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A Fractured Mind



MY LIFE WITH MULTIPLE PERSONALITY DISORDER

ROBERT B. OXNAM

Fractured Mind My Life With Multiple Personality Disorder

Heike Schwarz



Fractured Mind My Life With Multiple Personality Disorder:

A Fractured Mind Robert B. Oxnam, 2013-02-05 In 1989 Robert B Oxnam the successful China scholar and president of the Asia Society faced up to what he thought was his biggest personal challenge alcoholism But this dependency masked a problem far more serious Multiple Personality Disorder At the peak of his professional career after having led the Asia Society for nearly a decade Oxnam was haunted by periodic blackouts and episodic rages After his family and friends intervened Oxnam received help from a psychiatrist Dr Jeffrey Smith and entered a rehab center It wasn't until 1990 during a session with Dr Smith that the first of Oxnam's eleven alternate personalities an angry young boy named Tommy suddenly emerged With Dr Smith's help Oxnam began the exhausting and fascinating process of uncovering his many personalities and the childhood trauma that caused his condition This is the powerful and moving story of one person's struggle with this terrifying illness The book includes an epilogue by Dr Smith in which he describes Robert's case the treatment and the nature of multiple personality disorder Robert's courage in facing his situation and overcoming his painful past makes for a dramatic and inspiring book

The Wandering Mind John A. Biever, Maryann Karinch, 2012-08-09 Have you ever had a daydream If so you've had a dissociative experience The same is true if you've had an out of body moment or thought you were somewhere else as you drifted off to sleep These are seemingly harmless and temporary dissociations But further down the spectrum of such experiences you find people actually traveling to a strange city and suddenly not remembering how they got there You also find people with multiple personalities and other disordered thinking In *The Wandering Mind* Dr John Biever and co author Maryann Karinch use the stories of people all along the spectrum of dissociative conditions from those who are perfectly normal to those diagnosed with Dissociative Identity Disorder to expose the natures and functions of dissociation Their lives and stories serve as a way of exploring chronic dissociation and the trek back to good mental health The authors look closely at what signs and symptoms indicate normal everyday dissociation and those that indicate a more serious problem While daydreamers may not meet the criteria for diagnosis trauma victims who relive their nightmares in real time may require both diagnosis and treatment The authors also delve into the phenomenon of deliberate dissociation such as Buddhist monks in meditation And they take a close look at the process of diagnosing a dissociative disorder as well as factors that put patients on the road to reintegration and recovery

First Person Accounts of Mental Illness and Recovery Craig W. LeCroy, Jane Holschuh, 2012-08-06 In *First Person Accounts of Mental Illness* case studies of individuals experiencing schizophrenia mood disorders anxiety disorders personality disorders substance use disorders and other mental ailments will be provided for students studying the classification and treatment of psychopathology All of the cases are written from the perspective of the mentally ill individual providing readers with a unique perspective of the experience of living with a mental disorder In their book *First Person Accounts of Mental Illness and Recovery* LeCroy and Holschuh offer the student researcher or layperson the intimate voice of mental illness from the inside *First Person Accounts of Mental*

Illness and Recovery is a wonderful book and it is an ideal even indispensable companion to traditional mental health texts I am grateful that they have given the majority of this book to the voices that are too often unheard John S Brekke PhD Frances G Larson Professor of Social Work Research School of Social Work University of Southern California Fellow American Academy of Social Work and Social Welfare This is absolutely a must read for anyone who has been touched by someone with a mental illness whether it be personal or professional It is imperative that this book be required reading in any course dealing with psychopathology and the DSM whether it be in psychology psychiatry social work nursing or counseling Phyllis Solomon PhD Professor in the School of Social Policy Practice and Professor of Social Work in Psychiatry at the University of Pennsylvania A unique volume of first person narratives written from the perspective of individuals with a mental illness Drawing from a broad range of sources including narratives written expressly for this book self published accounts and excerpts from previously published memoirs this distinctive set of personal stories covers and illustrates a wide spectrum of mental disorder categories including Schizophrenia and other psychotic disorders Mood disorders Anxiety disorders Personality disorders Substance related disorders Eating disorders Impulse control disorders Cognitive disorders Somatoform disorders Dissociative disorders Gender identity disorders Sleep disorders Disorders usually first diagnosed in infancy childhood or adolescence Reflecting a recovery orientation and strengths based approach the authentic and relevant stories in First Person Accounts of Mental Illness and Recovery promote a greater appreciation for the individual s role in treatment and an expansion of hope and recovery

