



Community Conversation: Trauma and Dissociation

Would you like to help shape how research is done with young people who experience trauma and dissociation?

Researchers at The Kids Research Institute Australia are inviting adults with lived experience of dissociation, caregivers of young people who dissociate, and clinicians who work with clients experiencing dissociation to take part in a one-off online Community Conversation.

Your perspectives can help us:

- Notice anything important that may be missing from our plans
- Focus on collecting the right information
- Be thoughtful of sensitivities and reduce the risk of harm
- Find meaningful ways involve young people, families, and clinicians.

In the past, people with lived experience and those who care for or work with young people experiencing dissociation have not always had a strong voice in research. We are committed to changing that and would truly value your input.

During the session, you will join a small group (maximum of 8 participants) to discuss four questions about our research plans and approach. The focus will be on your ideas and feedback, rather than sharing detailed personal stories.

Event details

Date: Thursday 23 April 2026

Time: 3pm to 5pm AWST (5pm to 7pm AEST)

Location: Online via Microsoft Teams

As a thank you for your time and contribution, participants will receive a \$50 honorarium. Please note: If you are a clinician attending during work hours, we ask that you check your workplace policy on whether you can accept an honorarium.

During the event, we ask that cameras are on to create a safe and connected space. The event will not be recorded.

Want to join?

We are inviting expressions of interest from Australian-based people who are:

- Adults with lived or living experience of dissociation
- Parents or caregivers of young people who experience dissociation
- Clinicians working with clients who experience dissociation.

Not sure if this applies to you?

Dissociation can look different for different people. It can be experienced following maltreatment, abuse, neglect, violence, or the loss of a loved one.

Dissociation can include experiences such as:

- Feeling like the world around you is unreal, blurry, or dream-like
- Feeling detached from your body or as though your actions are not your own
- Gaps in memory for important events, conversations, or childhood years
- Feeling like there are distinct parts of you with different memories, thoughts, or behaviours
- 'Zoning out', 'shutting down', or feeling physically unwell when reminded of difficult experiences.

If some of this sounds familiar, we encourage you to express interest for the event using the form below.

More information about dissociation is available from Better Health Victoria [here](#).

How to express interest

If you would like to take part in our Community Conversation, please complete the form below.

The information you provide will help us bring together a diverse group of participants and to contact you with further information about the event. All information will be stored securely and only accessed by members of the research team working on this project.

The event is limited to 20 participants. This means that unfortunately we may not be able to offer everyone a place. If we are unable to include you at this time, we can let you know about future opportunities (if you indicate that you would like this).

To make sure this event is the right fit for you, and that you feel clear about what is involved, we will contact selected participants for a brief phone call before confirming a place.

If you have any questions, you are welcome to contact Senior Research Officer Dr Bronwyn Milkins at Bronwyn.Milkins@thekids.org.au