

# HIDDEN SELVES

an exploration of multiple personality



EDITED BY

Moira Walker and Jenifer Antony-Black

# Hidden Selves An Exploration Of Multiple Personality

**Arreed Barabasz, John G. Watkins**



## **Hidden Selves An Exploration Of Multiple Personality:**

**Hidden Selves** Moira Walker, Jenifer Antony Black, 1999 This book is based upon the story of a survivor of abuse who tells of her experiences with multiple personality and its impact on her life Six authors including the editors respond to her story and describe the ways they would work with her therapeutically These essays represent the diverse and conflicting interpretations of causation meaning and treatment of multiple personality Walker is a professor of counseling and psychotherapy at the University of Leicester Antony Black is herself a survivor of childhood abuse who has lived with multiple personality She now runs a support and counseling organization for women survivors of sexual abuse Distributed by Taylor and Francis No index Annotation copyrighted by Book News Inc Portland OR *I, Monster* David Taransaud, 2017-07-05 *I Monster* is a resource for all professionals in health and education who work with challenging young people The book aims to explain the issues behind challenging behaviour to enable empathy and to facilitate a more productive therapeutic relationship between the health education professional and the child *I Monster* is divided into three parts Part one suggests that our greatest foes lurk deep within ourselves and that knowing our own darkness is the best method for dealing with the darkness of other people Jung 1973 Part two focuses on the inner world of adolescents who use aggression to manage early terrors Part three explores approaches and strategies to help them heal the pain of the past Full of case studies as well as coverage of key concepts and theory this book offers a fascinating insight into the minds of the young people you work with **The Girls Within** Gill Frost, 2020-11-30 A compelling true story of one woman's battle with the aftermath of childhood trauma which gives a gripping account of the often controversial and misunderstood condition of dissociative identity disorder DID formerly known as multiple personality disorder MPD This emotional but ultimately uplifting journey details the unforeseen twists and turns of the effects of therapy and how it can help in coming to terms with the past and its unsettling echoes in the present Heartwarming and lucid it's an inspiring tale for all to read Through its clinical rigour professional therapists will also gain insight into the various treatment options for DID including the innovative use of energy therapy The book contains 32 colour illustrations including 24 drawings by The Girls The star of this book is an extraordinary bright spirited and entertaining six year old girl called Little Vivvi who experienced shocking abuse from members of her family Yet Little Vivvi lives within Vivian a middle aged woman who has struggled with DID for many years The challenging process of psychotherapy is laid bare as Little Vivvi wrestles with overwhelming memories of childhood abuse Alongside talking therapy energy treatment which she calls Wooshing is utilised to astonishing effect becoming the enigmatic ingredient that finally enables Little Vivvi to find relief from the distress and fear that had dominated her existence As therapy seems to draw to a close Izzy appears A very sensitive thoughtful and mature eight year old Izzy too needs love support and treatment to speak about her trauma After overcoming her understandable distrust Izzy enables an exceptional ending to the therapeutic journey far beyond anything Vivian and her therapist Gill could have dreamed Little

Vivvi and Izzy will make you want to laugh out loud as well as cry Their story teaches so much about suffering dissociation and survival Their aim is to enlighten inspire and offer hope to others through reading their incredible tales which reveal the astonishing power of The Girls within

**The Presenting Past** Michael Jacobs,Dawn Freshwater,2023-05-12 This book is essential reading for anyone interested in learning more about one of the most influential and successful approaches to therapy Julia McLeod Lecturer in Counselling Abertay University UK Every edition of a long established text begs the question what s new Michael and Dawn continue to honour the wisdom and relevance of prior editions with characteristic humour and humility This touchstone text conveys with clarity the richness of Psychodynamic approaches Paul King Assistant Professor Guidance Counselling and Education School of Human Development Dublin City University Ireland A highly respected classic text which has been thoroughly revised and extended to reflect the changed and changing landscape of therapeutic practice Keith E Walmsley Smith visiting Lecturer in Clinical Psychology Staffordshire University UK A person s past is ever present from infancy to old age and it affects the dynamics of therapy and the therapist patient relationship Written by a key founding figure of psychodynamic counselling and now with contributions from pre eminent researcher Dawn Freshwater the bestselling The Presenting Past gives practicing therapists and students keen insight into the subject The theories of Freud Winnicott Klein are now complimented by attachment theory and self psychology and are organized into three main categories trust and attachment authority and autonomy and concord and challenge In this new edition Jacobs and Freshwater give psychodynamic counselling and therapy a truly human face The connections between theory and practice are highlighted through the use of compelling case examples and end of chapter exercises Combined with an approachable writing style this edition is the go to for busy professionals and trainees Fully updated to include coverage of the prevalence of social media debates about gender identity and sexuality the significance of attachment theory and attachment based practice and self psychology and its concentration upon the problems of narcissistic wound The Presenting Past stays wonderfully readable The book shows Jacobs at his best and is a testimony to his lifetime of experience Michael Jacobs and Dawn Freshwater provide a clear modernisation on this classic best selling text Michael Jacobs is one of the pioneers of psychodynamic counselling in Britain He developed the counselling and psychotherapy programme at the University of Leicester UK up to his retirement in 2000 Dawn Freshwater is adjunct Professor of Mental Health at the University of Leeds UK and the University of Western Australia Australia