Living Happily as An Adult Baby (Nappy Version) Dylan Lewis, 2024-04-22 Understanding Knowledge Insight It is the goal of most people and humanity in general to understand and to gain knowledge To understand our natural world To understand space To understand those things so tiny we can never see them We want to understand what other people are saying insight into what they are feeling and what makes them tick For most people it is natural to want to understand more about a wide variety of topics and disciplines Perhaps the most important understanding of them all is the knowledge of self Adult babies have traditionally not fared well in the area of understanding of ourselves The few professional attempts to explain ABDL behaviour and thinking have been less than helpful and often insulting and deeply offensive Being described as a paraphilia alongside and adjacent to paedophilia and other serious disorders has been the nightmare that has haunted the community for a generation Slowly however the light has been dawning on the extraordinary world of the adult baby The first step was the recognition that being an adult baby is no mere affectation fetish or odd choice of behaviour It was the understanding that the baby self is a genuine and subjectively real identity Not a thing not a concept or a feeling but an identity A few professionals have belatedly drifted onto the scene and made a few inroads but they have been well behind the small group of hard working ABDLs themselves who have sought to build a body of understanding on who we are Knowing who we are is the key to success happiness and the ability to move forward The works of B Terrance Grey Rosalie and Michael Bent led the way to building an intellectual basis

of understanding of who Adult babies are Then came Dylan Lewis whose canon of work in this area has no peer This new book *Living Happily as an Adult Baby* makes a promise in its title that is almost obscene in its arrogance Adult Babies have often struggled with the power of their baby identity and happiness especially long term happiness has often eluded them This work is commended to all adult babies their family and friends as it seeks to further humanity's understanding of this most complex identity structure **The Adult Baby Writing Madness, Writing Normalcy** Lisa Spieker, 2021-05-27 What does it mean to be mad in contemporary American society How do we categorize people's reactions to extreme pressures trauma loneliness and serious mental illness Importantly who gets to determine these classifications and why This book seeks to answer these questions through studying an increasingly popular media genre memoirs of people with mental illnesses Memoirs like the ones examined in this book often respond to stigmatizing tropes about the mad in popular culture and engage with concepts in mental health activism and research This study breaks new academic ground and argues that the featured texts rethink the possibilities of community building and stigma politics Drawing on literary analysis and sociological concepts it understands these memoirs as complex at times even contradictory approaches to activism

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

Dissociation and the Dissociative Disorders Paul F. Dell, John A. O'Neil, 2010-11 Winner of ISSTD's 2009 Pierre Janet Writing Award for the best publication on dissociation in 2009 Dissociation and the Dissociative Disorders is a book that has no real predecessor in the dissociative disorders field It reports the most recent scientific findings and conceptualizations about dissociation defines and establishes the boundaries of current knowledge in the dissociative disorders field identifies and carefully articulates the field's current points of confusion gaps in knowledge and conjectures clarifies the different aspects and implications of dissociation and sets forth a research agenda for the next decade In many respects Dissociation and the Dissociative Disorders both defines and redefines the field **The Relational Brain** Robyn

Bettenhausen, 2017-06-26 Do you have a difficult person in your life You can learn to understand how they think and have better communication Do you get angry with yourself for having needs and emotions You can learn how to use these to your advantage Do you often feel your inner child and adult don't get along This book will explain why and what to do about it

Beware of the Other Side(s) Heike Schwarz, 2014-03-15 This interdisciplinary study examines the still vivid phenomenon of the most controversial psychiatric diagnosis in the United States multiple personality disorder now called dissociative identity disorder This syndrome comprehends the occurrence of two or more distinct identities that take control of a person's behavior paired with an inexplicable memory loss Synthesizing the fields of psychiatry and the dynamics of the disorder with its influential representation in American fiction the study researches how psychiatry and fiction mutually shaped a

mysterious syndrome and how this reciprocal process created a genre fiction of its own that persists until today in a very distinct self referential mode

