

Barbara Barklow

Monsters and Misfits

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“Dissociative identity disorder is a severe condition in which two or more distinct identities or personalities are present and alternately take control of an individual. The individual also experience memory loss that is too extensive to be explained. Dissociative identity disorder was called multiple personality disorder until 1994. It is most likely caused by many factors, including severe trauma during early childhood (usually extreme, repetitive physical, sexual, or emotional abuse). The alters of different identities have their own age, sex, or race. Each has his or her own postures, gestures, and distinct way of talking. Sometimes the alters are imaginary people, sometimes they are animals. As each personality reveals itself and controls the individual’s behaviour and thoughts, it’s called “switching”. Switching can take seconds to minutes to days. When under hypnosis during therapy sessions that individual has to take, the person’s different alters or identities may be very responsive to the therapist’s requests. This disorder changes individual’s life extremely and is unable to live by his or her own and they need to take therapy sessions to treat the disorder at least a little bit even though this disorder can’t be fully treated. I will now point out few ways how this disorder can change individual’s life. Depersonalisation, which is often referred as an “out of body” experience” (Experts said). Derealization which is feeling that not everything is right. Amnesia, identity confusion and many other factors that limit the individual’s ability to live fully or by his or her own. This disorder is mostly diagnosed in adults or late adolescent person and it’s very rare in small children. There is less than 200,000 cases in US per year and this disorder is very rare in population. People with this disorder practically live in their own world. They experience severe anxiety, mood swings and impulsivity (that also depends on the different alters in their head)

Adam Hejduk

1

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and they self-harm themselves a lot.This disorder can't be fully cured but therapy helps a lot to the person.