**Attachment, Trauma and Multiplicity, Second Edition** Valerie Sinason,2010-12-09 This Revised Edition of Attachment Trauma and Multiplicity investigates the subject of Dissociative Identity Disorder With brand new chapters on police work and attachment theory it has been fully updated to include new research and the latest understanding of patterns of attachment theory that lead to dissociation With contributions from psychotherapists psychiatrists psychoanalysts and service users this book covers the background history and a description of the condition along with the issues of diagnoses and treatment It also looks at the phenomenon of DID

the conflicting models of the human mind that have been found to try and understand DID the political conflict over the subject including problems for the police clinical accounts and personal writing of people with DID Attachment Trauma and Multiplicity Second Edition will prove essential reading for therapists and mental health workers as well as being a valuable resource for graduates and researchers

Psychopathology William J. Ray, 2023-11-29 In Psychopathology Fourth Edition best selling author William J Ray brings together current perspectives concerning the manner in which the human mind behavior and experience can be understood In addition to the traditional psychological literature this book draws from work in the cognitive and affective neurosciences epidemiology ethology and genetics Ray focuses on unifying and integrating the biopsychosocial understandings of human behavior within a broader consideration of human culture and language as it applies to psychopathology This title is accompanied by a complete teaching and learning package Contact your Sage representative to request a demo Learning Platform Courseware Sage Vantage is an intuitive learning platform that integrates quality Sage textbook content with assignable multimedia activities and auto graded assessments to drive student engagement and ensure accountability Unparalleled in its ease of use and built for dynamic teaching and learning Vantage offers customizable LMS integration and best in class support It s a learning platform you and your students will actually love Learn more Assignable Video with Assessment Assignable video available in Sage Vantage is tied to learning objectives and curated exclusively for this text to bring concepts to life Watch a guided tour to learn more LMS Cartridge Import this title s instructor resources into your school s learning management system LMS and save time Don t use an LMS You can still access all of the same online resources for this title via the password protected Instructor Resource Site Learn more

*The SAGE Handbook of Counselling and Psychotherapy* Colin Feltham, Ian Horton, 2006 This all inclusive comprehensive book may on first glance appear to have little that is relevant to emergency nurses On closer scrutiny it covers many of the emotional problems and crises you will encounter in the emergency department It is a useful resource and reference book and will be valued by students and practitioners of emergency nursing Accident and Emergency Nursing Praise for the First Edition An amazingly comprehensive well written balanced and pluralistic handbook that manages to present the rainbow field of psychotherapy and counselling in an accessible and reliable way This state of the art volume will become absolutely indispensable for anyone involved in this work whether in training or qualified Andrew Samuels Professor of Analytical Psychology University of Essex This remarkable book is more than an elegant presentation of contemporary counselling and psychotherapeutic theory It is packed full of practical skills and hints all written by highly experienced practitioners and presented in an accessible and jargon free format No idea is left unturned This is a practical handbook in every sense of the word and essential reading for trainees and practitioners alike Professor Robert Bor Consultant Clinical Psychologist Royal Free Hospital London Well organized fully inclusive and skilfully edited it is going to be impossible not to buy this handbook Basically it has something on everything which people might ask about the counselling and psychotherapy profession Dave

Mearns Professor of Counselling University of Strathclyde This is an immensely useful source book for therapists to keep near at hand in order to update knowledge and to satisfy curiosity about new ways of working It will also be extremely helpful for trainees as they strive to gain an over arching perspective in a rapidly proliferating field Professor Helen Cowie School of Psychology and Counselling University of Surrey Roehampton The SAGE Handbook of Counselling and Psychotherapy Second Edition is the most comprehensive text of its kind and an essential resource for trainees and practitioners alike Comprising succinct and easy to access contributions the Handbook describes not only the traditional skills and theoretical models but also the most common client concerns brought to therapy and the particular skills required for different practice settings and client groups Written and edited by those at the very forefront of counselling and psychotherapy the Handbook has been substantially updated for this the Second Edition and includes new material on evidence based practice psychopharmacology counselling by email psychodrama solution focused therapy quality evaluation and attachment theory For trainees The SAGE Handbook of Counselling and Psychotherapy Second Edition provides the ideal companion to each stage of their studies while for practitioners the Handbook is an indispensable source of professional reference

