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# THE FLOCK

THE AUTOBIOGRAPHY OF A  
MULTIPLE PERSONALITY

JOAN FRANCES CASEY WITH LYNN WILSON

*With a new preface by the author*

# Flock The Autobiography Of A Multiple Personality

**LP Steffe**



## **Flock The Autobiography Of A Multiple Personality:**

**The Flock** Joan Frances Casey, Lynn Wilson, 2017-02-07 The groundbreaking first person account of successful recovery from dissociative identity disorder now featuring a new preface by the author When Joan Frances Casey a married twenty six year old graduate student awoke on the ledge of a building ready to jump it wasn't the first time she couldn't explain her whereabouts Soon after Lynn Wilson an experienced psychiatric social worker diagnosed Joan with multiple personality disorder She prescribed a radical program of reparenting therapy to individually treat her patient's twenty four separate personalities As Lynn came to know Joan's distinct selves Josie the self destructive toddler Rusty the motherless boy Renee the people pleaser she uncovered a pattern of emotional and physical abuse that had nearly consumed a remarkable young woman Praise for *The Flock* A testimony to Casey's courage and the dedication of her therapist who believed that a profoundly fragmented self has the capacity to heal within a loving therapeutic relationship The New York Times Book Review Absolutely mesmerizing the first coherent autobiographical study of its kind The Detroit News A compelling psychological odyssey offering unique insights into a nightmare world Kirkus Reviews Extraordinary deftly told and studded with striking images Publishers Weekly

*The Flock* Joan Frances Casey, Lynn I. Wilson, 2017 The groundbreaking first person account of successful recovery from dissociative identity disorder now featuring a new preface by the author Originally published in 1991 *The Flock* is the groundbreaking first person account of successful recovery from dissociative identity disorder known then as multiple personality disorder and still a controversial subject in the field of psychiatry This harrowing tale retains all its power to shock fascinate and enlighten When Joan Frances Casey a married twenty six year old graduate student awoke on the ledge of a building ready to jump it wasn't the first time she couldn't explain her whereabouts Soon after Lynn Wilson an experienced psychiatric social worker diagnosed Joan with multiple personality disorder She prescribed a radical program of reparenting therapy to individually treat her patient's twenty four separate personalities As Lynn came to know Joan's distinct selves Josie the self destructive toddler Rusty the motherless boy Renee the people pleaser she uncovered a pattern of emotional and physical abuse that had nearly consumed a remarkable young woman Praise for *The Flock* A testimony to Casey's courage and the dedication of her therapist who believed that a profoundly fragmented self has the capacity to heal within a loving therapeutic relationship The New York Times Book Review Absolutely mesmerizing the first coherent autobiographical study of its kind The Detroit News A compelling psychological odyssey offering unique insights into a nightmare world Kirkus Reviews Extraordinary deftly told and studded with striking images Publishers Weekly

*Rewriting the Soul* Ian Hacking, 1998-08-03 Twenty five years ago one could list by name the tiny number of multiple personalities recorded in the history of Western medicine but today hundreds of people receive treatment for dissociative disorders in every sizable town in North America Clinicians backed by a grassroots movement of patients and therapists find child sexual abuse to be the primary cause of the illness while critics accuse the

MPD community of fostering false memories of childhood trauma Here the distinguished philosopher Ian Hacking uses the MPD epidemic and its links with the contemporary concept of child abuse to scrutinize today's moral and political climate especially our power struggles about memory and our efforts to cope with psychological injuries What is it like to suffer from multiple personality Most diagnosed patients are women why does gender matter How does defining an illness affect the behavior of those who suffer from it And more generally how do systems of knowledge about kinds of people interact with the people who are known about Answering these and similar questions Hacking explores the development of the modern multiple personality movement He then turns to a fascinating series of historical vignettes about an earlier wave of multiples people who were diagnosed as new ways of thinking about memory emerged particularly in France toward the end of the nineteenth century Fervently occupied with the study of hypnotism hysteria sleepwalking and fugue scientists of this period aimed to take the soul away from the religious sphere What better way to do this than to make memory a surrogate for the soul and then subject it to empirical investigation Made possible by these nineteenth century developments the current outbreak of dissociative disorders is embedded in new political settings *Rewriting the Soul* concludes with a powerful analysis linking historical and contemporary material in a fresh contribution to the archaeology of knowledge As Foucault once identified a politics that centers on the body and another that classifies and organizes the human population Hacking has now provided a masterful description of the politics of memory the scientizing of the soul and the wounds it can receive

