

What is Dissociative Identity Disorder?

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Class Objectives

ℴ What are Dissociative Disorders?

₩ What is Dissociative Identity Disorder (DID)?What are the features of DID?

₩ What is the etiology of DID?

础 How can DID be treated?



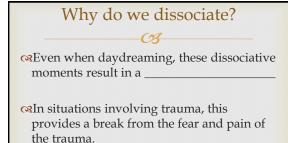
Dissociation

☎Dissociation is a psychological state that produces a lack of connection from the psyche.

- thoughts

- sensations
- identity





Two types of Dissociative experiences:

During episodes of *Depersonalization*, your perception becomes altered so that you temporarily ______

R During an episode of *Derealization* your sense of the reality of the external world is lost.

- Things may seem to change shape or size, people may seem dead or mechanical.
- As if they are living in a dream

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I can't remember...

^{CR}What if we can't remember who we are or how we got to a certain place?? (non-alcohol-related!)

 Amnesia is not just associated with a head trauma, people can have the inability to recall information due to dissociation.

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There are several Dissociative Disorders which can afflict a person

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The following video presents a man with Dissociative Fugue, which is a form of dissociative amnesia where,

Dissociative Identity Disorder is the same as Schizophrenia. DID is a VERY controversial psychological disorder.

DID is caused by faulty genetics and biological predispositions

Test your Knowledge! True or False?

Four times as many women are diagnosed with DID as men.

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Men are more likely to be diagnosed with DID than women

CB False!

This is a disorder that affects women more often than men. In fact, women are four times more likely to be diagnosed with DID than men. However, there are many variables we will discuss to make sense of this statistic



R This dissociation disorder involves the creation

For DID to be diagnosed _____

Separate Identities

Reople with DID may adopt as many as 100 new identities, all simultaneously coexisting.

RWhen under the control of one alter, they may exhibit different behaviors, mannerisms,

- such as ____

	Switch!!
	C3
	is called a "switch".
controls their b	ehavior. Due to this, amnesia is
	vith DID display "Co-Consciousness" or ess, which varies from person to persor

Who's Effected?

OR The estimated prevalence of DID in the U.S. population is from _____

- Between 250,000 and 2,500,000 people.
- Women are 4 times more likely to be diagnosed
- Research suggests that 3-4% of people hospitalized for psychiatric and drug treatment are affected.

What changes did you see?

^{CRW}hen the switch occurs, physical changes are evident, such as posture, facial expressions, personality, handwriting, even physical disabilities emerge.

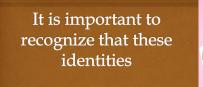
[∞]In one study, changes in handedness occurred in 37% of the cases (Putnam et al., 1986).



The person who usually becomes the patient and seeks treatment is the "host" identity.

The alters are usually character-like, often serving specific roles (for example):

- "The Protector"-Handles conflict situations
- "The Whore" -Handles sexuality
- "The child"-Usually represents the age when the child's psyche became fragmented.



While we see movies and characters with DID portrayed as completely

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Can this disorder be faked?

^{CR} This is a very controversial disorder and is difficult to determine whether or not the identities are "real" of if the person is faking them for several reasons.

The power of suggestion?

RaThere has been a lot of evidence to suggest that

- In extreme cases, unethical therapists have encouraged the creation of additional alters by coercion and suggesting false memories.



Can professionals CREATE this disorder??

-Some psychologists believe that DID is an iatrogenic (physician-induced)

-It is thought by some that DID, like *hystero-epilepsy*, is created by therapists. This previously rare and disputed diagnosis became popular after the appearance of several best-selling books and movies.

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Are Clients Just Faking??

Although the high suggestibility of these clients is a factor in the development of alters, research suggests that many

- Changes in brain function have also been detected by using MRIs to observe brain changes during the time of the switch. Research has shown specific changes in hippocampal and



The escape into a fantasy world is done to escape the physical and/or emotional pain to survive.

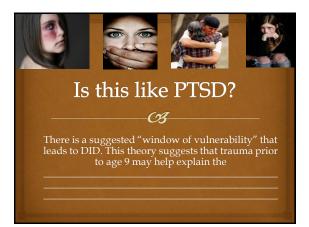
Causes

Research has found that 97-98% of patients had

- 68% reported a history of incest

Ross et al., (1990) that 95% of patients reports sexual abuse with a tendency towards extreme, sadistic and often bizarre accounts.

- This research reported documented incidences children being buried alive, tortured with matches, steam irons, razor blades or glass.



DID can be associated with events such as exposure to combat/war. There is a supported belief that DID is an extreme subtype of PTSD

But the symptoms vary based on this "window"

What Else Contributes DID?

R What seems to be most commonly agreed upon in the development of DID is the lack of

Research has found a high correlation between chaotic, non-supportive family

Treatment

C&Symptoms of DID may come and go, but the disorder will not clear up on its own. The process for treatment of DID is not easy or agreed upon by professionals.

^{CR}The goal of treatment is to integrate the identities into a single identity through long-term psychotherapy , which is usually long and emotionally painful (Ellason et al., 1997). The prognosis is somewhat unclear. Coon (1986) found that only 5 out of 20 patients achieved full integration of their identities.

Further research showed a 22.2% success for reintegration 2 years after treatment (Ellason, 1997).

New strategies for treatment

- G Strategies clinicians are using today are based on successful treatments for PTSD, due to commonalities between DID and PTSD (Maladono, 1998).
 - The goal for treatment is to identify triggers that provoke memories of trauma/dissociation and neutralize them.
 - Most importantly, patients must confront and relive the early trauma so they can gain control (in their mind) over the events (Kuft, 1996).

