

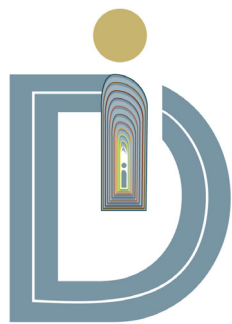
# Seen and Heard

Online Support Group for CPTSD  
and All Dissociative Experiences

## Manual

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Adapted by Jenelle Linden from  
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# Group Format

## Duration

- The duration of each group Zoom Video call is 1 hour and 15 minutes.
- The first 15 minutes are for settling into the group and for members to connect in an unstructured way while welcoming anyone new.
- The hour following is comprised of topic chats, with one topic selected per call with a conversation-style chat that is moderated by one or two host(s).

## Topics of Discussion

- Group members are asked for topic suggestions at the beginning of the call.
- Topics should be related to the subject of the group.
- If a suggested topic is triggering, group member(s) have the option to let a host know privately.
- In this context, a topic is defined as triggering if it is upsetting enough to prevent you from participating in the discussion altogether.

## Joining Calls / Parts

- Please join the calls with a username that we recognize from our member list to ensure that the host will let you in from the waiting room.
- For those with DID/OSDD, all parts are welcome.
- Members can change their display name on Zoom depending on who is fronting, if desired.
- Members may also state who is fronting when they begin to speak, but not required.

# We may have breakout rooms for specific uses:

## Support Space

- For use when members feel triggered or overwhelmed.
- A co-host will join to help them ground and regulate.

## De-Escalation Zone

For use when a dispute arises between members and needs to be handled privately so the group as a whole can continue.

# GROUP PLAN

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## Plan for Engagement

1. All engagement/video and other calls are confidential and the privacy of other members is to be respected. Members are requested to attend the call in a private space, or wear earphones if anyone is in earshot.
2. Online support groups are video calls. We prefer that members keep their cameras on to best connect with each other, but recognize that some members may need to turn their cameras off at times.
3. Please mute yourself while others are speaking to prevent background noise.
4. We encourage use of the "raise hand" option to avoid speaking over each other.
5. Be mindful of the time you take to share during group.
6. Allow all group members a chance to speak.
7. This is a counselor supported/mediated peer support group and is not intended to act as individual therapy.
8. Explicit details of traumatic events are not appropriate for group, nor is extensive talk of self-harm and suicide.
9. If you are in immediate danger, please seek help from a suicide hot-line, emergency services, or other resource in your area.
10. Respect other group members' lived experiences and be open to learning.
11. Refrain from comparing your experiences with others' in ways that minimize their struggles or your own struggles. The aim of this space is mutual support and embracing individual experience.
12. We aim to create an inclusive space for all people. We respect inclusivity and tolerance of all. Different views are not considered hate toward another, but are respected per the definition of being inclusive and tolerant of ALL differences.
13. Out of mutual respect for everyone's beliefs, topics like religion, spirituality and political figures should only be mentioned in the context of lived experience. For example: Members may discuss how political events have affected them, but may not debate about political figures.
14. Suggesting specific medications or substances to other members is not permitted. This includes prescription drugs, alternative medicine, and recreational substances.
15. Before sharing about a potentially triggering topic, please offer a general description of the topic and confirm that other group members are comfortable before proceeding.
16. Explicit discussion of sexual activity is not permitted.
17. Our groups welcome all parts/alters/heads of dissociative systems.
18. If desired, you can change your Zoom display name to reflect who is participating in group.
19. The links to the calls are not to be shared. Respect member privacy.
20. No screenshots of private information.



## Group Category Variances

### *Dissociative Identity Disorder/Otherwise Specified Dissociative Disorder (OSDD)*

Touches more on DID/OSDD aspects and not on trauma concepts, as not everyone in this category is at a stage to discuss this in group. Proposed topics can be anonymously stated as feeling unsafe by a member via private messaging one of the group hosts.

### *DID/OSDD and Addiction Recovery*

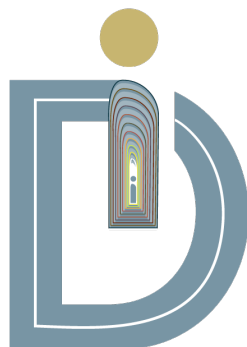
- This group assists several forms of addictive behaviors.
- The struggles of others are to be treated with equal validity.

