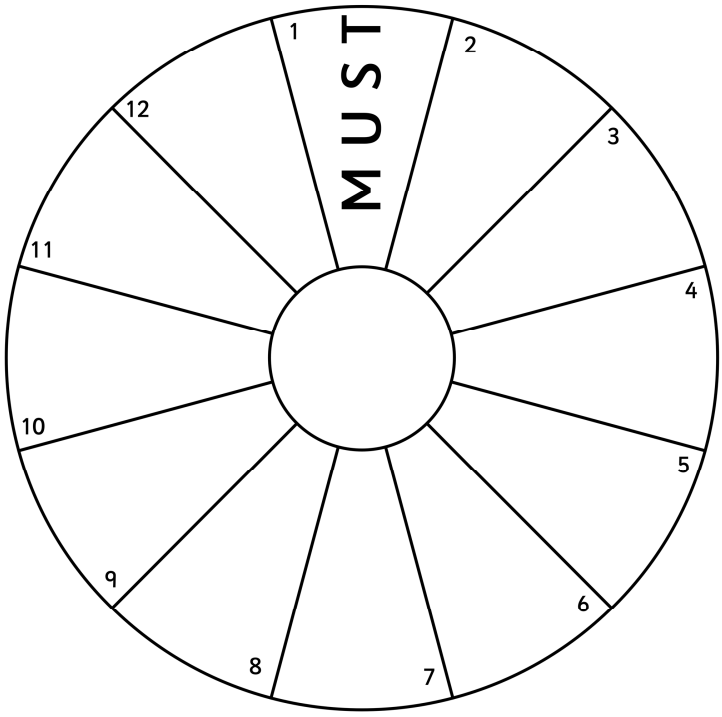


Learn to draw with www.ActivityVillage.co.uk - Keeping Kids Busy

PLAY

Change Twelve Letters

Can you work your way around the circle, solving the clues and changing one letter each time until you come back to the beginning?

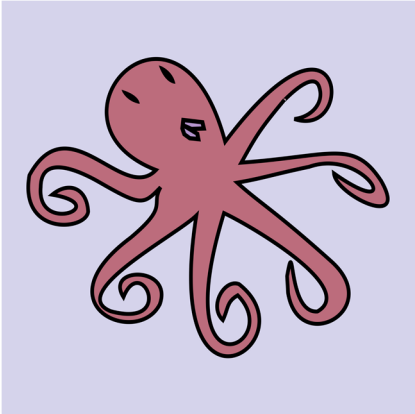


2. Fog, low cloud
3. It holds the sail on a ship
4. Not the future
5. Send a letter or parcel
6. You don't know where you are
7. Coming after all the others
8. Write things in order, perhaps with numbers
9. Old fashioned word meaning "for fear that, so that"
10. Put your feet up, take a breather
11. Red crust on old metal
12. Broke, broken

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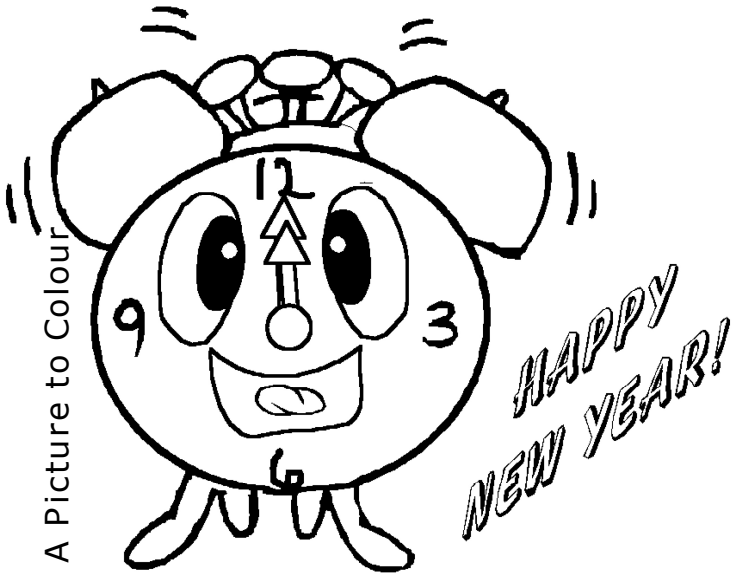
JOKES

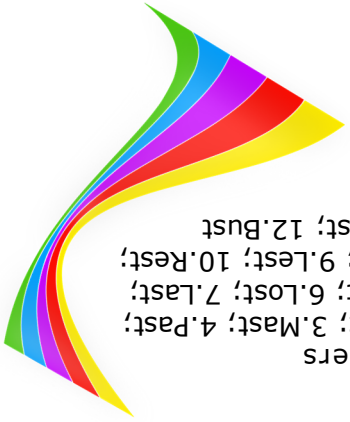
Q: What does an octopus wear in the winter?
A: A coat of arms



Q: What is the best way to communicate with a fish?
A: Drop it a line!







