

# Dissociative Disorders

A brief overview



# What are dissociative disorders?

- **Commonalities:**
- Memory loss (amnesia) of certain time periods, events and people
- Mental health problems, including depression and anxiety
- A sense of being detached from yourself (depersonalization)
- A perception of the people and things around you as distorted and unreal (derealization)
- A blurred sense of identity

# Disorders in the DSM V

- Dissociative Identity Disorder – 1.5%
  - *Formerly Multiple Personalities Disorder*
- Dissociative Amnesia – 1.8%
  - *Can include **fugue** (sudden travel away from home with amnesia of past events/ identity)*
- Depersonalization/Derealization Disorder -
  - *Depersonalization-derealization disorder occurs when you persistently or repeatedly have the feeling that you're observing yourself from outside your body or you have a sense that things around you aren't real, or both. Feelings of depersonalization and derealization can be very disturbing and may feel like you're living in a dream. (from Mayo Clinic)*

# Causes and Treatment

- **Causes:**

- Thought to be an extreme coping mechanism to deal with trauma
- Often horrific physical or sexual abuse has occurred

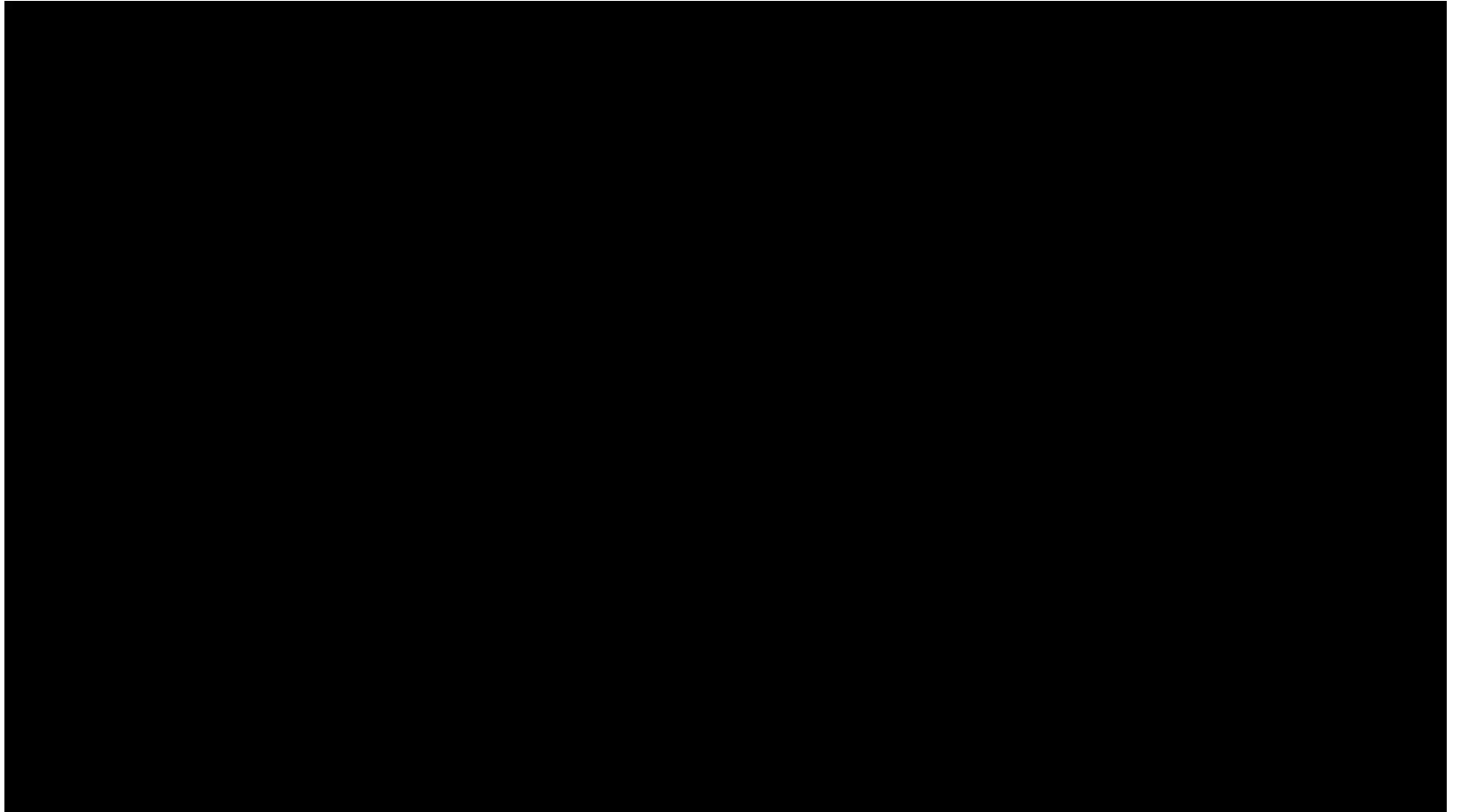
- **Treatment:**

- Hypnosis to work through trauma (controversial)
- Art therapy
- Anti-depressants to help cope

