

DISSOCIATION: A HEALTHY RESPONSE TO TRAUMA!

- LISA THOMPSON



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Learning Together Online

Resource Guide

About Lisa Thompson

Lisa Thompson is a TA Psychotherapist in training and has a small private practise. She is also Chief Executive of Birmingham and Solihull's Rape and Sexual Violence Project (RSVP), which supports children, women, and men following rape, sexual violence, and abuse.

She trained as a Social Worker from 1988-1992 and during her training, she developed an interest on how people survive sexually traumatic experiences. She continues to be passionate about and committed to improving services for survivors of sexual violence and abuse, since starting her work at RSVP in 1999.

More recently Lisa has Co-Founded GINA, a social enterprise offering unparalleled personal development opportunities for survivors to Grow, Inspire, Nurture and Achieve.

Next month through GINA, she will be leading a unique running group for people affected by rape and sexual abuse, and exploring how running can improve people's mental well being. Lisa herself is an avid runner and recently completed a 100 mile run, all in one go!



Lisa Thompson



Event Details

In this #TATuesday, Lisa talked about dissociation and how it is a healthy, normal, and functional response to an unhealthy, abnormal, and dysfunctional traumatic experience.

Lisa talked about the multiple and creative faces of trauma: dissociative identity disorder (formerly known as Multiple Personality Disorder).

Lisa discussed some of the issues and challenges of safely supporting someone with dissociative identity disorder.

#TATuesdays are a series of events organised in collaboration with the UKATA, we are looking forward to working with a number of practitioners from the field of Transactional Analysis as a way of getting to know more about TA theory and getting the chance to meet other practitioners in the chat room.

Click [HERE](#) to learn more about the UKATA.

Contact

www.rsvporg.co.uk



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