

DISSOCIATION

Bringing it into Awareness

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This book is about how to develop an awareness of dissociation, as an individual and as a professional.

Dissociation is a psychological disconnection, a "blocking out", a "forgetting" and a "not knowing" in response to trauma, and can occur in both childhood and adulthood. This book is a study specifically concerning its occurrence as a coping mechanism in childhood in response to relational trauma. However, after the trauma has ended, the individual will automatically and out of conscious awareness dissociate again in their adulthood when triggered. Dissociation then continues, but what worked in childhood to allow them to survive can become unhealthy or even unconsciously destructive in their adult lives.

The book includes an autobiographical look at the author's life as a dissociative person and examines what she has learnt from being dissociative, going through her own psychotherapy and becoming aware of her dissociation, before then going on to work with dissociative clients in an integrative psychotherapy setting. This is a bare bones, honest account, examining the healing relationship necessary to integrate and bring dissociation into conscious awareness, which leads to a healthier and more functional life.

The book also includes the author's 2008 Clinical Research on 'Dissociation and the Healing Relationship' for her Master's Degree in Integrative Psychotherapy. Interviews were conducted with dissociative individuals to discover common themes in their experiences of dissociation and the process of it coming into their conscious awareness through therapy.

The author explores and offers possible strategies and suggestions of ways forward in working in a therapeutic relationship with dissociative clients. This is to facilitate awareness of their dissociation, which will lead towards healing.

This book will be of significance and support for individuals who experience dissociation and their families and partners, for professionals who support them, and for others who are interested in this previously "hidden epidemic".

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BOOK OUTLINE

- PART ONE THE PERSONAL SIDE OF DISSOCIATION
- PART TWO DISSOCIATION FROM A THEORETICAL PERSPECTIVE
- PART THREE HEALING
- PART FOUR A WAY FORWARD
- PART FIVE BRINGING IT ALL TOGETHER

A PATHWAY TOWARDS HEALING

‘DISSOCIATION: Bringing it into Awareness’ offers a range of methods for working towards healing, for all concerned:

- Individuals who experience dissociation can learn more about themselves, their own processes and the experiences of others. This can offer a normalisation of dissociation, and show that there is ‘light at the end of the tunnel’.
- Families, friends and partners of dissociative individuals can gain more understanding of how and why their loved ones react in certain situations, and how best to help them towards healing.
- Counsellors and psychotherapists working with dissociative individuals will gain a better understanding of the feelings, emotions and experiences faced by their clients, along with a framework for working with them to bring about an awareness of dissociation.

Debra Jarrett, an insightful trainer on Dissociation with first-hand experience, offers a framework for working sensitively, ethically and responsibly to empower dissociative clients towards their healing, integrating elements and approaches from other experts on trauma, dissociation and healing.

WHAT IS IT LIKE TO BE DISSOCIATIVE?

- *“I’m not aware at the time that I’m doing it”.*
- *“I feel distant from feelings and disconnected from ‘real life’.”*
- *“My physical body and emotions will freeze, detaching myself from what is happening, even though there isn’t a rational trigger in the present.”*
- *“I feel crazy sometimes when I am forgetful and sometimes lost.”*
- *“Difficult situations or experiences trigger unconscious processes in stressful situation”*
- *“The most unhelpful and stressful thing for me is that health professionals do not know or understand what dissociation is or what it does to a person.”*

WHAT IS THE IMPORTANCE OF BECOMING AWARE OF DISSOCIATING?

“Knowing that it’s a normal response, a coping mechanism.”

“A sense of calm and acceptance rather than fighting.”

“Realising how it saved me.”

“Seeing it as having a framework to understand and make sense of what is happening: a method of protection from trauma and overwhelm.”

ABOUT THE AUTHOR:

Debra Jarrett is a psychotherapist offering counselling and psychotherapy, and is an accredited member of the United Kingdom Council for Psychotherapists (UKCP). She writes: “The therapeutic relationship I shared in my own therapy had a profound impact on me as a dissociative individual and I was able to change my life for the positive. This is what I want to offer to clients – that there is hope.”

TRAINING:

Debra is available nationally and internationally to deliver training on working with dissociation for groups working within a therapeutic context. Please get in touch to discuss your group’s needs.

THERAPY:

Debra offers psychotherapy privately for individuals – her website is at <http://www.debrajarrettcounselling.com>

BOOK SIGNINGS AND TALKS:

Please get in touch to arrange direct book purchase, book signings and talks on the subject of Dissociation. To contact Debra Jarrett: email debjarr@aol.com.



‘DISSOCIATION: Bringing it into Awareness’ is available from Amazon, £17.99.