# Crash Course – Dissociative Disorders and DID



DID – Kim Noble



# Kim Noble and Art Therapy

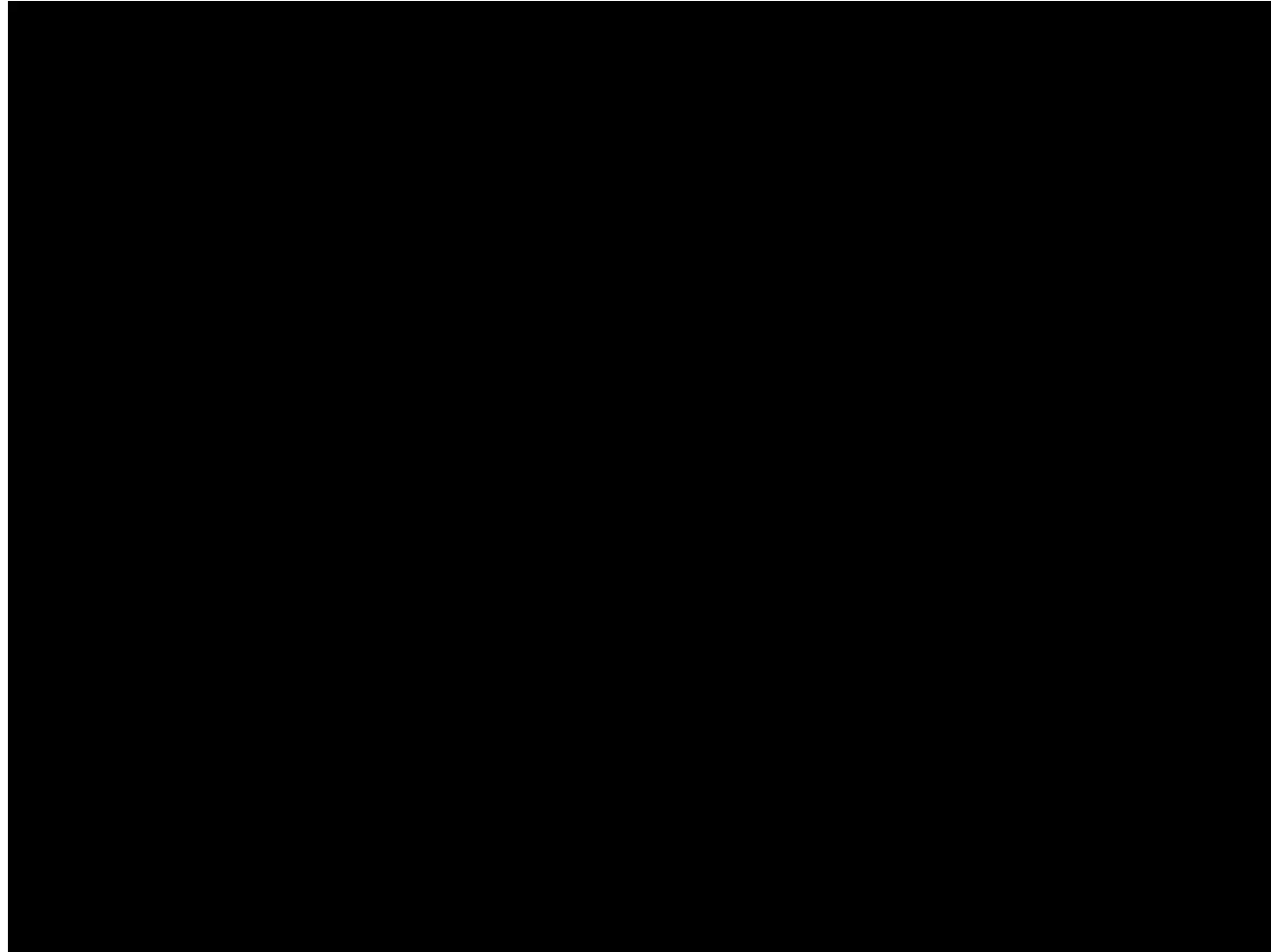
- <http://www.oprah.com/oprahshow/Art-Therapy-and-Dissociative-Identity-Disorder-Video>

# Dissociative Amnesia/Fugue





# Dissociative Amnesia/Fugue



# Therapies



- Hypnosis and “Memory Recovery”
  - *\*controversial*
- **Psychodynamic approach/ Psychoanalysis**
  - *Used* to be about id, ego, superego and uncovering unconscious drives/desires
  - Now...more about insight into WHY you are feeling the way you do...
    - Defense mechanisms
    - Identifying real reasons to behavior (hard to tell wife you love her because you didn't hear it much from your own family)..etc.
  - **Interpersonal therapy**
    - Past relationships and how conflict is affecting you