### *CPTSD and General Dissociation*

- Trauma context is implied.
- No explicit details of events are to be described.
- The aftermath surrounding the trauma is allowed.
- Not everyone in the group has DID, but one of the purposes of this support group is to normalize dissociation and share those experiences.
- Dissociative experiences shared by members can be shared within their understanding of the extent of their dissociation.
- Topics that are DID-specific will be welcomed within the context of CPTSD.
- Please let members know if you are willing to answer questions about your dissociative experiences.

### *Depersonalization, Derealization, Fugue*

- As not all members in this group have DID, the context centers on DPDR/Fugue.
- It's okay to bring up experience with DID, if applicable to a topic, or to set username to who is fronting, if desired.



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# RTS AND FUTURE OPTIONS

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## Religious Trauma Syndrome, SRA [Satanic Ritual Abuse] and General Dissociation

- Please keep topics more general to RTS context.
- Consider the lived experience of all members.

## RTS Symptoms

### Symptoms [from Wikipedia]

As symptoms of religious trauma syndrome, psychologists have recognized dysfunctions that vary in number and severity from person to person.

- **Cognitive—**  
Confusion, difficulty with decision-making and critical thinking, dissociation, identity confusion
- **Affective—**  
Anxiety, panic attacks, depression, suicidal ideation, anger, grief, guilt, loneliness, lack of meaning
- **Functional—**  
Sleep and eating disorders, nightmares, sexual dysfunction, substance abuse, somatization
- **Social/Cultural—**  
Rupture of family and social network, employment issues, financial stress, problems acculturating into society, interpersonal dysfunction
- **Developmental Delay—**  
Emotional, intellectual, social, and sexual immaturity resulting from the control of information and discouragement of critical thinking within the religious environment.

## Future Options for Additional Groups

### Loved Ones of DID Systems

The group must be a conducive space for a constructive and supportive environment for each other and in support of their Loved Ones with DID/OSDD. Feelings of struggle are valid and treated as such, though for the positive well-being of the group, the expectation is for a kind approach in the discussion.

Loved Ones of DID Systems, Mixed Concept: Members in this group may or may not have DID while also supporting a loved one who lives with DID. Topics should be in consideration for overall lived experience.

## Zero Tolerance

We will not discriminate, harass, or allow harassment against any group member based on race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, genetic information, marital status, sex, gender, gender identity, gender expression, age, sexual orientation, or military and veteran status.

**Seen and Heard** has adopted a zero-tolerance policy to ensure the safety of all its members. Any of the actions below will lead to immediate termination of present and future service. Zero-tolerance policies authorize specific consequences to a range of actions, which are proposed to be deployed without deliberation of situational dynamics, the harshness of the conduct, or any other circumstance that could impact the resolution.

Reasons for immediate dismissal or termination of services include, but are not limited to:

- Bullying or harassment of another member.
- Hateful or threatening behavior, including cruel comments or unfounded accusations based on a member's gender identity, ethnicity, race, creed, orientation, or other form of expression.
- Intentionally breaching member security or safety through taking screenshots, divulging member's personal information, or other actions covered by anonymity principles.

# GROUP AGREEMENT

## Agreement

Continued membership  
is dependent  
on respecting the...

## Group Plan for Engagement

- Respect the group hosts or organization leadership in their attempts to keep a safe environment.
- Intentional and/or habitual disrespect of the Plan for Engagement outlined for *Seen and Heard* members despite private discussion to resolve will lead to the end of membership. Any membership fees will be non-refundable.
- For any concerns or questions, complete the feedback form via the contact page provided Online.
- At this point, we are starting with a small group. In the future, the group may morph into something new or we may find that different categories of groups will be needed. This will be decided by the group.
- We look forward to being able to support more people as things progress and we continue to grow and heal through the support of those experiencing dissociation.
- If the group grows too large, the larger group may be split to specific groups to make it possible for continued engagement of all members.
- There may be weeks where cancellations occur or pause for holidays.

All members hold the ability to nominate leadership *Seen and Heard* and to vote on all group decisions and activities.



All group members must provide consent to the Agreement and Group Plan for Engagement via the Plan for Engagement page Online at <https://1identity.care/didagree/>.