*Personality Isn't Permanent* Benjamin Hardy, 2020-06-16 Psychologist and bestselling author Benjamin Hardy PhD debunks the pervasive myths about personality that prevent us from learning and provides bold strategies for personal transformation In *Personality Isn't Permanent* Dr Benjamin Hardy draws on psychological research to demolish the popular misconception that personality a person's consistent attitudes and behaviors is innate and unchanging Hardy liberates us from the limiting belief that our true selves are to be discovered and shows how we can intentionally create our desired selves and achieve amazing goals instead He offers practical science based advice to for personal reinvention including Why personality tests such as Myers Briggs and Enneagram are not only psychologically destructive but are no more scientific than horoscopes Why you should never be the former anything because defining yourself by your past successes is just as damaging to growth as being haunted by past failures How to design your current identity based on your desired future self and make decisions here and now through your new identity How to reframe traumatic and painful experiences into a fresh narrative supporting your future success How to become confident enough to define your own life's purpose How to create a network of empathetic witnesses who actively encourage you through the highs and lows of extreme growth How to enhance your subconscious to overcome addictions and limiting patterns How redesign your environment to pull you toward your future rather than keep you stuck in the past How to tap into what psychologists call pull motivation by narrowing your focus on a single definable and compelling outcome The book includes true stories of intentional self transformation such as

Vanessa O'Brien who quit her corporate job and set the Guinness World Record for a woman climbing the highest peak on every continent in the fastest time Andre Norman who became a Harvard fellow after serving a fourteen year prison sentence Ken Arlen who instantly quit smoking by changing his identity narrative and Hardy himself who transcended his childhood in a broken home surrounded by issues of addiction and mental illness to earn his PhD and build a happy family Filled with strategies for reframing your past and designing your future *Personality Isn't Permanent* is a guide to breaking free from the past and becoming the person you want to be **Feminist Nightmares: Women At Odds** Susan Ostrov

Weisser, 1994-10-01 Though all women are women no woman is only a woman wrote Elizabeth Spelman in *The Inessential Woman* Gone are the days when feminism translated simply into the advocacy of equality for women Women's interests are not always aligned race class and sexuality complicate the equation In recent years feminist ideologies have become increasingly diverse Today one feminist's most ardent political opponent may well be another feminist As feminism grows increasingly diverse the time has come to ask a painful and frequently avoided question what does it mean for women to oppress women This pathbreaking provocative anthology addresses this troublesome dilemma from various feminist perspectives offering an interdisciplinary collection of writings that widens our understanding of oppression to take into account women who are at odds The book examines the social political and psychological ramifications of this phenomenon as evidenced in a range of texts from women's antislavery writing to women's anti-abortion writing from mother daughter incest stories to maternal surrogacy narratives from the Bible to the popular romance novel from Jane Austen to Alice Walker The value of the volume is perhaps best summed up by an early response to the idea This is a book that should never be written feminists should concentrate on how men oppress women Ironically it is precisely because the subject triggers such responses the authors argue that a volume such as *Feminist Nightmares* has become a necessity **Play Therapy with**

**Adults** Charles E. Schaefer, 2003-06-02 Learn how to incorporate adult play therapy into your practice with this easy to use guide In the Western world there has been a widening belief that play is not a trivial or childish pursuit but rather a prime pillar of mental health along with love and work *Play Therapy with Adults* presents original chapters written by a collection of international experts who examine the diverse approaches and clinical strategies available for successfully incorporating play therapy into adult client sessions This timely guide covers healing through the use of a variety of play therapy techniques and methods Various client groups and treatment settings are given special attention including working with adolescents the elderly couples individuals with dementia and clients in group therapy Material is organized into four sections for easy reference Dramatic role play Therapeutic humor Sand play and doll play Play groups hypnoplay and client centered play *Play Therapy with Adults* is a valuable book for psychologists therapists social workers and counselors interested in helping clients explore themselves through playful activities Gene Stel Pavlou, 2010-03-04 Detective James North is called upon to deal with a young mentally unstable man holding a child hostage at New York's Metropolitan Museum of Art When he arrives he

