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# A PLACE FOR MY HEAD

## Dissociation

A few people helped us on this, especially Tony and Danny

Dissociation is an experience where you feel disconnected from your body, thoughts and emotions and you may feel the world around you is not real. This can happen when the brain and/or body experience high levels or prolonged exposure to stress.

Experiences of dissociation can last between seconds/minutes to weeks/months.

Dissociation can be linked to other mental health experiences. It can feel like blacking out, feeling heavy or like you're in the third person. Perspective can change e.g. things feeling larger, further away or through a camera lens. Some people feel like they are unable to speak, breathe think or remember. They may feel a sense of panic, anger or an urge to self-harm.

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## WHAT HELPS?

**Distraction** - Immersing yourself in safe activities which distract from triggers of dissociation e.g., video games, music, TV. However, these are short term strategies, not solutions!

**Grounding Activities** - Attending to external sensations. This helps you in the moment. Label things in your surroundings e.g. things you can smell, feel, taste, hear. Using sensory items.

**Prepare for future dissociative episodes** - Recognising when you experience dissociation, what the triggers are, and what helps you. Plan ahead. Think through crisis management to help you feel calmer and safer to reduce length of dissociation e.g. wear watches so you can always check the time and dates, have access to supportive people to contact if helpful.

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## METAL/ROCK SONGS ABOUT DISSOCIATION

**The Dillinger Escape Plan** - Dissociation (entire album)

**Radiohead** - How to Completely Disappear, Last Flowers to the Hospital and Climbing up the Walls

**One Year Dead** - Dissociation

**Stone Sour** - Inhale

**Nine Inch Nails** - The Becoming, Only

**Polaris** - Hypermania

**Motionless In White** - Hourglass, Disguise

**Slipknot** - XIX

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## RESOURCES FOR DISSOCIATION

**HMT playlists** – There are playlists on the [heavymetaltherapy.co.uk](http://heavymetaltherapy.co.uk) website to listen to songs relating to dissociation such as our dissociation playlist.

**Training, Resources, and Spaces:**

Carolyn Spring has more resources on her website: <https://www.carolynspring.com/getting-help/>

Jacqui Dillon has more resources on her website: <http://www.jacquidillon.org/resources/dissociation/>

**Professional Support** - If you are in the UK and need further advice around dissociation, you can seek a referral via your GP.

**FOR MORE INFORMATION, PLEASE VISIT:**

**[WWW.HEAVYMETALTHERAPY.CO.UK](http://WWW.HEAVYMETALTHERAPY.CO.UK)**