

Understanding and Treating Dissociative Identity Disorder

A Relational Approach



Elizabeth F. Howell

Treating Dissociative Identity Disorder

Lindsay Schofield



Treating Dissociative Identity Disorder:

Understanding and Treating Dissociative Identity Disorder Elizabeth F. Howell, 2011-06-01 Building on the comprehensive theoretical model of dissociation elegantly developed in *The Dissociative Mind* Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with *Understanding and Treating Dissociative Identity Disorder* Howell working within the realm of relational psychoanalysis explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition which involves the partitioning of the personality into part selves that remain unaware of one another usually the result of severely traumatic experiences Howell begins with an explication of dissociation theory and research that includes the dynamic unconscious trauma theory attachment and neuroscience She then discusses the identification and diagnosis of Dissociative Identity Disorder DID before moving on to outline a phase oriented treatment plan which includes facilitating a multileveled co constructed therapeutic relationship emphasizing the multiplicity of transferences countertransferences and kinds of potential enactments She then expands the treatment possibilities to include dreamwork before moving on to discuss the risks involved in the treatment of DID and how to mitigate them All concepts and technical approaches are permeated with rich clinical examples

Treating Dissociative Identity Disorder James L. Spira, 1996-06-14 A Volume in the Jossey Bass Library of Current Clinical Technique Discusses clinical treatment including cognitive therapy psychodynamic therapy short term in patient treatment longer term hospitalization and the correct use of hypnosis Also discussed is how the study of this controversial diagnosis reveals the inner workings of the normal functioning mind

Dissociative Identity Disorder Hassaan Tohid, Ian Hunter Rutkofsky, 2024-01-19 This book contains new evidence and more ideas for treatment and management of dissociative identity disorder DID It is written from the standpoint of an expert in the field for other professionals that deal with or are interested in DID Chapters are divided into 4 parts Part 1 acts as an introduction to understanding dissociative identity disorder such its history the different types of the disorder and its portrayal in popular culture The chapters in this part cover multiple personality disorder theories and epidemiology of the disease Part 2 discusses the pathology and neuroscience of the disease The comorbidities related to the disorder will be explained such as PTSD depression anxiety schizophrenia and more This part concludes with the potential causes of dissociative identity disorder which ties into the previously mentioned comorbidities throughout this part Supplementing the aforementioned topics Part 3 discusses management of the disease The chapters will cover modern psychiatry diagnosis and treatment options Drug treatment and psychotherapy are some examples of the treatment options available The authors share their experiences and perspectives of managing DID including clinical trials and recovery Finally Part 4 discusses the sociology of DID such as potential drug abuse social media presence and the difficulties that psychiatrists face in diagnosing the disease This part provides advice for clinicians and healthcare providers by sharing different perspectives from psychiatrists that encounter the disease Written by experts in the field

Dissociative Identity Disorder serves as a valuable resource for psychiatrists and clinicians seeking to understand and manage the disease

Understanding and Treating Dissociative Identity Disorder (or Multiple Personality Disorder) Jo L. Ringrose, 2018-03-08 This book provides all of the information a practitioner needs in order to begin work with clients with Dissociative Identity Disorder DID Drawing on experiences from her own practice and extensive research conducted with the help of internationally acclaimed experts in the field the author describes the development of DID and the structure of the personality of these clients The reader is guided through the assessment process the main phases and components of treatment and the issues and contentions that may arise in this work Throughout the text there are case examples practical exercises techniques and strategies that can be used in therapy sessions The resources section includes screening and assessment instruments as well as information on techniques for managing anxiety and self harm both of which can be major problems when working with clients with DID

Treating Dissociative Identity Disorder Sarah Y. Krakauer, 2001 First Published in 2001 Routledge is an imprint of Taylor Francis an informa company

Treating Dissociative Identity Disorder Sarah Y. Krakauer, 2013-10-28 This is a book about the triumph of inner authority over the debilitating effects of trauma and abuse In a simple and straightforward style a three phase model for treating dissociative identity disorder previously known as multiple personality disorder is introduced The Collective Heart model is consistent with the current standards of care which emphasize caution and restraint Additionally the Collective Heart model has several unique features It highlights the retrieval of personal authority rather than the retrieval of traumatic memories identifies the fundamental inner unity underlying the fragmented personality system and introduces techniques that facilitate communication between personalities and between each personality's conscious mind and the collective heart Six chapters of fascinating case vignettes illustrate therapeutic techniques and show how clients tap into their underlying inner unity to create the conditions for their own maturation making it safe for their alters to grow heal and eventually join the host as a seamless harmonious whole

The Diagnosis and Treatment of Dissociative Identity Disorder Ronald A. Moline, 2012-10-04 The diagnosis of dissociative identity disorder formerly known as multiple personality disorder remains controversial despite its inclusion as an established diagnosis in psychiatry's Diagnostic and Statistical Manual DSM IV This book consists first of the detailed description of the treatment of a patient whose syndrome of DID emerged in the course of therapy by a psychoanalyst who entered into the therapy as a complete skeptic The therapist's willingness to explore the meaning and reality of the dramatic and at times bizarre presentation of this disorder in a prolonged and difficult treatment was accompanied by an eventual successful outcome Using this case as a reference point the author then provides a contemporary exploration of the literature about the authenticity of this diagnosis and approaches to its treatment