**EBOOK: The Presenting Past: The Core of Psychodynamic Counselling and Therapy** Michael Jacobs, 2012-09-16 This text is characterised by the insight and authority of practice based evidence rather than being primarily theory applied to practice It is also written accessibly with sometimes difficult psychodynamic concepts rendered into plain but elegant prose Convincing case studies are used throughout and summaries helpfully link practice issues with theory Therapy Today May 2013 This new edition of The Presenting Past is a wonderfully readable overview of the developmental principles underlying psychodynamic counselling Theories of Freud Klein Bowlby Winnicott Kohut and others are organized into three broad developmental themes trust and attachment authority and autonomy and cooperation and competition It is illuminated with rich clinical examples which bring alive how theory is helpful to understanding clients Jacobs lucid lively style makes the connection between theory and practice clear and accessible This outstanding book will appeal to established clinicians as well as students training in counselling and psychotherapy Jan Grant Associate Professor Counselling Psychology Curtin University Western Australia Michael Jacobs is a free spirit who roams purposefully in the often contentious world of the rival psychoanalytic traditions Professor Brian Thorne Centre for Counselling Studies University of East Anglia UK An original and reliable approach to the development of personality that every therapist and student therapist should possess Jacobs one of the founders of psychodynamic therapy and counselling avoids the twin perils of unimaginative meaningless causality on the one hand and indifferent irresponsible reference to fate on the other Andrew Samuels Professor of Analytical Psychology University of Essex UK In this fourth edition of what is a seminal text on psychodynamic ways of working Michael Jacobs has managed to take the reader through the complex and intricate ways of thinking about what it is to be human from a psychodynamic view of the world This text has been recommended reading for

undergraduates that I teach who are studying the world of counselling and helping and it continues to be a text that they draw on when faced with a difficulty in understanding the ideas and concepts of the psychodynamic approach Michael Jacobs has that rare ability to make complicated ideas and concepts seem understandable and yet leave the reader in no doubt that they are complicated The use of case material brings the theory to life and mirrors Michael's commitment to practice that is informed by theory This is a *vade mecum* and Michael has done the job Sue Sully Senior Lecturer in Counselling and Psychotherapy University of Brighton UK A person's past is ever present from infancy to old age and it affects the dynamics of therapy and the therapist patient relationship Written by a key founding figure of psychodynamic counselling and one of most cited counselling authors in Europe the bestselling *The Presenting Past* gives practicing therapists and students keen insight into the subject The theories of Freud Winnicott Klein and attachment theorists are organized into three main categories trust and attachment authority and autonomy and cooperation and competitiveness In this new edition Michael Jacobs gives psychodynamic counselling and therapy a truly human face He brings practice to the forefront in a new three part structure This is realized through the swift introduction of the themes in the therapeutic relationship throughout the book making integration of theory and practice clearer than ever Looking at what the client presents as troubling them what the therapist experiences about the client and their relationship in therapy and exploring theories to throw light on these themes now lies firmly at the core of the book Fully updated with new references *The Presenting Past* stays wonderfully readable The book shows Jacobs at his best and is a testimony to his lifetime of experience

### **Abnormal Psychology**

William J. Ray, 2016-11-30 In *Abnormal Psychology Perspectives on Human Behavior and Experience* Second Edition William J Ray brings together current perspectives concerning the manner in which the human mind behavior and experience can be understood In addition to the traditional psychological literature this book draws from work in the cognitive and affective neurosciences epidemiology ethology and genetics Ray's focus is on a unification and integration of the biopsychosocial understandings of human behavior within a broader consideration of human culture and language as it applies to abnormal psychology

