

Chapter 9

Trauma-related conditions

ADDITIONAL RESOURCES

A multi-condition website with experiences of both living with disorders and their treatment can be found at HealthyPlace Mental Health:

<https://www.youtube.com/user/healthyplace/featured>. There are videos on PTSD, DID, and repressed memory.

As you may expect, there are also some specialist YouTube subscriptions on DID. For a description of what it is like to live with DID, MedCircle/Living with Encina provide an hour-long description of Encina's life as someone with DID. She has more content if you would like to take a look: <https://www.youtube.com/watch?v=A0kLjsY4JIU&t=299s>

One of the better YouTube subscriptions that gives talks by specialists rather than experience of people with DID, is The CTAD Clinic (Complex Trauma and Dissociation Clinic) and its related website: <http://www.ctadclinic.co.uk/>.

Look up 'multiple personality disorder' to find many wider experiences, including an old interview and documentary with Christine Sizemore, who was portrayed in the film 'The Three Faces of Eve' and brought the phenomenon to the wider world:

<https://www.youtube.com/watch?v=Lyr9DLs28FE>. Its easy to see why this could be dismissed by sceptics.

Elizabeth Loftus, a cognitive neuroscientist, talking about repressed memory on a TED talk at the height of the memory wars. She was a leading critic of the repressed/recovered memory movement: <https://www.youtube.com/watch?v=PB2Oegl6wvI>.

Finding authoritative websites from 'mainstream' authorities' on DID is not easy, but here is an interesting website created by a DID systems specialist.

<https://www.discussingdissociation.com/2009/07/20-signs-of-unresolved-trauma/>

Try also reading...

These are just a selection of books outlining a range of differing approaches to the aetiology and treatment of the disorders considered in the chapter.

Steele, K., Boon, S. & Der Hart, O. (2017) *Treating Trauma-Related Dissociation: A Practical, Integrative Approach*. New York: Norton. A guide to the goals and process of treating DID.

Walker, P. (2013) *Complex PTSD: from surviving to thriving*. Azure Coyote Book. Highly rated by over 1000 readers on Amazon. Deals with dissociation and long-term trauma.

See also papers:

Boyd, J.E., Lanius, R.A. and McKinnon, M.C. (2018). Mindfulness-based treatments for posttraumatic stress disorder: a review of the treatment literature and neurobiological evidence. *Journal of Psychiatry and Neuroscience*, 43: 7–25.

Brand, B. L., Sar, V., Stavropoulos, P. et al. (2016). Separating fact from fiction: an empirical examination of six myths about Dissociative Identity Disorder. *Harvard Review of Psychiatry*, 24: 257–270.

Brewin, C.R., Gregory, J.D., Lipton, M. et al. (2010). Intrusive images in psychological disorders: characteristics, neural mechanisms, and treatment implications. *Psychological Review*, 117: 210–232.

Otgaar, H., Howe, M. L., Patihis, L. et al. (2019). The return of the repressed: the persistent and problematic claims of long-forgotten trauma, *Perspectives on Psychological Science*, 14: 1072–1095