

# Professional Training

## Living in a fog: Fragmented Minds, Dissociation and Dissociative Disorders

### Learning Objectives

- What is dissociation and its link to childhood abuse and complex trauma.
- Examine the role of trauma generated dissociation in PTSD and C-PTSD and developmental Trauma Disorder.
- Identify how dissociation differs from psychosis.
- Recognise the symptoms of dissociation of amnesia, depersonalization, derealisation, identity confusion and Dissociative Identity Disorder
- Understand the shame in dissociation.
- How to identify the triggers of dissociation .
- How to work with dissociation using the trauma informed practice model.
- How to manage trauma induced sleep disturbances and night-time flashbacks.
- Utilize grounding, stabilization and integration skills
- Awareness of the challenges faced by practitioners when working with dissociate disorders.

**Date: Saturday 12<sup>th</sup> September 2026**

**Time: 10.00am—4.00pm**



**Facilitated by Christiane Sanderson**

**One in Four Trustee and expert in Child Sexual Abuse, Domestic Abuse and Trauma**

**Venue: ZOOM online.**

**Trainees £40.00**

**Qualified Therapists £50.00**

**For booking, please email: [training@oneinfour.org.uk](mailto:training@oneinfour.org.uk) to confirm your space and a link will be sent to you for payment**