is disturbed to discover that although the bad guy is a complete stranger he's been asking for North by name. The hostage situation goes wrong and North finds himself injected with a substance that causes hallucinatory nightmares and flashes of memory that are not his own. He begins to hunt through New York for his attacker, a man he feels inexplicably compelled to kill, a man called Gene. As he does so, North unlocks the secret of his past, a past that stretches back over 3000 years. GENE is the story of forgotten Greek warrior Cyclades who fought and died in the Trojan Wars and was fated by the gods to be reincarnated seven times. Locked in a cycle of battle with the Babylonian Magi Athanatos, Cyclades must once again strive to defeat him and thwart his quest to achieve immortality. Cyclades and Athanatos, North and Gene. But in this incarnation, neither man knows which is which or why each of them has the instinctive need to kill the other.

**The Social Pathologies of Contemporary Civilization** Kieran Keohane, 2016-03-03. The Social Pathologies of Contemporary Civilization explores the nature of contemporary malaises, diseases, illnesses, and psychosomatic syndromes, examining the manner in which they are related to cultural pathologies of the social body. Multi-disciplinary in approach, the book is concerned with questions of how these conditions are not only manifest at the level of individual patients' bodies but also how the social bodies politic are related to the hegemony of reductive biomedical and individual psychological perspectives. Rejecting a reductive biomedical and individualistic diagnosis of contemporary problems of health and well-being, The Social Pathologies of Contemporary Civilization contends that many such problems are to be understood in the light of radical changes in social structures and institutions extending to deep crises in our civilization as a whole. Rather than considering such conditions in isolation, both from one another and from broader contexts, this book argues that health and well-being are not just located at the level of the individual body, the integral human person, or even collective social bodies; rather, they encompass the health of humanity as a whole and our relationship with Nature. A ground-breaking analysis of social malaise and the health of civilization, this book will be of interest to scholars of sociology, social theory, social psychology, philosophy, and anthropology.

**The Politics of Survivorship** Rosaria Champagne, 1998-06. The topic of incest began to emerge in the early 1990s, producing a spate of television specials and providing the material for a surging industry of talk shows, as well as an anti-feminist campaign against incest survivors and their therapists. The validity, reality, and readability of recovered memories of incest has become a highly contested and difficult subject. This heightened interest has benefited incest survivors, according to Rosaria Champagne, by allowing them to speak up and make political their experiences. Victims formerly entwined in their own abuse by remaining silent have learned to voice their protest and to challenge the societal order that allows incest to occur. In *The Politics of Survivorship*, Champagne explores a range of cultural representations of incest from the writings of Mary Wollstonecraft, Shelley, to mother-daughter incest in contemporary true crime novels to Oprah Winfrey's television special *Scared Silent* in order to examine expressions of survivorship. In the process, Champagne attempts to level the disparity and the hierarchy of value among theory, literature, popular culture, and social movements. Champagne makes a powerful