Answers
2.Mist; 3.Mast; 4.Past;
5.Post; 6.Lost; 7.Last;
8.List; 9.Lest; 10.Rest;
11.Rust; 12.Bust

CENTRE



A Story When Needing To Be Brave

by S.W.

When Amy was feeling scared she pretended to be… a tiger. Not a cute little baby cub, but a huge, magnificent, very grown up tiger who knew how to protect little children. She had four huge powerful paws with razor sharp claws that could shred paper in seconds. She had big strong shoulders that could carry little children to safety, five at a time. Her teeth were ginormous and so white they could light up the darkness. If anyone got in her way she would swish her long rope-like tail and knock them over like skittles.

She was fearless. She was strong. She could smell out nasty people who hurt little children and swat them like flies. When she roared only the grown-ups heard it and they would shake like wobbly jellies; their tongues would spill out of their mouths and their eyes would spin as their brains exploded with fright. She was the most powerful tiger in the land and she was a warrior.

One day, Amy was feeling especially scared. She was alone and it was getting dark, which was never a good time for her. She sat in the corner of her room listening and worrying with her breath getting louder and louder in her ears. Suddenly she looked down at her hands and decided to flex her claws. They sprang out in an instant and she swiped at the air with her powerful paws.

Brave tigers don't sit and wait for scary things, they get up and move slowly, making themselves big and fierce looking. So she left her corner and stood up on her great legs, feeling the solidness of the floor beneath her. She stretched her spine and felt herself expanding into her great stripy fur. She filled her lungs, sniffing all the surrounding smells in one deep breath. Suddenly her ears twitched and the breath came out of her huge cavernous mouth in the most gigantic roar that made the very walls shake. In that instant, Amy knew, that no one, but no one would dare mess with her.

<u>Some questions</u>

How does the story make you feel?

Can you think of a good name for the tiger?

What animal would you choose?

Can you draw it?

S.W. is a counsellor with a special interest in working with survivors and supporting people with D.I.D.

Fondant Penguins

This is a great idea for when you are looking for real entertainment value as well as something nice to eat at the end! Making these fondant penguins is fun - but please be warned that the fondant needs to be made in advance as it needs an overnight stay in the fridge ...



Ingredients:

makes about 30

800g icing sugar
397g tin of condensed milk
50g cocoa powder
Peppermint essence
Yellow and black food colouring

Method:

Put 300g of icing sugar in a bowl. Add 2 drops of peppermint essence. Add condensed milk a tablespoon at a time (should take about 4-5), mixing until you get a smooth dough.

Take about 1/4 of the dough and knead in a drop of yellow food colouring, adding more icing sugar if needed to get it to a "modelling" consistency.

Put 400g icing sugar and 50g cocoa powder in a bowl and mix. Add a couple of drops of black food colouring. Add condensed milk a tablespoon at a time (should take about 5-7) mixing until you get a smooth dough.

Pop into sandwich bags and leave in the fridge overnight (sorry!)

To make the penguins, dust a plate well with icing sugar. Shape a triangle of yellow dough. Sit a ball of white dough on top. Wrap some chocolate dough around the outside of the white dough as wings and a ball of chocolate dough on top as the head. Finish with a small piece of yellow dough as a beak. Leave to harden.

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My experience of working with the body of clients who are D.I.D.

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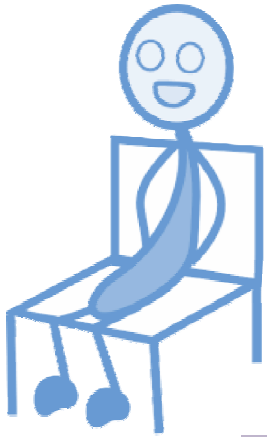


often triggering because what might be a somatic resource for some parts ends up being a trigger for other parts.