Dissociation Made Simple Jamie Marich, PHD, 2023-01-10 Dissociation 101 The go to guide for understanding your dissociative disorder breaking the stigma and healing from trauma related dissociation Just as important as The Body Keeps the Score but an easier read for me 5 star reader review Guided by clinical counselor Jamie Marich a trauma informed clinician living with a dissociative disorder herself this book tells you everything you need to know about dissociation but were too afraid to ask Here you ll learn What dissociation is and why it s a natural response to trauma How to understand and work with your parts the unique emotional and behavioral profiles that can develop from personality fragmentation There s nothing shameful about dissociating that in fact we can all dissociate Skills and strategies for living your best authentic and most fulfilled life What to look for in a therapist choosing a healer who sees you and gets it Foundational elements of healing from trauma including PTSD and C PTSD With practical guided exercises like The Dissociative Profile and Parts Mapping this book is written for those diagnosed with dissociative disorders clinicians and therapists who treat trauma and dissociation and readers who are exploring whether they may have dissociative symptoms or a condition like dissociative identity disorder DID Dissociation Made Simple breaks it all down accessibly and comprehensively with empowerment and support and without stigma judgment or shame

Sybil Exposed Debbie Nathan, 2012-06-12 Journalist Debbie Nathan reveals the true story behind the famous case of Sybil the woman with sixteen different personalities

The Adult Baby (Diaper Version): An Identity on The Dissociation Spectrum Dylan Lewis, 2024-10-15 AB Discovery is pleased to publish the pinnacle book from acclaimed author Dylan Lewis The Adult Baby an identity on the dissociation spectrum Dylan Lewis in conjunction with Dax Jordan has put together a lengthy and substantive book that addresses the crucial elements of the Adult Baby identity a question that plagues us all The author makes a well researched and brilliantly written case that the core of the Adult Baby Identity is one that fits on the dissociation spectrum It may be a long way from the Dissociative Identity Disorder we know much about but it is still on that spectrum if at the other end of it If you are an adult baby or you live with one this is THE book that will clue you in to who you are how you behave and why you do what you do A 65 000 word meticulously researched book that belongs on the bookshelves of every AB every partner of an AB and every therapist tasked with helping an AB find the balance and understanding they so desperately crave One of the best books on the topic ever written

[The Adult Baby - An Identity on the Dissociation Spectrum](#) Dylan Lewis, 2019-11-05 Dylan Lewis in conjunction with Dax Jordan has put together a lengthy and substantive book that addresses the crucial elements of the Adult Baby identity a question that plagues us all The author makes a well researched and brilliantly written case that the core of the Adult Baby Identity is one that fits on the dissociation spectrum It may be a long way from the Dissociative Identity Disorder we know much about but it is still on that spectrum if at the other end of it If you are an adult baby or you live with one this is THE book that will clue you in to who

you are how you behave and why you do what you do A 65 000 word meticulously researched book that belongs on the bookshelves of every AB every partner of an AB and every therapist tasked with helping an AB find the balance and understanding they so desperately crave One of the best books on the topic ever written *Making Sense of What Hasn't Made Sense* Dr. Ramona Roberts,2022-07-05 Have you ever experienced behavior from a loved one or yourself that doesn't seem to make any logical sense This book explores the foundational impact of trauma that may be the missing link Through this lens Dr Roberts discusses trauma as it affects the brain substance use relationships emotions and more She provides tell tale signs how trauma can distort perception drive behavior cloud one's sense of safety power and control and leave the individual void of true intimacy This book helps gain awareness about trauma so the reader can better understand himself herself a loved one or a client Making Sense of What Hasn't Made Sense is geared towards family members friends and the trauma survivor It can also help students and early clinicians who want to gain a foundational understanding of trauma It is quick and easily digestible read with straightforward explanations tips and tools that promote compassion courage and hope Trauma isn't something we choose but Healing is *Oxford Handbook of Mental Health Nursing* Patrick Callaghan,Catherine Gamble,2015-10-01 Fully revised for its second edition the Oxford Handbook of Mental Health Nursing is the indispensable resource for all those caring for patients with mental health problems Practical concise and up to date with the latest guidelines practice and initiatives this handbook is designed to allow essential information to be quickly accessible to nurses in a busy clinical setting This Handbook contains expert guidance on all aspects of the nurses role Written by experienced nurses and teachers it will help you achieve the best possible results for your patients Summaries of key sections of the mental health act are provided as well as the mental capacity act mental health legislation in Scotland and other UK countries New material for the second edition includes expanded and revised information on leadership medications physical interventions basic life support religion spirituality and faith and working with older adults as well as a brand new chapter on contemporary issues in mental health nursing Schizophrenia J. Michael Mahoney,2010-08 Man has long searched for the cause and meaning of mental illness This book attempts to answer those questions The author compiler has spent 36 years investigating these problems and his conclusion is that severe unconscious bisexual conflict and confusion lie at the root of all mental illness as difficult to comprehend as this idea may be The book itself consists of 639 quotations from a variety of sources all of which point to the unshakable truth of this hypothesis This is a fixed law of nature unassailable and constantly operative in every case No other species but man is afflicted with mental illness because no other species has either the intellectual power to repress their sexual feelings nor the motivation to do so The disease we call schizophrenia is but an arbitrary name which is used to designate the end stage of a process beginning with a slight neurosis The more severe the bisexual conflict and confusion in the individual the more severe the degree of the mental illness which is experienced Several other investigators in the past have reached this same conclusion but unfortunately their wisdom