argument that community and academic feminists should embrace survivorship as a potential site of feminist political intervention into patriarchy and heterosexism She concludes with a critical look at the way in which the False Memory Syndrome Foundation has conducted an anti feminist campaign against incest survivors and their therapists *Voices of Mental Health* Martin Halliwell,2017-10-02 This dynamic and richly layered account of mental health in the late twentieth century interweaves three important stories the rising political prominence of mental health in the United States since 1970 the shifting medical diagnostics of mental health at a time when health activists advocacy groups and public figures were all speaking out about the needs and rights of patients and the concept of voice in literature film memoir journalism and medical case study that connects the health experiences of individuals to shared stories Together these three dimensions bring into conversation a diverse cast of late century writers filmmakers actors physicians politicians policy makers and social critics In doing so Martin Halliwell s *Voices of Mental Health* breaks new ground in deepening our understanding of the place politics and trajectory of mental health from the moon landing to the millennium **Pieces of Me** Kate McLaughlin,2023-04-18 The next gut punching compulsively readable Kate McLaughlin novel about a girl finding strength in not being alone When eighteen year old Dylan wakes up she s in an apartment she doesn t recognize The other people there seem to know her but she doesn t know them not even the pretty chiseled boy who tells her his name is Connor A voice inside her head keeps saying that everything is okay but Dylan can t help but freak out Especially when she borrows Connor s phone to call home and realizes she s been missing for three days Dylan has lost time before but never like this Soon after Dylan is diagnosed with Dissociative Identity Disorder and must grapple not only with the many people currently crammed inside her head but that a secret from her past so terrible she s blocked it out has put them there Her only distraction is a budding new relationship with Connor But as she gets closer to finding out the truth Dylan wonders will it heal her or fracture her further Kate McLaughlin s *Pieces of Me* is raw intimate and surprisingly hopeful *Pieces of Me* is a chilling yet empathetic look into Dissociative Identity Disorder With her calm pure voice Kate McLaughlin delves deep into the crevices of this misunderstood disorder and a young woman s mind I had to keep reading not only to understand Dylan the main character but to understand all of the people inside Dylan s head Hayley Krischer author of *Something Happened to Ali Greenleaf* and *The Falling Girls* *The Burning Mirror* Sandy Yule,2005 **Journey of the Soul...Cracked Pots and Broken Vessels** Dr. Phyllis Davis,Rev. Carrol Davis,2014-03-31 Discover your story learn how to tell it and watch God perform miracles in your life as you fall more in love with your Abba Father God uses cracked pots and broken vessels to tell His story And they overcame by the power of the blood of the lamb and the word of their testimony Revelation 12 11 KJV God doesn t waste anything or anyone He takes the scars and pain of your life and turns you into the vessel of His glory you were created to be Nothing surprises God He has a plan to redeem you save you and let His light shine through you Many Christians walk in bondage for failure to know and follow the Word of God The Bible is Christ s love letter to you an instruction book to guide

you through all of life's difficulties. Who better to direct you through uncertain times than the one who knows of the best plans for your life? Yet Christ says his people are destroyed for lack of knowledge. God's Word, rightly applied to the strongholds in your life, can help you live the abundant life. Christ died to give you and set the captives free. It is not just a matter of salvation but rather growth in Christ—the sanctification process—that leads you to the rich and abundant life. Christ died to give you. What is your testimony? It isn't just your story of salvation. Tell of your journey and how the Lord allowed the Scriptures to come alive in your life. Tell of the living Jesus.

**Psychiatry and Criminal Culpability** Ralph Slovenko, 1995-02-28. Of related interest: **PSYCHOLOGICAL SERVICES FOR LAW ENFORCEMENT** Theodore H. Blau. This unique training guide reference was written in response to the ever growing demand for psychological services in law enforcement agencies. Written by one of the nation's most respected experts in forensic psychology, it offers psychologists now working in law enforcement agencies and those interested in entering the field a detailed overview of the many functions psychologists serve within those agencies. Organized by sections corresponding to the major functions psychologists perform: assessment, intervention, consultation, and training, the book deals with all issues that psychologists working in law enforcement will encounter in their practice, including officer recruitment, fitness for duty evaluations, stress counseling, drug and alcohol counseling, hostage negotiations, investigative hypnosis, management consultation, and much more. 1994. 0-471-55950-4. 454 pp.

**THE PSYCHOLOGICAL EXAMINATION OF THE CHILD** Theodore H. Blau. Over twenty-five years in the making and the result of examinations of over four thousand children, this book is a comprehensive guide to performing psychological examinations on children. Covering virtually every aspect of the examination procedure, it offers specific recommendations and step-by-step guidelines to everything from office decor, requisite equipment, test selection, rating categories, and techniques for minimizing stress to administering tests, writing reports, and making recommendations. Closely following Dr. Blau's famous Basic Psychological Examination package, the book guides readers in their assessment of environmental pressure, behavioral responses, intellectual factors, neuropsychological status, response capabilities, academic achievement, and personality. 1991. 0-471-63559-6. 279 pp.

