

Working with Dissociation - Advanced Therapy Training



Externalising the Legacy of Childhood Trauma

Working with depressive
and auto aggressive, as well as
external aggressive symptoms
in traumatised people

Experience of working with clients with complex trauma and dissociation and some previous basic training in the issues are required for attendance.

2 day training event with Theres Fickl, Ulrike Meister and Ruth Mykoo

Date:	Saturday 24th and Sunday 25th April 2027
Time:	10:00am to 5:00pm
Venue:	Maldron Hotel, 60 Charles Street, Manchester, M1 7DF

In our therapeutic practice we frequently see traumatised people whose symptoms / dissociative processes are getting in the way of a positive therapeutic outcome.

In this **2 day advanced therapy training**, Theres Fickl, with Ulrike Meister and Ruth Mykoo will help you understand the important determinants of the body- and gestalt-oriented, action orientated therapy form of the **Somatic Psychological Interactive Model (version 30)**.

The SPIM30 model was developed by Dr Ralf and Irina Vogt at the **Trauma Institute Leipzig** (Germany) for clients with complex trauma and dissociative processes, to help them make sense of what they experienced there and then and experience in the here and now.

SPIM30 describes deliberate abusive and/or neglectful interpersonal traumatisations as boundary violations in a multi-level model. Findings from neurobiology are included. (S. Porges, Poly-vagal Theory).

The SPIM30 model can be incorporated into any trauma focussed therapeutic approach.

You will be expected to work on your own self development.

How is SPIM30 different from other therapeutic approaches.

This training will introduce you to methods and techniques which will greatly help you to advance within the 3 phased trauma model.

A variety of stabilisation exercises will be introduced and practiced together to support yourself and your clients to track movements and apply the breaks on the poly-vagal ladder.

Psycho education will be taught and practiced, which will support you in explaining complex concepts of transference and perpetrator energies. This will enable your clients to understand their inner psychological conflicts during trauma work.

Different therapy objects (see photographs) will be used to help externalise dissociative processes and to support the emergence of trauma memories.

You will be introduced to SPIM30 methods to examine dreams, nightmares and dissociative gaps in memory so that self-protection (dissociative defences) can be slowly loosened in order to work through the traumatisation. i.e objects to externalise transference and introjection, symbolic soft toys as transitional objects (Beseelbare objects), hoops and much more are used for this purpose. Additionally you will witness the power of connection-supporting materials, like rods, ropes, pillows and blankets to enhance the client-therapist dialogue.

All exercises will be discussed in the group beforehand, after which each training participant will get a chance to practice the SPIM30 techniques in sub groups to experience the therapeutic applications of the theory.

Please bring comfortable shoes and casual clothing.

Please email theres.fickl@icloud.com if you are interested in booking onto this training.

SPIM30 founder Dr. Ralf Vogt



Dr. Ralf Vogt is a psycho-traumatologist and body-oriented psychoanalyst for individual and group psychotherapy in private practice. Dr Vogt has eight years of clinical experience in acute psychiatry and is also an analytical body psychotherapist, systemic family therapist and practitioner of imaginative psychotherapy and has been working with complexly traumatised/dissociative patients for over 25 years.

Together with his wife Irina they developed their own treatment program for dissociative psycho-traumatic disorders from 2000. (SPIM-20-KT, later SPIM 30). In 2002 they founded the Trauma Institute Leipzig as a training and research centre. Additionally, they work as lecturers in psycho-trauma in other national and international institutes. Ralf has been teaching their SPIM 30 training programme to prospective psycho-trauma therapists and psycho-trauma counsellors for many years. Dr Vogt is a member of ISSTD, ESTD, DeGPT (Fellow Award 2011, C. Wilbur Award 2017 for the SPIM30 model, ISSTD). <https://www.traumainstitutleipzig.de/spim-30>



