



Understanding and Treating Dissociative Identity Disorder (or Multiple Personality Disorder)

By Jo L. Ringrose

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This book is aimed at psychotherapy providers (although it is likely to also be of interest to sufferers and their families) who want to gain a comprehensive understanding of the essential principles of assessing and working with clients with DID. Using vignettes, the author describes the structure of the personality of someone with DID and guides the reader through the various assessment tools. Issues and considerations for each of the three stages of therapy are outlined and discussed. In the beginning stage, therapy focuses on stabilization, containment and strengthening the host. In the middle stage, the key elements include mapping the identities and working through trauma events. The Bask model is described as a method for this process. In the final stages of therapy, the author evaluates the concept of integration versus multiple living and describes some of the processes clients undergo towards the end of therapy.

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Editorial Review

Review

'An innovative, updated, creative, practical resource for professionals who struggle to understand and effectively address the challenges of working with dissociative clients.' (Dr Barbara Boat, Associate Professor of Psychiatry, Director of the Childhood Trust)

'An essential guide for working with DID. It is compact, with good knowledge of the subject and written in a language that everyone understands.' (Dr Claire Schulz, Top Referent Trauma Centrum)

'This is an impressive piece of work.' (Dr Erica Pearl, Assistant Professor of Clinical Paediatrics)

'This book ticks all my boxes. It has been written with clarity and compassion. Great care has been taken to ensure that a cross section of approaches is included. Uniquely, it is addressed to beginners in the field in such a way that clinicians and other interested readers will not feel intimidated by the subject matter. It deserves to find its place in all therapy training organisations as well as in training for psychologists.' (Remy Aquarone, President of the European Society for Trauma & Dissociation; Director)

About the Author

Jo L. Ringrose is a UKCP registered psychotherapist and director of The Karuna Centre for Psychotherapy and Counselling, Harrogate, UK. She won an award for her research at Leeds University in 2001, has published articles, and regularly runs seminars and workshops in the field of trauma and dissociation.

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Michael Hale:

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