

Dissociation

Blue Knot Foundation fact sheet about dissociation.

- Dissociation is a type of freeze (shut down) response.
- Everyone dissociates at times. An example is daydreaming. This does not cause us a big problem.
- Most of us do not know when we dissociate. This is because it is automatic.
- Trauma can also make us dissociate. This can happen with trauma as a child. It can also happen with a lot of other trauma.
- Dissociation is a survival response. It is automatic. We can't make ourselves dissociate.
- Dissociation can stop our thoughts and feelings and behaviour working together. This can cause problems for us.
- More dissociation can cause us more problems.
- Some people see a counsellor who can help them.
- Some people have a diagnosis. This is a name for what is happening.
- Dissociative Identity Disorder is the diagnosis which is known best.
- It is important to understand dissociation and how it helped us survive.

If you or someone you support lives with disability and experiences of violence, abuse, neglect or exploitation OR is affected by the Disability Royal Commission, you can call the **National Counselling and Referral Service on 1800 421 458** between 9am and 6pm AEST Monday to Friday and between 9am and 5pm AEST Saturdays, Sundays and public holidays.

If you or someone you support has experiences of childhood trauma or is considering the National Redress Scheme, you can call the **Blue Knot Helpline and Redress Support Service on 1300 657 380** between 9am and 5pm Monday to Sunday AEST.