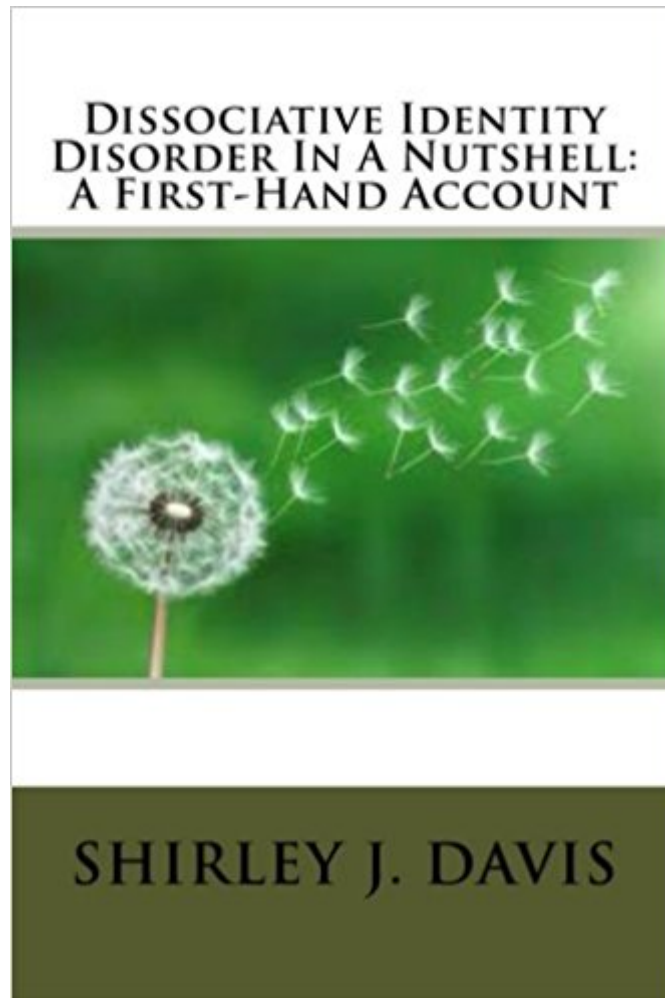




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Dissociative Identity Disorder In A Nutshell: A First-Hand Account



Synopsis

Dissociative identity Disorder in a Nutshell is a book dealing with the realities of living with a dissociative disorder without using sensationalism but relying on as many facts as possible. Written by a person who has been through 27 years of intensive therapy to recover from DID the book talks about recovery, integration and finally leaving therapy for good, some topic not discussed at length in other works of its this type.

Book Information

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Customer Reviews

I wrote this book about Dissociative Identity Disorder to help others who live with the condition and Therapists understand what it is like to live with the disorder from a non-professional point of view. I live with this condition and have co-authored two other books *The Tears Will Cease* and its corresponding workbook to help people understand in simple terms what DID and other trauma related disorders are like, their causes and the reality that recovery is not only possible but the inevitable end of treatment if one keeps working toward it. In this work I address integration in its reality and I take special care to describe what it is like to live on the other side of the therapeutic process. I see the writing of this work as a crowning of my moving on from a life of chaotic misery to living a life of triumph and totality.

Shirley J. Davis was born and raised in a small city in rural Illinois. Ms. Davis is a survivor of extreme neglect and childhood abuse at the hands of two close family members. This mistreatment occurred from birth to early adulthood and went way beyond what anyone might consider, as her abusers used various forms of torture and intimidation. As a result, the author formed alternate

personalities, a condition known as Dissociative Identity Disorder. Despite this decided handicap Ms. Davis earned her Associate Degree in Psychology in 2015 and has authored several books. She was voted by her college into the Who's Who Among Students in American Colleges and plans to continue her education so that she can help in the research of treatment options for people who live with Dissociative and other Trauma related disorders.

A great introductory read for those experiencing DID or wanting to hear about it from a person who lives with it daily.

Although many books on Dissociative Identity Disorder (DID) separately cover the topics of diagnostic tools, treatments, self-help, and memoirs, the author, Shirley J. Davis, provides not only her lived experiences with DID but her wide scope of knowledge on the topic. Despite the book's size, the content is very well laid out and concisely covers the topics of symptoms, causes, complex/post traumatic stress disorder, (C/PTSD), and types of dissociation; this last I found immensely interesting. In addition, Shirley goes over how trauma alters the physical brain itself and the differences between a "normal" brain versus one that has Dissociative Identity Disorder. The author describes her experiences with taking the first steps towards her mental wellness beginning with the acceptance that she needed help, finding a good therapist she connected with, medications for DID symptoms, possible treatments, and shares her "10 stages of recovery". The section I found very fascinating was her first-hand wisdom on "Integration" as I was very uninformed on the topic of the systematic nature of the host and his/her alters. Shirley J. Davis's last chapter on "The Other Side of Therapy", is inspirational for those who have DID and are doubting the healing process. What I admire about the author's messages in "Dissociative Identity In a Nutshell: A First-Hand Account", is that Shirley has written this book from her perspective, living and thriving with DID, but advises the reader to form their own opinions through research from the numerous resources she has listed at the back of her book. Here is also a link for a recent podcast that she shares her experiences with DID. I recommend this book not only for those who have Dissociative Identity Disorder and their loved ones, but also for those who are interested in learning about this misunderstood mental illness.

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