

The Challenges of working with Dissociative Disorders

Rémy Aquarone

Saturday 6th April 2019

10.00am-4.00pm

Only
£65

Dissociation is a condition that can be frightening to live with, can cause apprehension, confusion and disbelief among professionals and can be exhausting and despairing for carers, partners and relatives. But, with the right diagnosis, the right treatment in place and the right support structure incorporated for all involved, a positive long term outcome can be realised.

The production of the film shown in this workshop has long been an ambition of Rémy's but posed many ethical considerations.

Circumstances and careful preliminary exploration has now made it possible and this is the result; a 1 1/2 hr conversation between a clinician and a high functioning professional living with DID. The film demonstrates both subtle and clear switches between adult parts and internal child parts. It involved a day of filming and editing with the person filmed fully in control throughout. She was and remains supported as and when required.

The film naturally mirrors the various stages of the therapeutic journey, slowly getting to know each other with the client beginning to share her story. The client demonstrates a level of self-regulation through talking about her present life and her hopes and fears of entering therapy; grounding her in the here and now. The final part shows a lot more switching as the relationship is developing and many parts of this client's system feel 'safe' enough to talk.

Throughout Rémy demonstrates the importance of boundaries and containment that is never experienced as rejecting. It is a journey that is replicated at many levels in a long term, developing therapeutic relationship.

This workshop will give you an opportunity to see and discuss the impact of a client being ready and able to enter therapy and the need for boundaries, containment and establishing stabilising techniques. Recognising and understanding why clients switch is important and will be considered as a factor while looking at it as part of the much wider context.



Rémy Aquarone is an analytical psychotherapist and member of the BPC and UKCP.

He is Director of the Pottergate Centre for Dissociation and Trauma (www.dissociation.co.uk), past President of the European Society for Trauma and Dissociation (www.estd.org) and past International Director of the International Society for the Study of Trauma and Dissociation (www.isst-d.org).

He has specialised in the area of Dissociation for the past 30 years, offering assessments and consultancy assistance nationally to CMHTs and psychiatric services. He uses his substantial clinical experience throughout his training.