Lisa Schwartz "Comprehensive Resource Model" works very well with some people and it is designed to be integrated into ones way of working. With a few people I see I have used the breathing skills. "Heart breathing" involves breathing through your nose and filling your heart with love and then breathing out through your mouth to any part of yourself that is distressed or sad. I use slightly different words to suit each individual person. I also use "Connective Breathing" which is just breathing with consciousness (intention) and this initiates a shift of awareness within the body's physical, energetic and perceptual systems and inspires an increased accessibility to the mind-body's conscious and subconscious processes. It engenders an increased resonance and promotes a better relationship between a person's outer and inner worlds. "Coherent Breathing" (5 breaths per minute with equal inhalation and exhalation) helps to regulate and synchronize heart rate activity and brain wave rhythms in the body and mind creating a felt-sense of inner balance and peace.

Another area of how I work with the body with those who have parts is around boundaries. There are many different ways of creating boundaries and in terms of the body the emphasis is on how our bodies hold the wisdom. I might have a person create a boundary with stones or pebbles around them helping them to notice how their body informs them as to how much space they need. If this were appropriate I would then suggest they put either with stones or pieces of paper, the people and/ or pets they might want inside their boundary and to place them according to what their body told them was comfortable. We might also have names of people who they meet in daily life and see where they would be put. Again I would encourage them to notice what their body was telling them. I have had some people place stones or bits of paper to the far end of my garden. Another way of working with creating a boundary is that I am looking for any physical movement the person I am with might be making as they speak. It could be a hand goes up or a foot or leg moves as they speak. If this were relevant and appropriate I might ask the person if we can just stay for a few minutes with their hand going up and we would explore what their hand..

"....many different ways of creating boundaries and in terms of the body the emphasis is on how our bodies hold the wisdom."





My experience of working with the body of clients who are D.I.D.

Continued from page 15

...wanted to say and what movement it wanted to make. This can be very empowering when the words they say are something like "Go away" or "No" or some words that give them the power that rightfully belongs to them.

I have been very helped and inspired by the webinars given by Dr Janina Fisher and in particular on how a part may be communicating through pain in the body. It is of course important that when it is a persistent pain that it has been checked out medically. I worked for many years with a survivor of ritual abuse who frequently had throat infections. She was not co -conscious but was aware she had an "inner team". She was high functioning and often very embarrassed by the notion of other parts and their different hand writing and voices. I felt she was very finely balanced and her not being co-conscious was an important protection that helped her survive and function well and also left her potentially very vulnerable. I began by just suggesting that she spoke very kindly to her throat and maybe gently stroked her throat and told her throat that it was very safe now and that it was free and she could swallow easily. With her permission I began by speaking to her throat and then she was able to do this herself and sometimes a carer part did the talking and stroking her throat. We gave her throat some lovely cool water to drink and on several occasions had an ice cream. We were of course talking to a part or parts of her that held the horrific memories. Over time I noticed that she had fewer beginnings of throat infections and then to them becoming very scarce. We never actually went to the details of all the things that her throat/parts remembered which in her case was most beneficial and helpful. How I work really depends on the person I am with and what works best for them in the moment. The important thing is that we are assuming that it's a part communicating through the pain/tension felt in a part of the body. I am always mindful of not re traumatising and it is always with the agreement of the person concerned.

People who have a history of abuse and ritual abuse will have parts who are there to protect. They do this in a way that has been the most helpful for their survival. Quite often this protection becomes a little unhelpful in everyday life now the person is grown up and safe and free. An example of this might be making sure the vulnerable parts never get hurt and therefore never allowing anybody to be close or kind or loving. I always show great

"How I work really depends on the person I am with and what works best for them in the moment. "



My experience of working with the body of clients who are D.I.D.

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respect for these parts and what they have managed to do and affirm the brilliant strategy. I then begin to show them that the dangers of the past are now over (if they are) and begin to help them take on other facets of being protective that would work in the here and now. The things we all need as human beings in this world. This would include feeling in their body the posture of being assertive and the posture of being able to say No and to walk away. One person I saw had a protector part who took up keep fit activities like boot camp which included boxing. The difference was amazing. Many of the parts began to notice they had muscles and could feel their legs and arms. They felt stronger at every level. This part took pride in being able to do D.I.Y jobs round the house and was really helpful in setting good healthy boundaries. It also influenced what they ate because she wanted to be fit and able to do the exercise. Protector parts can be very helpful with the parts who are likely to quickly go into shame which brings a collapse in the body and lack of eye contact.

