

Dissociation and DID: The Fundamentals

online training



by Carolyn Spring



[Session Summaries](#) | [Reflection Questions](#) | [References](#) | [Notes](#)

Session summary – what will you learn?

- Exploring the phenomenological experience of living with dissociation and dissociative identity disorder
- Exploring different ways of framing dissociative experiences, e.g. as mental collapse or mental survival
- Exploring concepts from interpersonal neurobiology and our need for social support in processing traumatic experiences
- Exploring the experience and challenges of recovery from dissociative processing
- Understanding dissociation as a response to trauma, and dissociative disorders as an adaptation to chronic, persistent threat
- Exploring the concept of pathological dissociation as a chronic threat-based self-reinforcing feedback loop

Reflection Questions

1. What does the word 'dissociation' mean to you? Does it have a variety of meanings?
2. What is the purpose and function of dissociation? What would someone do if dissociation didn't exist?
3. What is 'trauma'? Is it a 'bad' or 'distressing' event? Or what is it?

Overall Learning Reflection from this session

Session summary – what will you learn?

- Exploring the role of active defences in mitigating long-term traumatisisation
- Exploring what happens in the brain at the moment of trauma
- Exploring the trauma traffic light (polyvagal theory)
- Exploring the peri-traumatic of fight-flight-freeze
- Exploring the freeze response as correlative to dissociation
- Exploring the nature and survival role of dissociation

Reflection Questions

1. When you have experienced a sudden threat or shock, what has the amber ‘fight or flight’ response in your body felt like?

2. Have you ever experienced the red zone of freeze or dissociation? What was it like?

3. In what ways do you or your client try to avoid the trauma ever happening again, by avoiding reminders or triggers of the event?

Overall Learning Reflection from this session

Session summary – what will you learn?

- Exploring how peri-traumatic dissociation persists and develops into a dissociative disorder
- Exploring the distinction between PTSD and DID in terms of secondary and tertiary structural dissociation
- Exploring the distinction between simple and complex PTSD
- Exploring the link between DID and disorganised attachment
- Exploring a spectrum of trauma responses as they map to psychiatric disorders
- Exploring the diagnosis of dissociative disorders via DSM-5 and ICD-11 criteria
- Introducing the partial DID diagnosis of OSDD (DDNOS), Dissociative Amnesia and Depersonalisation/Derealisation Disorder

Reflection Questions

1. Have you ever experienced feelings of unreality? What was it like? What triggered it?
2. How do people who don't habitually dissociate manage their feelings?
3. How does dissociation help people to regulate their emotions?

Overall Learning Reflection from this session

Session summary – what will you learn?

- Further exploring how to help a dissociative survivor
- Exploring whether switching to other parts of the personality is a problem, and if so for whom
- Exploring different approaches to the presentation of traumatised parts of the personality, ranging from the sociocognitive model to the extremes of reification
- How to manage triggered states
- How to use the trauma traffic light model to re-regulate
- How to manage traumatic disclosures

Overall Learning Reflection from this session and the course as a whole

SESSION 6

- Betrayal Trauma by Jennifer Freyd: <https://amzn.to/3tte72s>
- Coping with Trauma-Related Dissociation by Suzette Boon, Kathy Steele and Onno van der Hart: <https://amzn.to/3xU5HVy>
- Treating Trauma-Related Dissociation by Kathy Steele, Suzette Boon and Onno van der Hart: <https://amzn.to/3MDobT8>

SESSION 8

- Clinic for Dissociative Studies: www.clinicds.org.uk
- The Pottergate Centre (Norwich): www.dissociation.co.uk

Notes

Info and links

'Dissociation and DID: The Fundamentals' online training by Carolyn Spring

Do not copy or distribute – copyright 2012-2023 and all rights reserved. One purchase grants one licence to one user.
For full terms and conditions please go to www.carolynspring.com/terms-and-conditions.

Quick course links

The course is available to purchase at:

www.carolynspring.com/shop/dissociation-and-did-the-fundamentals-online-training.

To find your purchased courses at any time go to www.carolynspring.com/online-training/my-courses.

For troubleshooting go to www.carolynspring.com/faq/#platform. As a first step, always make sure you're logged in first.
Your certificate is available once you have marked all lessons as complete from www.carolynspring.com/online-training/my-courses.

To download all the resources associated with the course go to www.carolynspring.com/lesson/did-resources.