*Skilled Interpersonal Communication* Owen Hargie, 2016-10-04 There is a fundamental powerful and universal desire amongst humans to interact with others People have a deep seated need to communicate and the greater their ability in this regard the more satisfying and rewarding their lives will be The contribution of skilled interpersonal communication to success in both personal and professional contexts is now widely recognised and extensively researched As such knowledge of various types of skills and of their effects in social interaction is crucial for effective interpersonal functioning Previous editions have established *Skilled Interpersonal Communication* as the foremost textbook on communication This thoroughly revised and expanded 6th edition builds on this success to provide a comprehensive and up to date review of the current research theory and practice in this popular field of study The first two chapters introduce the reader to the nature of skilled interpersonal communication and review the main theoretical perspectives Subsequent

chapters provide detailed accounts of the fourteen main skill areas namely nonverbal communication reinforcement questioning reflecting listening explaining self disclosure set induction closure assertiveness influencing negotiating and interacting in and leading group discussions Written by one of the foremost international experts in the field and founded solidly in research this book provides a key reference for the study of interpersonal communication This theoretically informed yet practically oriented text will be of interest both to students of interpersonal communication in general and to qualified personnel and trainees in many fields

**Relational Ethics in Practice** Lynne Gabriel,Roger

Casemore,2009-03-24 Relational Ethics in Practice presents a new collection of narratives on ethics in day to day therapeutic practice Highly experienced professionals from a range of roles in the therapeutic professions explore ways of developing ethical and effective relationships The contributors provide the reader with engaging and informative narratives that indicate how ethics can inform and influence practice in a variety of clinical contexts across the helping professions These personal and professional narratives will encourage people to think more proactively about ethics and the impact that they have on both therapeutic practice and life in general Throughout this book Lynne Gabriel Roger Casemore and their contributors emphasise that the consideration of the ethical dimension is of paramount importance to successful processes and outcomes in every therapeutic relationship Chapters cover a number of topics including how theoretical approaches can inform ethical decision making and practice practical difficulties and ethical challenges innovative and unconventional approaches informed consent across various contexts pointers for good practice the notion of the wounded healer Relational Ethics in Practice Narratives from Counselling and Psychotherapy will appeal to a wide range of readers involved in the helping professions including counsellors psychotherapists researchers supervisors and trainees

**Children and Adolescents in Trauma** Chris Nicholson,Michael Irwin,Kedar Nath Dwivedi,2010 Children and Adolescents in Trauma presents a variety of creative approaches to working with young people in residential children s homes secure or psychiatric units and special schools and provides useful insights and a fresh perspective for anyone working with traumatised children and adolescents

*Counselling Adult Survivors of Child Sexual Abuse* Christiane Sanderson,2006 This updated and expanded edition provides comprehensive coverage of the theory and practice of counselling survivors of child sexual abuse CSA In a reasoned and thoughtful approach this book honestly addresses the complex issues in this important area of work providing practical strategies valuable and new insights for counsellors

**What's the Good of Counselling & Psychotherapy?** Colin

Feltham,2002-10-10 What this brilliant book does so well is to produce not just the evidence for the research effectiveness of therapies but makes the moral case for bringing together human psychological welfare needs and the expanding number of skilled ethically sensitive people ready to listen to and respond in the most deeply human and needed way the counsellors and all who work as psychological therapists I strongly recommend this book Graham Curtis Jenkins Counselling in Practice

*American Book Publishing Record* ,1999

**Awaken Your Inner Brilliance** Pasquale De Marco,2025-07-11 Awaken



Your Inner Brilliance Embark on a Transformative Journey of Self Discovery and Personal Growth In the tapestry of life we often find ourselves seeking fulfillment purpose and a deeper connection to our true selves Awaken Your Inner Brilliance is an inspiring guide that illuminates the path to self discovery and personal transformation empowering you to unlock your hidden potential and live a life of purpose and passion With wisdom and compassion this book delves into the intricacies of the human experience offering practical tools and insights to help you Cultivate a Growth Mindset Embrace a mindset that fosters resilience adaptability and a willingness to learn and grow from life s challenges Master Your Emotions Develop emotional intelligence and the ability to navigate your emotions with awareness acceptance and self compassion Unleash Your Creativity Ignite your creative spark overcome creative blocks and cultivate an environment that nurtures your unique gifts and talents Build Strong Relationships Nurture genuine connections with others communicate effectively and cultivate healthy and fulfilling relationships Achieve Your Dreams and Goals Set clear and compelling goals develop a strategic plan for success and maintain unwavering motivation to turn your aspirations into reality Embrace Change and Growth Welcome change as an opportunity for growth adapt with resilience to life s twists and turns and seize new opportunities with an open heart Prioritize Self Care Discover the importance of self care and self compassion in nourishing your physical mental and emotional well being Find Your Purpose and Passion Uncover your unique purpose in life align your actions with your values and turn your passion into a fulfilling career or life s work Leave a Positive Legacy Explore the significance of leaving a lasting impact on the world inspiring others and making a meaningful contribution to society Awaken Your Inner Brilliance is more than just a book it s an invitation to embark on a transformative journey of self discovery and personal growth With its insightful guidance and empowering tools this book will help you unlock your full potential live a life of purpose and fulfillment and leave a legacy of love kindness and inspiration If you like this book write a review