I am also very aware as to how my presence and the room we sit in impacts those with whom I travel. Whilst there are things I can't change like the size of my room there are things that I can change in order for people to feel safe enough to benefit from being with me. This can include the clothes and colours I wear or don't wear and objects in the room. If I am wearing a colour that is very triggering (and this varies with each person) their bodies tell them they are unsafe. Their bodies also tell them when they feel safe. Whilst I know it is the amygdala sounding the fire alarm to out of date alarm signals I see no value in not making the necessary changes. We have to travel from a safe enough place within. Physical distance is also important in relation to me and the people I see. As far as my room allows I hope to enable those I see to know what distance between them and me feels comfortable. This can vary for different parts and also change from one visit to another. We know in our bodies when the distance feels right and safe and comfortable.

Held in all those who have experienced Trauma are the truncated defences of fight and flight. There are also the trembling sensations behind the freeze that in the animal world get shaken out once the Traumatic experience is over. My training in Sensorimotor Psychotherapy has enabled me to work in a way that brings these to a completion and this can bring a sense of mastery and reduce the PTSD symptoms.

"...feeling in their body the posture of being assertive and the posture of being able to say No and to walk away. ."





My experience of working with the body of clients who are D.I.D.

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However my experience with some people who have complex PTSD and D.I.D. as a result of their history is that it can be too triggering.

Another way that I have included the body in my work is the use of singing. I had a client who loved singing. Most of the parts loved singing. Often their voice reflected their age and also their character. For example a fight part had a low strong voice, a spiritual/ carer part had a most beautiful and expressive voice, a 10 year old had the tone quality of that age vocally. I studied singing and piano and so was fortunate to have both the skills to accompany and a fairly wide range of vocal music. They mostly chose songs from musicals. A great deal of the most profound grief was expressed in songs like "Empty Chairs and Empty Tables" and "God on High hear my prayer" from Les Miserables. Carer parts sang healing songs to child parts. One child part sang "Let's go fly a kite" which was particularly healing given what had happened to him. An enormous amount of healing came from this experience that if described in more detail would make this article far too long.

"One child part sang "Let's go fly a kite" which was particularly healing …. "

People with this history of horror, cruelty, abuse and neglect hold a level of grief and terror that is off the scale in terms of human suffering. This is contained within their bodies. Often healing and safety are experienced by authentic loving touch and holding.

I owe a great deal to all those I travel with on what is a most courageous and often profound journey. Thank you.

My current landscape : Consolidation & Integrated Living — Part 2

by Melanie Goodwin



In trying to think what I want to write I find myself really struggling to form clear thoughts that have an outline and shape to them. That is how it feels at the moment in getting on with everyday living. All the information that was carefully filed away in different filing cabinets where at least one person knew what was where has all been emptied into one space and we are trying to establish an all-inclusive filing system that makes sense to everyone and have connecting emotions thrown into the mix!

The old neural pathways have slowly over the years been decommissioned and the new ones are forming, equally as slowly as it is literally by responding differently to situations that stimulates this new wiring. We no longer jump straight to the parts of the brain that deal with terror, we (sometimes) use effectively the parts for reflection and sorting not just unilateral reacting. We are no longer driven by unprocessed trauma and I suspect our chemical levels are very different.

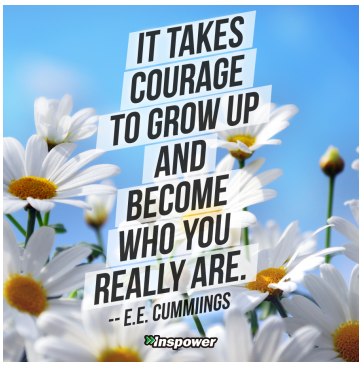
I think it is a bit like when you are building a house extension and trying to keep the original house intact and up and running until the last minute, retaining a sense of familiar orderliness, while knowing ahead lies a period of time when things will be chaotic, unfamiliar and out of control. The day comes when you have to break through into the extension and activate the new electrical and heating system and allow the use of some of the original rooms to change and be adapted. The need to let go of the old way of living while retaining many aspects that are still the same but happening in a different setting. This has to happen now as it will affect the decorating, etc etc, you have to take the plunge. There is never a completely right moment, compromises are reached and there is 'no going back'. It is daunting and exciting all at once.

