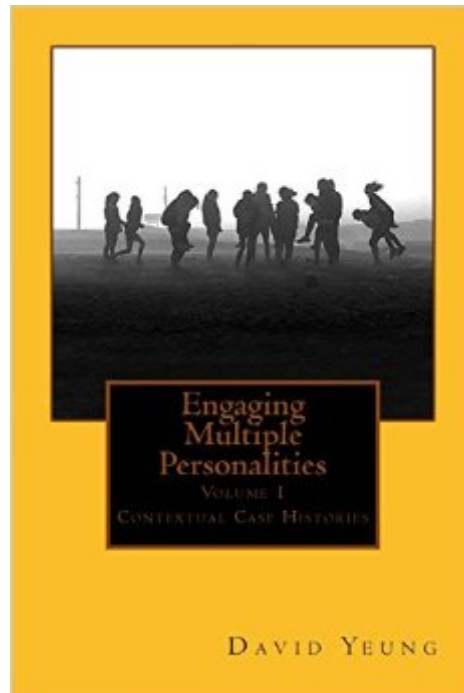


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# Engaging Multiple Personalities (Volume 1)



## Synopsis

The general public is bewildered and fascinated by Multiple Personality Disorder/Dissociative Identity Disorder. Through books, television and movies, a distorted view of DID is often presented. While it may make for good entertainment, it fails to truly present the depth and intensity of the inherent trauma. Outside the ordinary day-to-day life experience of most people, it is hard to understand. This book is directed toward patients, support networks and therapists who wish to learn about treating DID from a clinician's perspective. Ignoring past trauma simply will not help a patient. In his psychiatric practice, the author encountered a number of his patients' alters face-to-face. He found that the most effective course of therapy was to engage them directly. Talking to alters is a strange, serious and ultimately compelling experience. They are not real according to our customary definitions, but neither are they false or fake. They cannot get a passport but they concretely function in the patient's inner and outer world. They are survivors of childhood abuse, present in shared flesh and blood. They are essential for healing the patient. The author discusses the phenomenon of DID through case histories, and how it manifests clinically. Most important, he elucidates through these case histories practical and easily accessible techniques necessary to help these traumatized patients heal. DID patients can successfully engage in and profit from therapy. By processing the impact of their past traumatic memory, they may reclaim their present.

## Book Information

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## Customer Reviews

David Yeung is a retired psychiatrist who practiced in Vancouver, British Columbia, Canada for over 40 years. During the course of his career, he had a number of patients diagnosed as having MPD/DID. Although he is no longer practicing psychiatry, he remains committed to supporting the MPD/DID community. In order to not waste the knowledge I gained through the extraordinary efforts of my patients to both survive and heal, I have written Engaging Multiple Personalities. David's style of writing is similar to his way of being with patients, very grounded and present. He uses client studies to exemplify his easy to follow methodology and builds skills each step of the journey. He doesn't just share a client's story, he talks about the parameters set by therapists and the role they need to play in order to create order out of chaos, and trust and safety for those who have been abused, many times by those who should have been caretaking them. David's book is not sensationalism, nor meant to create awe or envy. It is a book based on experience, and he uses that wisdom as a mentor who guides a new student. He reminds the reader that in every client there is an inherent ability to heal, given the circumstances that support it, which he guides us to creating. This is not a book meant to trigger or dissuade one from reaching towards a healing goal. It is a book that can be read by both survivor and healer, as both work in harmony with each other to reach a point of social integration.

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