



PODS

Partners of Dissociative Survivors

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>>> PODS: A support group for people whose partners suffer from a dissociative disorder

NEWSLETTER — MAY 2010

new logo and design

Welcome to our May 2010 newsletter and the launch of our new logo and design. We hope you like the new colours and the design. The two 'blue men' represent us standing alongside partners to support the DID (the 'orange man')!

new website

PODS has just launched a new website. Available at www.pods-online.org.uk, it contains a lot more information than the previous site, including:

- links to nine organisations
- a 'resources' page where you can order booklets, cards and magazines
- an 'events' page with courses or events relevant for PODS
- an online bookstore
- over 20 articles on our 'information' pages including 'An Introduction to Dissociation and DID'

Please have a look and pass the details onto anyone else for whom it may be relevant— eg survivors, partners or therapists.

open meeting

The next Open Meeting of PODS is taking place in Huntingdon, Cambridgeshire (close to the A1 and A14) on Saturday 3 July 2010 from 2.00 pm to 6.00 pm.

This is an opportunity to meet with other partners, to share your story, to talk to others, and to hear one or more short talks related to the subject of dissociation and recovery from trauma. Both male and female partners are welcome as well as friends, family members and 'supporters' of people with DID/DDNOS.

In previous meetings, people have travelled from across England and have found the times encouraging and helpful. It has removed the sense of isolation and has normalised their experiences, by providing an opportunity to discuss subjects that are so often taboo in everyday settings.

The Meeting is not suitable for survivors themselves so as to give partners some 'space' in which to talk freely and honestly. The content is also potentially highly triggering and we want partners to have an opportunity to get some support for themselves for a few hours without being responsible for someone else.

To register your interest in coming and for venue details, please email rob@pods-online.org.uk.

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DID emergency information cards

In March of this year PODS produced some 'DID Emergency Information Cards' and made them available free of charge to anyone who wanted them. This was in response to a request from a therapist whose client was ill-treated by healthcare staff following a recent emergency admission to A&E. None of the staff had heard of DID and even the duty psychiatrist was sceptical. It was therefore felt that it would be useful to have a card which carried some information about DID and which would be presented to health staff to inform them and to help to 'authenticate' the diagnosis.

PODS consulted with a number of people on the matter including FPP and some people within TAG. The cards are double-sided business-card size so they fit easily into a purse or wallet. One side contains information on a "How to Help" basis, explaining the existence of alters and the realities of amnesia and disorientation, while the reverse side carries more technical information about DID from a medical perspective.

500 cards were produced initially and distributed upon request. In just a few weeks, we have completely run out of stock! This has been an incredible response and very heartening to see that so many people and organisations are aware of DID at least as a concept.

We have now ordered a further stock of cards and will continue to distribute them to anyone who requests them. You can do so by emailing info@pods-online.org.uk and leaving details of where we should post them to.

If you represent an organisation and would like a stack of cards to hand out to clients, please just let us know how many you would like. We continue to welcome feedback on how and whether they have proved useful—we have heard of several cases so far where they have helped, so we are glad that we have made them available.

The cards are FREE but donations are welcome to help us cover costs! If you would like to donate you can either use the Paypal button on our website or send a cheque made payable to 'TASC' to the address above.

DID Emergency Information Card — How to Help

I have a condition known as Dissociative Identity Disorder. I am not 'mad' and nor am I attention-seeking or time-wasting. I have a history of severe childhood trauma and DID is a coping mechanism for this. DID is treatable via long-term individual psychotherapy.

I have different 'parts', 'alters' or 'personalities'. These may present as being of a different gender, age and developmental stage. We may be very frightened and traumatised and have difficulty distinguishing between the past and the present, so we may find it really hard to calm down. Please be careful about touching us and be gentle and patient. 'Alter personalities' may not be aware of what we have done (eg self-harm or attempted suicide) or where we are. We may be very disorientated and amnesic for what has just happened. Please try to understand our behaviours in the light of our past experiences.

This card is produced by PODS. For more information about DID and organisations that can help please go to our website at: www.pods-online.org.uk.



Information on DID — For Health Professionals

DID (formerly MPD): see DSM-IV TR section 300.14 and ICD10 section F44.

- complex form of Post Traumatic Stress Disorder caused by severe childhood trauma and abuse
- as in PTSD, may be severe dysregulation with intrusions such as flashbacks and avoidances eg phobia of touch; also episodes of overwhelming psychological distress, with amnesia, disorientation, marked somatisation
- patient/client may benefit from contacting therapist or supporter to stabilise
- "characterised by the presence of two or more distinct identities or personality states that recurrently take control of the individual's behaviour, accompanied by an inability to recall important personal information that is too extensive to be explained by ordinary forgetfulness" (DSM-IV TR)
- for further information go to <http://tinyurl.com/DIDinfo>

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TAG's journal *Interact* containing PODS article



The Spring 2010 edition of 'Interact', the journal of TAG (Trauma and Abuse Group) is now available for sale for £3.50 inc P&P.

It contains a number of really helpful articles for survivors and partners, including Rob's article "The Road Less Travelled: How to Support Your DID Partner (Part I)".

There are also articles by DID survivors including:

- Carolyn Spring: "Some Memories of Mummy: Reflections on Attachment, Abuse, Dissociation"
- Melanie Goodwin from First Person Plural: "Attachment, Trauma and New Tights — Life with DID"
- Carol B: "Reflections on an Ongoing Therapeutic 'Relationship'"

For a flyer with more information, or an order form, go to:

<http://www.tag-uk.net/interact.html>

Membership of TAG is £15.00 per year and details can be found on their website.

unsubscribe / subscribe

If you would no longer wish to receive emails from us, please either [click here](#) or send a blank email to info@pods-online.org.uk with the subject heading 'Unsubscribe'.

If this email has been forwarded to you from someone else and you would like to join our mailing list, please go to www.pods-online.org.uk/newsletter where you can sign up.