All the preparation in the world for this big change over from the old system to another does not prevent the actual adjusting, learning where things are, finding some things work better than you ever could have thought possible, some will take a while to get use to and some you just do not like but are inevitable.

This so reflects my inner turmoil, like a new extension this journey has been done with agreement and for all the right reasons but how can you anticipate some of the new experiences because they are exactly that, a new, never before experienced experience. However hard we search there is no template that makes some things familiar or easier, it is a beginning.

"The old neural pathways have slowly over the years been decommissioned and the new ones are forming…."





My current landscape : Consolidation & Integrated Living — Part 2

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There is a very natural grieving for so much we have changed that served us so well for over half a century.

This is hard to grasp as so many changes are related to organic development involving stages that were either completely missed or contaminated and contorted in childhood. As in childhood we have been aware of 'growing up', the consequences of the changes but not the actual changes themselves. These are the neural changes that become a seamless part of you but you are unable to identify. I am living with the positive, often overwhelming outcome of this evolving developmental timeline.

It is unlike in a good enough childhood where developing physical achievements like sitting up, learning to walk, ride a bike are celebrated by the caring adults and the baby/ child is able to feel happiness, pride and acceptance allowing their personality and sense of self to develop that gradually includes embracing and naming emotions. These obvious, tangible developments have been achieved. In this journey it is the much less easily defined, nebulous areas that are developing, are so much more complex but there is still the need to identify and celebrate them.

Alongside this comes the growing ability to tolerate grey areas of uncertainty. This is now possible as the internal world is not trauma fuelled allowing us to stay connected even though it is really frightening in the early stages. The previous default way of managing was a switch and is no longer an option. It is learning to stay with uncertainty that if not 'dealt with immediately' will not herald pain, abuse and terror, we ruminate rather than take a knee jerk reaction. Then staying with this new grey area I have to learn to measure how big an issue it is, what is a helpful way of dealing with it, does it even need dealing with. So many new permutations, continual switching seems like such a practical solution! Those bigger situations we have managed in a non-trauma fuelled way often feels so much more satisfying and the outcome so obvious and non dramatic. So often we reflect on something and find it hard to believe that the resolution is such an obvious, safe answer. I am even learning to 'run' things by people, ask for help and nobody seems to mind or find what I feel are enormous request daunting or inappropriate. They just take things in their stride and we are slowly and often painfully learning how to do this.

"So often we reflect on something and find it hard to believe that the resolution is such an obvious, safe answer……."



My current landscape : Consolidation & Integrated Living — Part 2

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We are learning to accept and often appreciate when someone says, 'Oh I can relate to that' or even 'That is normal'. We use to hear that as a judgemental criticism, that somehow we are pathologising normality, or you really do not get how complicated our life is; usually suppositions on our part and what we hear now is a non-judgemental, sharing with no hidden messages or damning reflections. We had perfected the technique of crossing every bridge imaginable and then a few extra in a flash! It was default position that was so encoded we were unable to access an alternative understanding.

It is being able to share a grandchild's undiluted joy at receiving a letter from Father Christmas. I stayed present as the adult while also experiencing the excitement from our younger parts but we did not have any battle about me staying present as the adult and the only way of the pure joy of the others only being possible by switching, we held it all together. So this is a complete experience that we can all return to and actually tell the same experience. There is no longer a different narrative from each individual, so nothing is lost, a gain all round in every way and in this instance magical.

This makes the hard work, the risks we have all taken so worthwhile. Helen Macdonald in her book 'H is for Hawk' writes about hawks ability to see things that the human eye cannot; "The light falling into her deep black pupils is registered with such frightening precision that she can see with fierce clarity things I can't possibly resolve from the generalised blur".

I feel this sentence encapsulates the devastating effects of severe childhood abuse. For me it wiped out the essential ability to see, understand, experience and hold things 3 dimensionally. It removes that vital third dimension that adds those ingredients that make life full, colourful, hopeful and worth living that comes from a deep place of knowing rather than an 'add on' by watching. It means that I learnt about showing emotions by copying, I did not feel them. I learnt about touch by watching but I did not feel touch as something comforting or connecting. It is like my body has an invisible barrier round it so I can tolerate being touched but it annoys rather than anything else. I am good at quick relationships that stay two dimensional as I do not know how to connect in a way that allows them to develop meaningfully.

