

Knowledge of dissociation

An ability to draw on knowledge of symptoms/signs of dissociation to recognise its presence, for example:

depersonalisation (feeling that one's body is unreal, changing or dissolving; out of body experiences; appearing 'spaced out')
--

derealisation (the world appears unreal or distorted, e.g. objects changing shape, size or colour, or other people appearing like robots)

dissociative amnesia (not being able to remember incidents, experiences or important personal information)
--

identity confusion (feeling uncertain of who one is)
--

identity alteration (recurring switches between states of how a person experiences their role or identity, or more dramatic shifts in how a person presents [e.g. different voice, posture, priorities, behaviour, thinking pattern, etc.] that others may notice)
--

An ability to draw on knowledge that prolonged chronic trauma is likely to lead to a greater propensity to dissociate

An ability to draw on knowledge that dissociation occurs on a spectrum, ranging from dissociative episodes (such as occur in single-event PTSD) through to increasing fragmentation of personality containing separate emotional self-states and, in its extreme form, separate identities
--

An ability to draw on knowledge that because work with individuals with severe and chronic dissociation will be challenging, practitioners should work within the limits of their competence and experience, and within the parameters of the service context (e.g. the number of sessions routinely available)