SPIM30 Therapy room at the Trauma Institute Leipzig with Irina Vogt

Trainer **Theres Fickl**



Theres is a Psycho-trauma counsellor, supervisor and trainer in private practice in Conwy & Manchester. She has 25 years experience of working with clients with dissociative processes including Dissociative Identities.; Prior to becoming a therapist Theres worked 15 years of as a Social-pädagoge with traumatised children and young people. Theres is MBACP accredited since 2005. She has a certificate in Training from MOL (2006) and has extensive experience of training therapists in working with complexly traumatised clients. She has trained with Dr Ralf Vogt between 2018/2019 and 2025/2026, and gained the SPIM30 Trainer certificate in 2025 . <https://www.linkedin.com/in/theres-fickl-361160174/>

Trainer **Ruth Mykoo**



Ruth is a BACP Accredited Integrative Psychotherapist, Trauma therapist, an EMDR Therapist (EMDR UK Association) and a Psycho trauma therapist in SPIM 30 (trained by Dr Ralf Vogt in 2025). She works with adults who have a range of presentations including complex trauma, has worked across several Rape Crisis services in Manchester both in her capacity as a Psychotherapist and as a co trainer in several DBT skills groups. She currently works in private practice. Ruth's commitment to teaching and learning stems from having previously worked in Education for 14 years, as a Senior TA, teaching in primary schools. <https://www.linkedin.com/in/ruth-m-914294197/>

Trainer **Ulrike Meister**



Ulrike is a BACP Accredited Counsellor, EMDR Therapist (EMDR UK Association), and certified Psychotrauma Therapist in SPIM 30, trained by Dr. Ralf Vogt in 2025. With over a decade of experience specializing in grief and complex trauma, Ulrike's background includes extensive work with refugees, asylum seekers, and various mental health services. She has been a dedicated practitioner with Greater Manchester Rape Crisis (GMRC) since 2011, where she delivers training and has mentored self-led survivor peer support groups since 2018. Additionally, she joined Blue Light Minds in 2024 to provide specialized therapy for first responders, e.g. paramedics. Grounded in a range of advanced trauma modalities, Ulrike is deeply passionate about guiding clients through complex trauma recovery while continuing her own lifelong journey of personal and professional growth. <https://www.linkedin.com/in/ulrike-meister-27872347/>

We will offer a 2 year training programme in SPIM30 from October 2027 to July 2029 with 8 Training Modules, which will run on weekends in Manchester.

Please visit our Website www.spim30uk.com for more information

Publications

Vogt Ralf, Ed, **Beseelbare Therapy Objects**, Gießen: Psychosozial-Verlag, 2006

Vogt, Ralf, Ed, **Psychotrauma, State, Setting**, Psychoanalytical-Action-Related Model for a Treatment of Complexly Traumatized Patients. Gießen: Psychosozial-Verlag, 2008

Vogt Ralf, Ed, **Perpetrator Introjects**, Psychotherapy Diagnostics and Treatment Models, Asanger Verlag Kröning, 2012

Vogt Ralf, **SPIM30, Treatment Model for Dissociative Trauma Disorders**, Asanger Verlag Kröning, 2015

Vogt Ralf, **Treatment of flight phobia: a polyvagal perspective**, Chapter 17 in the book Clinical Applications of the Polyvagal Theory, The Emergence of Polyvagal-Informed Therapies, by Stephen W. Porges and Deb Dana EDs, Norton Professional Books, 2018

Vogt Ralf, Ed, **The Traumatized Memory - Protection and Resistance**, how traumatic stress encrypts itself in the body, behaviour and soul and how to detect it, Lehmanns Media GmbH Berlin, 2019

Vogt Ralf, ED, **Confusion, Splitting, Shame & Guilt in Man-Made Psychotraumas**: Complex Traumatization & Identity Disorders in Treatment, Lehmanns, 2022

Fickl Theres, **Whose Fear is it Anyway** Working with young people who dissociate in Beyond Fear and Control - working with young people who self harm, PCCS Books, 2007

Fickl Theres, Ed, **Helpline Training Manual** for Greater Manchester Rape Crisis, 2018

Fickl Theres and Dr Savery Kelly, **Understanding Sexual Violence Trauma and Responding to Disclosures**, Workbook alongside 3 hours of Training Videos, 2022