"....being able to share a grandchild's undiluted joy at receiving a letter from Father Christmas. I stayed present as the adult while also experiencing the excitement from our younger parts...."

ITs Ok TO ASK FOR HELP

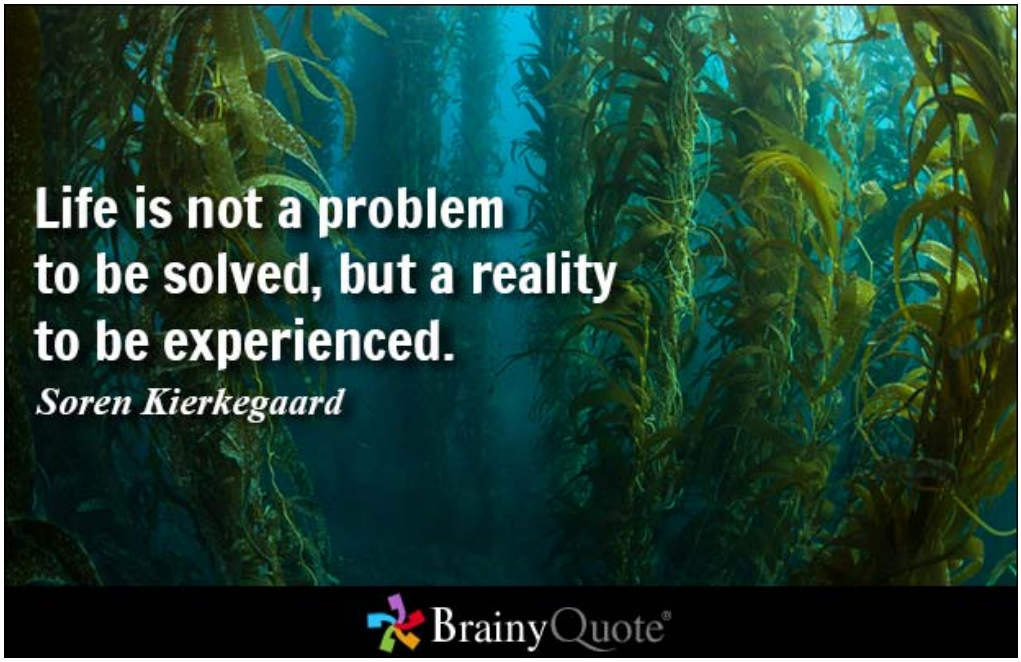
My current landscape : Consolidation & Integrated Living — Part 2

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I could not have written about this until quite recently in my journey as I had never experienced this magical third dimension. I knew something big was missing but until we felt touch without that barrier being firmly in place, we experienced emotions and the tears flowed and staying alive is not a daily battle but something organic so I do not have to worry about it I did not know what this was. It is completely over whelming and as with memories returning it is being achieved in tiny snatches that become longer and fuller as we as a whole find ways of staying present and feel the pleasure.

I think this is because we all know the abuse is in the past, we know that becoming many was an amazing achievement and the only reason we are alive today. We also all know that those who abused us and what they did was completely and utterly wrong. Our problems are from what they did to us not because we are DID and that is an amazing revelation. We are not the problem we are the solution to what was being done to us throughout our childhood.

"...we know that becoming many was an amazing achievement and the only reason we are alive today."



Reflecting on F.P.P. activities this autumn



by Melanie and Kathryn

Ever wondered what FPP is doing on behalf of our members and for the public benefit, with the purpose of meeting the charity's objectives? If this reflection gives you ideas of something you would like to see happen in your area please contact Melanie by email fpp-chair@hotmail.co.uk Also we are happy to support you in approaching any organisations that you wish had a better understanding of DID. Full details of our training are on the website.

Ongoing projects: - Working with other members of the ESTD-UK and Serious Media to produce a series of online training modules. The first part of this project includes modules delivered by the two of us, and Remy Aquarone and will go live early in 2016. It will be available on the ESTD website; it will not be necessary to be an ESTD member to access them.

Peer and Supporters Groups development Chester's first support group meeting and the Norwich group's annual Open Evening have taken place. The new Supporters Group in Norwich will meet in February.

