

Importance of third therapeutic stage -consolidation and integrated living-

a workshop facilitated by

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09/04/2019 16:26

1



ISSTD Guidelines

Although the DID patient has the subjective experience of having separate identities, it is important for clinicians to keep in mind that the patient is not a collection of separate people sharing the same body. The DID patient should be seen as a whole adult person, with the identities sharing responsibility for daily life

09/04/2019 16:26

2



Integration is never a linear process

- Clear boundaries continue to be imperative throughout therapy, in each session and for the whole journey
- Understanding attachment and allowing and supporting its development with the therapist
- Developing an ability to recognise and sustain other healthy relationships

09/04/2019 16:26

3

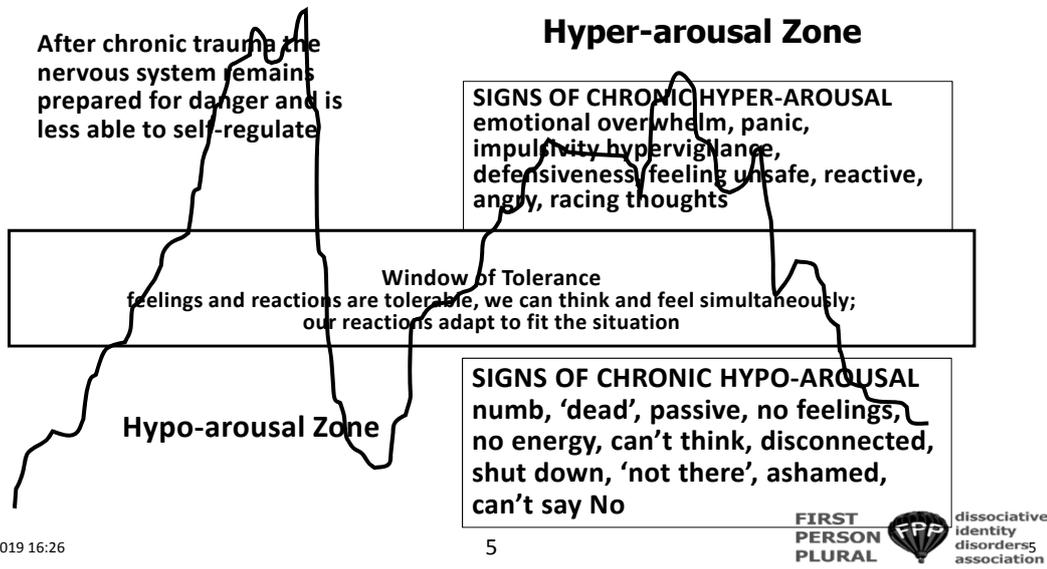
Integration is never a linear process

- A growing ability to self regulate and use stabilisation techniques effectively at all levels of living
- A lot of the traumas have been disempowered through being processed and integrated

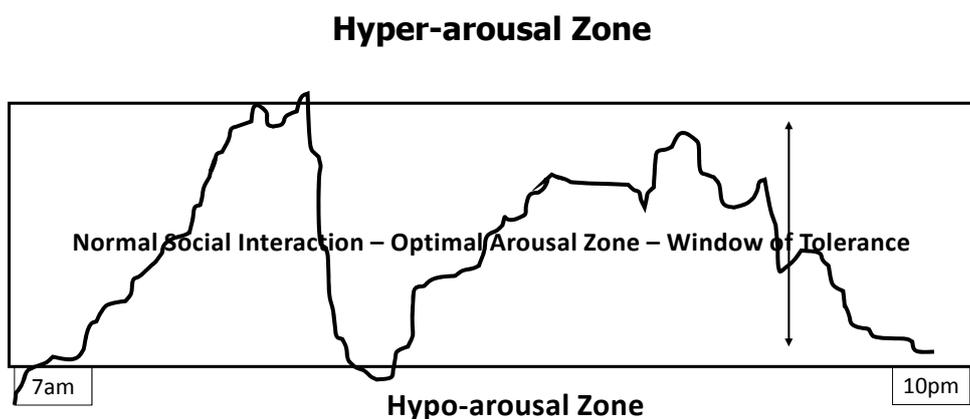
09/04/2019 16:26

4

Disorganised early attachments can lead to affect intolerance



Normal daily variations in levels of activation / arousal



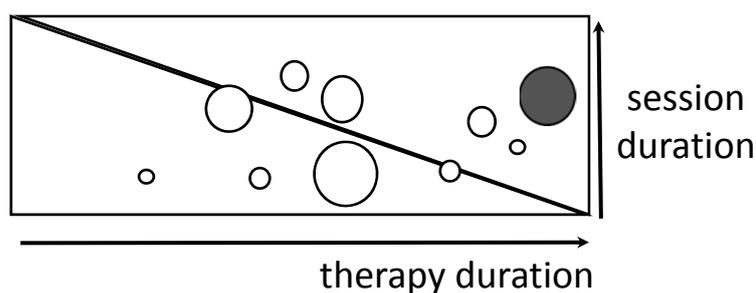
09/04/2019 16:26

6

Phased Model of Therapy

- △ stabilisation
- trauma focused work
- △ integration & consolidation

Diagram by Angela
Kennedy
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7

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Consolidation & integration phase