went largely unheeded Hopefully this book will remedy that ill advised neglect The Ego Trick Julian Baggini,2011-03-03 Are you still the person who lived fifteen ten or five years ago Fifteen ten or five minutes ago Can you plan for your retirement if the you of thirty years hence is in some sense a different person What and who is the real you Does it remain constant over time and place or is it something much more fragmented and fluid Is it known to you or are you as much a mystery to yourself as others are to you With his usual wit infectious curiosity and bracing scepticism Julian Baggini sets out to answer these fundamental and unsettling questions His fascinating quest draws on the history of philosophy but also anthropology sociology psychology and neurology he talks to theologians priests allegedly reincarnated Lamas and delves into real life cases of lost memory personality disorders and personal transformation and candidly and engagingly he describes his own experiences After reading The Ego Trick you will never see yourself in the same way again World as Family Vishakha N. Desai,2021-05-11 A Vedic phrase asks us to treat the world as family In our age of global crises pandemics climate crisis crippling inequality this sentiment is more necessary than ever Solutions to these seemingly insurmountable problems demand new approaches to thinking and acting locally nationally and transnationally sometimes sequentially but often simultaneously This is the mentality of the immigrant the exchange student the global native and all who have made a life in a new place by choice or by necessity Yet we suffer from a lack of the truly capacious thinking that is so urgently needed Vishakha N Desai uses her life experiences to explore the significance of living globally and its urgency for our current moment She weaves her narrative arc from growing up in a Gandhian household in Ahmedabad to arriving in the United States as a seventeen year old exchange student and her subsequent career as a dancer curator institutional leader and teacher against the broad sweep of political and social changes in the two countries she calls home Through her personal story Desai reframes the idea of what it means to be global considering how to lead a life of multiple belongings without losing local and national affinities Vividly conjuring the complexities and exhilaration of a life that is rooted in many places World as Family is a vital book for everyone who aspires to connect across borders real and perceived and bring to fruition the ideal of a global family Psychotherapy Jeffery Smith,2016-12-20 This title combines the many schools of thought on psychotherapy into one reader friendly guide that coaches psychotherapists through the various techniques needed as the field expands Unlike any other book on the market this text considers all of the simultaneous advances in the field including the neurobiology of emotions the importance of the therapeutic relationship mindfulness meditation and the role of the body in healing Written with genuine respect for all traditions from CBT to psychodynamics the book unifies views of psychopathology and cure based on the notion of the mind brain as an organ of affect regulation The book accounts for the tasks that characterize psychotherapist activity in all therapies how they are performed and how they result in therapeutic change The book also reviews the various pathologies seen in general practice and guides the reader to the specific therapist patient interactions needed for their resolution With its big picture focus on clinical practice Psychotherapy A Practical Guide

is a concise resource for students psychotherapists psychologists residents and all who seek to integrate what is new in psychotherapy Blind Justice James Bridgwater, 2020-07-14 Mark Wilson suffered such abuse and trauma as a child he was psychologically damaged and developed problems including split personalities and psychosomatic blindness Now he has a guide dog called Willow and a dark secret Blind Justice is a transvestite vigilante seeking revenge on the world of pedophiles and that of corrupt celebrities and bankers He uses help from his one remaining friend from childhood Rocket Queen now working as a drag act in New York He gains in confidence yet is pursued by his nemesis the Detective Inspector Tracy Hansard Immorality in competition with sanity

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