Developing new training days has been a priority this autumn; our new day for therapists and other clinicians already working with dissociative clients as part of the ESTD-UK Post Foundation Course was delivered in Manchester and is also now available as a stand alone FPP training day. FPP has worked collaboratively with Norfolk and Waveney Mental Health Foundation to produce a one day training that will run at least twice annually.

FPP delivers a half day's input into Renee Marks, National Centre for Child Trauma & Dissociation courses for clinicians who are working with children and adolescents.

Seminars in York and Norwich using FPP's two training films are discussion based and run in conjunction with a representative from the ESTD-UK.

Commissioned training: - We ran our two day course with Peterborough Rape Crisis, and one day with North London RASAC at Solace Women's Aid, Stoke Mind and Perth Rape Crisis. The latter was part of a commissioned ESTD -UK Foundation Course. Our annual visit to the Sue Lambert Trust, Norwich working with their new intake of volunteer counsellors has taken place.

Half day awareness raising sessions were provided for Together Yarmouth, (supporting people), Pentas Associate event (independent counselling service in East Anglia), the Benjamin Foundation Trust, Norwich, (supporting young people) and the Mental Health Well Being Team of Black Country Partnership NHS FT. FPP had an information stand at the trainee social workers' Information Fair in Norwich.

Much time and energy has gone into developing the new website and preparation of this newsletter

Everyday work includes answering e-mails requests for a wide variety of information, and mailing out purchased DVDs. Not to mention the wide variety of other routine administrative, financial and governance tasks needed for the charity to continue its work.

"...new day for therapists and other clinicians already working with dissociative clients as part of the ESTD-UK Post Foundation Course was delivered in Manchester"



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Contributions by 19th February please

Guidance for contributors:- Contributions can be sent in at anytime, (but see deadline in blue box to the left for next issue). It's less work for us if you can send by email to newsletter@firstpersonplural.org.uk. (but sending by post is ok too). We want your stories, resources, personal experiences, articles, coping/survival tips, poems, snippets, puzzles, jokes for the Play Centre, attributed quotes, artwork, incl. photographs. If contributions are your own work we will assume that by sending them in for consideration for inclusion in Rainbows End you are giving us permission to publish. If not your own work, it must be either copyright-free or you have obtained the author/artist's permission for us to publish. Articles should usually be between 500 and 1500 words. Wish to contribute a longer article? Contact us first to discuss. Other written material can be shorter than 500 words. Pictures & photos must be smaller than A4. We can only use images that will not lose detail when commercially printed but if you are not sure please send in anyway and we will do the checks. Send an SAE if you want original returned.

About this publication

Rainbow's End is an information and mutual support newsletter for FPP members, back issues are also available for viewing by anyone visiting the FPP website. It is not a substitute for individual therapy or professional supervision, nor is it a replacement for other networks of support. Contents do not necessarily reflect the views and opinions of the charity, its trustees or the editor.

Many Voices newsletter back issues

From 1989 to 2012 Many Voices was a bi-monthly newsletter for those recovering from trauma and dissociation. Published in the U.S.A. it had international reach and was truly pioneering. Sadly, the newsletter ceased publication shortly before the death in 2013 of Many Voice's founder Lynn Wasnak.

It is exciting to report that the vast resource of back issues of Many Voices is now available as free pdf downloads from http://manyvoicespress.org/newsletter.html

A subject index is available for the back issues published up to 2010, with updating ongoing to index later issues.

MANY VOICES
Words Of Hope For People Recovering From Trauma & Dissociation

In accordance with Lynn's wishes Many Voices back issues are now owned by the International Society for the Study of Trauma & Dissociation

New ESTD-UK Briefing Paper

The 2015 revision of the ESTD-UK briefing paper "Dissociative Disorders in Adults : Information for Clinicians, Service Providers and Commissioners" is now available from the UK page of the ESTD website. http://www.estd.org/?page_id=1265 then click on Resources tab under UNITED KINGDOM for the Download link. It will also be available from FPP's new website.

Fully referenced, the document is designed to outline the rationale, response and outcomes required for recovery from complex trauma where there is also a dissociative presentation. It is particularly aimed at those working within the UK National Health Service but has wider relevance. It can be used by anyone needing to briefly educate fundholders and service providers about the benefits (including cost benefits) of providing appropriate treatments.

Please share the link.