**THE PSYCHOLOGIST AS EXPERT WITNESS** Theodore H. Blau. This very practical guide arms mental health professionals with everything they need to serve comfortably and effectively as expert witnesses. With the help of numerous real-life examples, excerpts from transcripts, sample forms, checklists, and legal documents, it shows you how to prepare for your day in court, avoid being manipulated by attorneys, write up depositions and psychological and technical reports, and much more. And as the use of mental health professionals as expert witnesses continues to extend beyond traditional judicial applications, the author addresses a wide range of untraditional situations and types of cases in which readers may be called upon to serve, including cases of liability and personal injury, eyewitness identification, research, trademark, and patent litigation, and others. 1984. 0-471-87129-X. 424 pp.

**PSYCHIATRY AND CRIMINAL CULPABILITY** How do we distinguish between sin and sickness? Few cases in recent memory so well typify the current confusion over this question as that of



Jeffrey Dahmer The confessed killer of fifteen young men Dahmer had sex with and cannibalized his victims bodies Yet because he was not found to be mentally ill the threshold requirement in tests of legal insanity he was convicted and sentenced to 936 years imprisonment How is it that such a severely disturbed person as Dahmer is adjudged sane and therefore culpable while Twinkiedefense killer Dan White and would be presidential assassin John Hinckley Jr are deemed not guilty by reason of insanity What are the origins of tests for criminal responsibility and how is mental illness defined under them Can causal links be shown to exist between specific crimes and disorders Psychiatry and Criminal Culpability explores in depth these questions and many others at the heart of one of the most controversial issues in our criminal justice system today Throughout Dr Ralph Slovenko an acknowledged expert whose professional experience straddles both the worlds of psychiatry and the law brings a wealth of scholarship and direct experience to bear on the subject Citing numerous landmark cases and historical formulations of criminal responsibility dating back to biblical times he traces the evolution of current legal and psychiatric notions of culpability and the relationship between culpability and insanity Writing for both a mental health and legal audience Dr Slovenko clearly and eloquently addresses a wide range of important topical issues He explains the distinctions between the defenses of not guilty by reason of insanity guilty but mentally ill and diminished capacity He identifies the types of mental illness that currently qualify under the test of criminal responsibility including disorders that psychiatrists do not regard as psychotic but which nevertheless many experts assert negate responsibility He explores the role of the mental health professional as an expert character witness in cases where it is uncertain whether the accused committed the crime in question And much more Fascinating thought provoking and enlightening Psychiatry and Criminal Culpability helps guide mental health and legal professionals through the moral and technical complexities of one of the knottiest issues of our day *North Carolina Central Law Journal* ,1996 **Thirteen Pieces** Mary Locke,1993

*From Madness to Mental Health* Greg Eghigian,2009-12-10 From Madness to Mental Health neither glorifies nor denigrates the contributions of psychiatry clinical psychology and psychotherapy but rather considers how mental disorders have historically challenged the ways in which human beings have understood and valued their bodies minds and souls Greg Eghigian has compiled a unique anthology of readings from ancient times to the present that includes Hippocrates Julian of Norwich s Revelations of Divine Love penned in the 1390s Dorothea Dix Aaron T Beck Carl Rogers and others culled from religious texts clinical case studies memoirs academic lectures hospital and government records legal and medical treatises and art collections Incorporating historical experiences of medical practitioners and those deemed mentally ill From Madness to Mental Health also includes an updated bibliography of first person narratives on mental illness compiled by Gail A Hornstein **Adult Survivors of Incest/childhood Sexual Abuse** ,1997 **Psychiatric Nursing** Suzanne Lego,1996 This practical reference tool provides easy access to a range of information on the roles therapies practice and procedures for clinical practice clinical specialty programmes and psychiatric nursing education Topics covered include crisis

intervention and relaxation counselling approaches for specific DSM IV diagnoses such as the client with dual diagnosis and the client who has been battered programme design for example designing a mental health home care programme and designing an independent practice association and psychopharmacology **Jim Kobak's Kirkus Reviews** ,1991

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