

Consultation Options for treating patients with Dissociative Disorders at Outpatient Level

Option 1: A single consultation visit to assess the patient, help in the selection of a therapist or meet the existing therapist. Meet with the multi-disciplinary team and help formulate a treatment protocol appropriate for this patient. Some general training for NHS staff interested in dissociation might be included depending on time and priorities.

Option 2: this is an option that more and more NHS services are adopting. It encourages the setting up of an outpatient programme for patients with complex trauma and dissociation. As an example, The Pottergate Centre recently completed a 2 year programme for an NHS Trust covering Macclesfield and Stoke. It involved training a local Clinical Psychologist under this programme. A single case study is attached.

This 2 year programme would cover the following:

- a. The Trust would first need to identify a therapist within the Trust (such as a Clinical Psychologist) .The psychologist would need to be freed up to work initially one day a week on this programme.
- b. During the course of year 1 the Pottergate Centre (by focusing initially on one patient:) would train the psychologist in this specialised work, meet up the multi-disciplinary team involved to facilitate secondary services team work as well as give general training to other professionals either involved or interested in this work. It would also include training the therapist in the use of both the screening instruments and the DSM IV assessment instrument (SCID-D). There would be ongoing supervision of the therapist's work and face to face attendance at some CPA Meetings.
- c. During part of year 1 and in year 2 to help the therapist assess and set up a treatment protocol for other patients identified within the Trust as well as help the therapist to extend the service by taking on and supervising other Trust therapist's. This would include ongoing regular supervision.

Associate Members:

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Shirley De Marco, BACP Psychotherapist
Ruth Clarke UKCP Psychotherapist
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Affiliates:

Belfast Mirabilis Health

Key to Symbols: UKCP (United Kingdom Council for Psychotherapy), BPC (British Psychoanalytic Council), ISSTD (International Society for the Study of Trauma & Dissociation), ESTD (European Society for Trauma & Dissociation), BACP (British Association for Counselling & Psychotherapy).

Option 3: (only focusing on the one patient :) Use the existing therapist chosen by the patient to include some initial training and consultancy to both the therapist and multi-disciplinary team in setting up a treatment protocol. It could include an introduction to dissociation for professionals involved or interested. This would be based on 2 visits. Ongoing supervision of therapist would be an addition expense. If a private therapist is employed, their sessional costs would need to be paid by the Trust as well as their need for supervision.

Please get in touch if you would like to discuss our services further, and these can be tailored to suit varying requirements.

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