

Hazel Barton  
Deep Release / TASC Training Day  
77 Deaconsfield Road  
HEMEL HEMPSTEAD  
Hertfordshire  
HP3 9HZ

## About the Speakers

### Hazel Barton

is an experienced Counsellor and Supervisor and manages The Way Inn Christian Counselling Service based in Berkhamsted, Hertfordshire. She is on the Executive of Deep Release working as one of their Trainers specialising in the fields of attachment, inner child, trauma and dissociation.

### Dr Jane Potts

is a UKCP-registered psychotherapist in private practice with a special interest in trauma and abuse. She is an accredited EMDR practitioner (Eye Movement Desensitisation and Processing). She is also trained in Sensorimotor Psychotherapy in the treatment of trauma and has an MA in Integrative Arts Psychotherapy. Jane previously worked for many years as an NHS psychiatrist and is currently a Trustee of TAG (Trauma and Abuse Group).

### Carolyn Spring

is a DID survivor of extreme abuse. She is a freelance writer and trainer and is currently Editor of *Interact*, the journal of TAG, for which she is also a Trustee. She runs TASC (Trauma and Abuse Support Centre) which is primarily a web-based resource for adult survivors of child sexual abuse, and her husband Rob runs PODS (Partners of Dissociative Survivors).

## Venue

**Felden Lodge, Felden Lane,  
Hemel Hempstead, HP3 0BL**

Felden Lodge is situated a few miles SW of Hemel Hempstead just off the A41 from J20 of the M25.

It is also easily accessible from the north via the M1.

There is plenty of free car parking in the grounds of Felden Lodge and our training day will be held in a separate annexe to the right of the main house.

Tea and coffee, cold drinks and biscuits will be provided but **please bring a packed lunch**.

## Dissociation, Trauma and Time-Travelling ...

... or Living and Working with  
Dissociative Identity Disorder



a joint Deep Release & TASC Training Day  
with Hazel Barton, Jane Potts & Carolyn Spring

**Saturday 13 November 2010**

**9.30 am—5.00 pm**

**Felden Lodge, Hemel Hempstead**

**£50.00 per person**

Suitable for counsellors, therapists, survivors, partners, pastoral workers, Rape Crisis Centre staff, and anyone else interested or involved in the field of sexual abuse, trauma and dissociation



**Trauma and Abuse Support Centre**

help for adults sexually abused in childhood

## Time-travelling through life ...

Carolyn Spring worked therapeutically with children for nearly ten years. And then all of a sudden, at the peak of her career, she had an unexpected and debilitating breakdown. From working as a professional in a multi-agency team, she suddenly found herself unable to sleep, eat, think or work. At times she was barely able to speak, and when she did so it was in a four-year-old's voice, pleading not to be hurt. She began what felt like a series of 'time-travels', back into the past, then suddenly forwards again into the present. She would realise that she was miles from home, with no memory of how she had got there. She felt like she was stepping in and out of the TARDIS in *Doctor Who*.

What had happened? Had she gone mad? Where had the competent professional gone, and was this regressed child-adult here to stay? Could she get better? What would happen to her?

That was over five years ago. Carolyn is now walking down a path of increasing healing, having been diagnosed with Dissociative Identity Disorder as a result of extreme childhood sexual, physical and emotional abuse. Using her story as a basis, and expanding out into the experiences from 'the other side' of two leading therapists, this training day will explore the mechanisms of dissociation and DID, the effect of trauma on the body and brain, the reality and therapeutic minefields of disorganised attachment, and how healing and recovery can be possible through appropriate therapeutic work.

The training will be led by Hazel Barton and Dr Jane Potts, two therapists experienced in the field of trauma and dissociation, as well as by Carolyn herself. It will be a fascinating day full of insights into both living and working with Dissociative Identity Disorder.

*Please note that some content may be triggering for survivors, but attempts will be made throughout the day to give advance warning of this.*

## Dissociation and DID

Dissociation is a natural coping mechanism for dealing with trauma and is very common in survivors of childhood abuse, especially sexual abuse. Dissociative disorders develop when this mechanism is employed repeatedly in order to deal with overwhelming and chronic abusive situations. The most extreme of these disorders is 'Dissociative Identity Disorder', formerly known as Multiple Personality Disorder. But far from being a rare and bizarre disorder that counsellors are unlikely to come across or be able to deal with, research suggests that it affects 1% of the population, and it has a very positive prognosis given the appropriate treatment.

### Topics Covered on this Course

Part 1 — Dissociation, Trauma and Attachment:

- what is dissociation and what is its function?
- what are dissociative disorders and how do they develop?
- understanding trauma
- understanding attachment

Part 2 — The Experience of Being DID:

- denial, somatisation, shame, trust
- disorganised attachment, powerlessness
- identity (the structure of the personality)
- sexuality, parenting / family life, vocation / work

Part 3 — Working with Dissociation:

- the 3-phase treatment plan
- treatment modalities
- issues for the therapist
- sources of support and information

For further information please phone 07957 380131 or email [hazel.barton@ntlworld.com](mailto:hazel.barton@ntlworld.com). You can also book and pay online: [www.tasc-online.org.uk/tascstraining](http://www.tasc-online.org.uk/tascstraining).



## Booking Form

Yes, I'd like to come on the 'Dissociation, Trauma and Time-Travelling' training day on 13 November 2010!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Email: \_\_\_\_\_

Signed: \_\_\_\_\_

I enclose a cheque payable to 'TASC' for £\_\_\_\_\_ (£50.00 per person)

Name for certificate: \_\_\_\_\_

Please send this completed form and a cheque made payable to 'TASC' to the address overleaf.

Alternatively you can book and pay online via credit/debit card or Paypal at [www.tasc-online.org.uk/tascstraining](http://www.tasc-online.org.uk/tascstraining).

Booking confirmation and further details will be sent out upon receipt of your payment.

Please note that lunch is not provided and you are invited to bring a packed lunch. Tea, coffee, cold drinks and biscuits will be provided throughout the day.