- **ISST-D Guidelines – “Integration & Rehabilitation”**
 - additional gains in internal cooperation, coordinated functioning, and integration
 - begin to achieve a more solid and stable sense of self
 - improved sense of how they relate to others and to the outside world

09/04/2019 16:26

8

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Consolidation & integration phase

- **ISST-D Guidelines – “Integration & Rehabilitation”**
 - may continue to fuse alternate identities (‘parts’) and improve their functioning
 - may need to revisit their trauma history from a more unified perspective
 - develop a greater sense of calm, resilience, and internal peace

09/04/2019 16:26

9

Consolidation & integration phase

- **ISST-D Guidelines – “Integration & Rehabilitation”**
 - may acquire a more coherent sense of their past history
 - will deal more effectively with current problems
 - begin to focus less on the past traumas, directing energy to living better in the present and to developing a new future perspective

09/04/2019 16:26

10

Consolidation & integration phase

- **ISST-D Guidelines – “Integration & Rehabilitation”**
 - may need specific coaching about dealing with everyday life problems in a non-dissociative manner
 - may need help in tolerating everyday stresses, petty emotions, and disappointments
 - become increasingly able to realize their full potential in terms of personal and interpersonal functioning

09/04/2019 16:26

11

Support in tolerating everyday stresses, new connecting emotions and disappointments

- Switching /avoiding is no longer an option
- Most conflicts can feel very challenging, even life threatening
- Feelings tend to default to a young child’s sense of being overwhelmed while new neural pathways are forming through a range of experiences being managed appropriately

09/04/2019 16:26

12

Support in tolerating everyday stresses, new connecting emotions and disappointments

- Learning what is appropriate to talk through with others and how to do this
- So hard doing this in an older body, a lot less tolerance from others who might be hurt at times through our learning
- Managing a child like reaction to disappointments while internally validating and working through this reality

09/04/2019 16:26

13

What is Ordinary?

- Feeling tired – often experiencing this as unable to cope and learning that I can
- Trying to remember everyday things – brain's default has been to 'not bother' because it was impossible, now it is possible but hard as a cognitive rather than natural experience
- Reflecting rather than reacting

09/04/2019 16:26

14

What is Ordinary?

- Tolerating and knowing it is true at times when told we all do that at 'our age' the very unhelpful comment to someone with DID
- Hearing intolerance in a friend or family member's voice and knowing they are not about to completely abandon me, often their issue nothing to do with me

09/04/2019 16:26

15

What is Ordinary?

- Being proactive rather than waiting for instructions from inside, I was like the puppet waiting for my strings to be pulled.
- Being empathic while responding practically with actions – overwhelming as previously stored separately

09/04/2019 16:26

16

Letting go of what's never going to be possible and manging those losses

- This will be very different for everyone
- I will probably never have access to my own childhood and memories of my children's childhood
- Planning a chosen career that leads to a qualification

Grieving is an integrated part of being human

09/04/2019 16:26

17



Letting go of what's never going to be possible and manging those losses

- Studying that requires retaining information
- A teen's and young adult's sense of freedom to explore and be curious about life

Grieving is an integrated part of being human

09/04/2019 16:26

18



Forgiveness and Spirituality

- Joined up thinking allows for complex areas to be thought about, explored and to find what feels right for all of us
- To forgive you need to blame, this is about who I am

09/04/2019 16:26

19

Forgiveness and Spirituality

- It has been important for all of us to be able to work through our own individual traumas and let them go
- Our strong sense of spirituality, not based on a belief system, is an increasingly important part of who we are becoming and part of our newly formed foundations

09/04/2019 16:26

20

Imposed dissociative personality states

- Deliberately created by perpetrators *to*
 - Respond with specific behaviours or roles to intentionally implanted cues/triggers *for*
 - Purposes pre-determined by the perpetrators *to*
 - Facilitate the continuing abuse & control of the victim and the protection of and loyalty to the perpetrators.
- Achieved through calculated, informed & sophisticated manipulation of victims' attachment needs, natural dissociative ability *and* Mind control / programming using physical and psychological torture practices.
- "Quaternary" structural dissociation of the personality

09/04/2019 16:26

21

Six slides deleted

Six slides have been removed from the presentation as delivered at the conference because they contain personal details about one of the presenters' lived experience

09/04/2019 16:26