Rebuilding Shattered Lives James A. Chu, 2011-04-26 Praise for Rebuilding Shattered Lives Second Edition In this new edition of Rebuilding Shattered Lives Dr Chu distills the wisdom he has gained from many years spent building and directing

an extraordinary therapeutic community in a major teaching hospital Both beginners and experienced clinicians will benefit from this book's unfailing clarity balance and pragmatism An invaluable resource Judith L Herman MD Director of Training for the Victims of Violence Program Cambridge Health Alliance Cambridge MA The need for this work is immense as is the reward Thank you Dr Chu for continuing to share your sustaining insight and wisdom in this updated edition Christine A Courtois founder and principal Christine A Courtois PhD author of *Healing the Incest Wound Adult Survivors in Therapy and Recollections of Sexual Abuse* Praise for the first edition Dr James Chu charts a deliberate and thoughtful approach to the treatment of severely traumatized patients Written in a straightforward style and richly illustrated with clinical vignettes *Rebuilding Shattered Lives* is filled with practical advice on therapeutic technique and clinical management This is a reassuring book that moves beyond the confusion and controversies to address the critical underlying issues and integrate traditional psychotherapy with more recent understanding of the effects of trauma and pathological dissociation Frank W Putnam MD A fully revised proven approach to the assessment and treatment of post traumatic and dissociative disorders reflecting treatment advances since 1998 *Rebuilding Shattered Lives* presents valuable insights into the rebuilding of adult psyches shattered in childhood drawing on the author's extensive research and clinical experience specializing in treating survivors of severe abuse The new edition includes Developments in the treatment of complex PTSD More on neurobiology crisis management and psychopharmacology for trauma related disorders Examination of early attachment relationships and their impact on overall development The impact of disorganized attachment on a child's vulnerability to various forms of victimization An update on the management of special issues This is an essential guide for every therapist working with clients who have suffered severe trauma

Guidelines for Treating Dissociative Identity Disorder (multiple Personality Disorder) in Adults, 1997 *Guidelines for Treating Dissociative Identity Disorder in Adults* Laura S. Brown, International Society for the Study of Trauma and Dissociation, 2011

Attachment, Trauma and Multiplicity, Second Edition Valerie Sinason, 2010-12-09 This Revised Edition of *Attachment Trauma and Multiplicity* investigates the subject of Dissociative Identity Disorder With a major array of contributors this book covers the background history and a description of the condition along with the issues of diagnoses and treatment

Diagnosing and Treating Dissociative Disorder Gregory L. Nooney, 2021 This book is designed to assist those who find themselves working with clients or patients who have serious dissociative disorders whether they are new to therapeutic work or seasoned clinicians who have skills and techniques at hand but are leery or uncomfortable diagnosing and treating this population The book provides an extensive review of the profound effects of early trauma and attachment wounds on the development of various mental health problems including dissociative identity disorder DID In reality many of those who find themselves working with clients with DID are working in community mental health centers inpatient psychiatric units and chemical dependency treatment centers and are the youngest least experienced and least trained clinicians often with insufficient supervision and with high expectations for

productivity The author's hope is to provide some guidance and practical assistance to these mental health and substance abuse counselors and therapists The author explores the medical model and the DSM interpersonal neurobiology trauma treatment models attachment issues the dissociative continuum false positive and false negative diagnoses In a stepwise fashion he explains how to establish the therapeutic relationship focus on the 11 steps of stabilization and implement the DID treatment process all while keeping clinician self care in mind

A Guide to Understanding and Treating Dissociative Identity Disorder Matilda Geis, 2025-10-10 Step beyond the myths and into the truth about one of the most misunderstood conditions in mental health Dissociative Identity Disorder DID In this groundbreaking and compassionate guide veteran therapist Matilda Geis draws on years of clinical experience and real life client stories to unveil the hidden world of DID with clarity depth and humanity This isn't just a clinical manual it's a journey through the mind's most remarkable survival mechanism told with empathy science and heart Discover how early trauma and neglect can fracture identity how it alters form and protect the self and how modern evidence based therapies can guide individuals toward healing and wholeness Through insightful case studies practical therapeutic strategies and cutting edge neuroscience this book bridges the gap between academic knowledge and lived experience Whether you're a mental health professional a student of psychology or someone seeking to understand your own or a loved one's inner world this book will transform the way you see dissociation not as madness but as the mind's extraordinary resilience Powerful deeply moving and profoundly illuminating *A Guide to Understanding and Treating Dissociative Identity Disorder* is more than a book it's a lifeline for those seeking hope healing and the courage to reclaim the self If you get only one book on trauma and dissociation this year make it this one because once you open it you won't just understand DID you'll feel the strength the pain and the humanity behind every story