**A Critical Study of Iris Murdoch's Fiction** Kum Kum Bajaj, 2001 The Fictional Scene In England Immediately After The Second World War Makes An Interesting Reading Many Critical Studies Have In Great Depth Investigated The Historical Processes To Highlight The Various Directions The Novelists Moved In Then At The Same Time There Was A Concurrent And A Deliberate Attempt On The Part Of These Novelists To Discard The Heritage Of Modernism Iris Murdoch Who Is One Of The Most Prominent Novelists Of This Period Also Shared The Distrust Of Her Contemporaries For The So Called Literary Radicalism However She Remains Distinct As A Writer Among Her Contemporaries In Her Awareness Of The Problems Of The Novel And Language In Her Adherence Both To The Idealism About Human Potentiality And Perfectibility That Liberal Humanism Had Contained But She Is Also Conscious Of The Limited Individual Capacity To Reach That Ideal Her Creative Career Is Marked By Her Desire To Bring Back To The Novel Some Of Its Earlier Comprehensive Vision Of Life Society And Human Character The Present Book Attempts To Reveal Those Important Areas Of Murdoch S Thought Which Set Her Apart From Other Novelists Writing At That Time Her Search For Literary Metaphors Which Aim At Restoring To Novel Some Of Its Lost

Moorings Is A Significant Almost Iconoclastic Effort Taking Help From Her Non Fictional Treatises An Attempt Has Been Made In This Book To Highlight The Platonic Burden Of Her Literary And Aesthetic Creed *Exploring Cultural Identities in Jean Rhys' Fiction* Cristina-Georgiana Voicu,2014-07-24 Using a theoretical approach and a critical summary combining the perspectives in the postcolonial theory psychoanalysis and narratology with the tools of hermeneutics and deconstruction this book argues that Jean Rhys s work can be subsumed under a poetics of cultural identity and hybridity It also demonstrates the validity of the concept of hybridization as the expression of identity formation the cultural boundaries variability the opposition self otherness authenticity fiction trans textuality and the relevance of an integrated approach to multiple cultural identities as an encountering and negotiation space between writer reader and work The complexity of ontological and epistemological representation involves an interdisciplinary approach that blends a literary interpretive approach to social anthropological cultural and historical perspectives The book concludes that in the author s fictional universe cultural identity is represented as a general human experience that transcends the specific conditionalities of geographical contexts history and culture The construction of identity by Jean Rhys is represented by the dichotomy of marginal identity and the identification with a human ideal designed either by the hegemonic discourse or metropolitan culture or by the dominant ideology The identification with a pattern of cultural authenticity of racial ethnic or national purism is presented as a purely destructive cultural projection leading to the creation of a static universe in opposition to the diversity of human feelings and aspirations Jean Rhys s fictional discourse lies between the anxiety of authorship and the anxiety of influence and shows the postcolonial era of uprooting and migration in which the national ownership diluted the image of a home ambiguous located at the boundary between a myth of origins and a myth of becoming The relationship between the individual and socio cultural space is thus shaped in a dual hybrid position **Hypnotherapeutic Techniques** Arreed Barabasz,John G.

Watkins,2012-10-12 Two premier hypnotherapists collaborate on a new edition of this award winning text a collection of techniques and information about hypnosis that no serious student or practitioner should be without A thorough and practical handbook of various hypnotherapeutic measures it contains illustrative examples and logically argued selection methods to help practitioners choose the ideal method for a needed purpose Section by section it breaks out the various methods and phenomena of hypnosis into easily digested chunks so the reader can pick and choose at leisure An excellent practical guide and reference that is sure to be used regularly The authors have a wide and longstanding experience on the subject and thus can stay on clinically approvable methods **Breakthrough Moments in Arts-Based Psychotherapy** Aileen Webber,2018-05-08 In psychotherapy clients sometimes experience breakthrough moments profound moments in which their world and how they view themselves is changed for ever But what exactly occurs during such moments In Breakthrough Moments in Arts Based Psychotherapy the author shares her very personal journey to discover what might be happening at these pivotal moments and demonstrates their importance for clients change processes Filled with examples

from her own practice the book dips into the worlds of chaos and complexity theory neuroscience quantum physics and theories of change in order to show how the use of arts media in psychotherapy visual images and drawing drama and music sand tray and enactment can encourage the arrival of these dramatic breakthrough moments The aim of this unique book is to shine a spotlight for the first time on a deeply profound aspect of arts based psychotherapy in an accessible and engaging way

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