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Dispersion Tutorial

1. Grab an image of a character.
2. Use the quick selection tool to select only the character.
3. Select > Refine Edge and tweak the settings to create a smooth edge for the selection. Set smooth to about 20.
4. Copy the selected character onto a new layer.
5. Duplicated the character layer. You should now have 2 layers with your cut out character.
6. Resize the top character layer so that you have a normal and big character.
7. Move the big character layer underneath the original character.
8. On the big character layer, Filter > Liquify
   a. Brush size of 175
   b. Drag the brush left to right.
   c. This creates a big area for us to use as a base for the dispersion.
9. Duplicate the liquefied layer.
10. Add a vector mask to both layers.
11. Fill one of the vector masks black, and the other white. Make sure the layer with the black vector mask is on top.
12. Import the Particle Brushes file.
13. Select you favorite particle brush. You may use more than one particle brush.
14. Paint with the brush only on the layer masks. It is best to paint by clicking instead of dragging.
    Two methods to paint:
    a. Pixels appear: paint with a white brush on the black layer mask
    b. Pixels disappear: paint with a black brush on the white layer mask
    Play around with the type, size and opacity of the brush.

Taken from: http://www.infoparrot.com/how-to-create-dispersion-effect-with-photoshop/