Diagnosing and Treating Dissociative Disorder Gregory L. Nooney, 2021 This book is designed to assist those who find themselves working with clients or patients who have serious dissociative disorders whether they are new to therapeutic work or seasoned clinicians who have skills and techniques at hand but are leery or uncomfortable diagnosing and treating this population The book provides an extensive review of the profound effects of early trauma and attachment wounds on the development of various mental health problems including dissociative identity disorder DID In reality many of those who find themselves working with clients with DID are working in community mental health centers inpatient psychiatric units and chemical dependency treatment centers and are the youngest least experienced and least trained clinicians often with insufficient supervision and with high expectations for productivity The author's hope is to provide some guidance and practical assistance to these mental health and substance abuse counselors and therapists The author explores the medical model and the DSM interpersonal neurobiology trauma treatment models attachment issues the dissociative continuum false positive and false negative diagnoses In a stepwise fashion he explains how to establish the therapeutic relationship focus on the 11 steps of stabilization and implement the DID treatment process all while keeping clinician self care in mind Got

Parts? A.T.W.,2005-01-01 This insider s guide is filled with successful strategies coping techniques and helpful ways to increase the day to day functioning of adult survivors of Dissociative Identity Disorder in relationships work parenting self confidence and self care

Abnormal Psychology Ronald J. Comer,2010-07-27 Taking a look at the field of abnormal psychology including major theoretical models of abnormality research directions clinical experiences therapies and controversies this book covers personality disorders the psychodynamic perspective neuroscience the empirically based treatment movement and more

Treating Complex Trauma and Dissociation Lynette S. Danylchuk, Kevin J. Connors,2016-09-13 *Treating Complex Trauma and Dissociation* is the ideal guide for the front line clinician whose clients come in with histories of trauma abuse self injury flashbacks suicidal behavior and more The book helps clinicians develop their own responses and practical solutions to common questions including How do I handle this What do I say and What can I do *Treating Complex Trauma and Dissociation* is the book clinicians will want to pick up when they re stuck and is a handy reference that provides the tools needed to deal with difficult issues in therapy It is supportive and respectful of both therapist and client and most of all useful in the office

Treating Complex Traumatic Stress Disorders in Adults Julian D. Ford, Christine A. Courtois,2020-04-03 Revision of *Treating complex traumatic stress disorders* 2009

Textbook of Hospital Psychiatry Steven S. Sharfstein,2009-02-20 With decreases in lengths of hospital stay and increases in alternatives to inpatient treatments the field of hospital psychiatry has changed dramatically over the past 20 years As the first comprehensive guide to be published in more than a decade the *Textbook of Hospital Psychiatry* is a compilation of the latest trends issues and developments in the field The textbook written by 70 national experts and clinical specialists covers a wide range of clinical and administrative topics that are central to today s practice of hospital psychiatry This is the only textbook on the market today that provides information for psychiatric hospital clinicians and administrators in a single all inclusive volume It covers information not generally available in other textbooks and medical journals touching on a variety of cutting edge issues such as safety improvement use of seclusion and restraint suicide prevention and culturally competent psychiatric care The book s 35 chapters are divided into four parts Part I Inpatient Practice focuses on specialty psychiatric units e g acute stabilization unit eating disorders unit forensic unit child unit including the many psychopharmacological and psychosocial treatments used within each This section also touches on specialized treatment for patients with co occurring problems such as substance abuse developmental disabilities and legal difficulties Part II Special Clinical Issues covers clinical issues from the perspective of different populations consumers families suicidal patients This section also examines the recent trend toward patient centered care Part III The Continuum of Care addresses psychiatric services within the community such as rehabilitation programs day hospitals and emergency services It discusses the importance of understanding hospital based treatment within the broader perspective of patients lives Part IV Structure and Infrastructure focuses on such often overlooked topics as financing of care risk management electronic medical records and the actual

architecture of psychiatric hospitals as well as the roles of psychiatric hospital administrators psychiatric nurses and psychiatrists and psychologists An invaluable resource for both clinicians and administrators as well as a comprehensive teaching tool for residents the Textbook of Hospital Psychiatry is a must have for all professionals who work in psychiatric settings

Understanding Dissociative Identity Disorder Lindsay Schofield, 2021-12-22 This accessible guidebook has been created to be used alongside the picture book Our House Making Sense of Dissociative Identity Disorder as a broad introduction to childhood trauma and its legacies with a focus on dissociation and DID This clear and easy to read resource offers an insight into trauma its continuing effects and the continuum of dissociation Practical exercises and opportunities for reflective discussion are included throughout to encourage personal engagement either individually or through treatment Written with clinical accuracy warmth and compassion it will expand the reader s knowledge of DID and deepen the understanding application and usefulness of the picture book Key features include Photocopiable and downloadable resources and activities designed to develop a richer and more personal understanding of the development of DID A page by page insight into images from the picture book Further reading suggestions and information about treatment and support for survivors as well as for the family friends and professionals who journey with them Bringing clarity to a complex issue this is an invaluable resource for survivors of trauma and for those who support them counsellors psychologists social care workers and other professionals as well as family and friends

Treating Dissociative Identity Disorder Book Review: Unveiling the Power of Words

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