Dissociation stops to learn/pass on to others

Goal:

To interrupt situation-linked dissociations by using strong but neutral stimuli (interrupting patterns); to avoid self-harming yourself when you're not in a therapy/counselling session.

Note:

Self-inflicted injuries mostly act to help the person gain reorientation, "to feel themselves again" – work through the individual reasons for self-harm with the client. Once you and the client have gained awareness about what the transition phases look like (which most people are not aware of), introduce alternative strong stimuli for reorientation.

Material (excluding triggers):

- pungent/caustic smells (vinegar, ammonia, camphor, horse radish, ...)
- pungent/sour/bitter tastes (pepper, chili, mustard, ascorbic acid, ...)
- cold/hot/hard touch experiences (massage ball, cold water, a small stone with a hard edge, ice, a brush massage, ...)
- loud, shrill, dissonant sounds (used in a targeted manner)
- breathing exercises
- the 5-4-3-2-1- exercise
- positive lists

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Method:

- Work out together what has already helped the client in crisis situations.
- What type of stimuli does the client respond to in a particularly sensitive manner.
- What can the client absolutely not stand.
- Establish how much body contact, volume, etc. is allowed.
- Try it out and assess what happens!

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