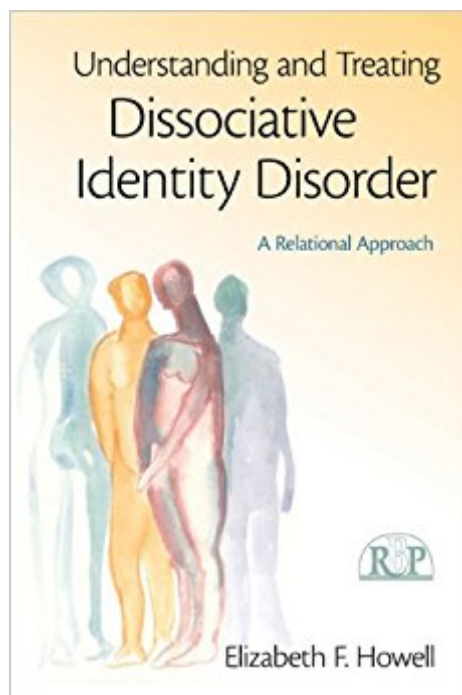




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Understanding And Treating Dissociative Identity Disorder: A Relational Approach (Relational Perspectives Book Series)



Synopsis

Building on the comprehensive theoretical model of dissociation elegantly developed in *The Dissociative Mind*, Elizabeth Howell makes another invaluable contribution to the clinical understanding of dissociative states with *Understanding and Treating Dissociative Identity Disorder*. Howell, working within the realm of relational psychoanalysis, explicates a multifaceted approach to the treatment of this fascinating yet often misunderstood condition, which involves the partitioning of the personality into part-selves that remain unaware of one another, usually the result of severely traumatic experiences. Howell begins with an explication of dissociation theory and research that includes the dynamic unconscious, trauma theory, attachment, and neuroscience. She then discusses the identification and diagnosis of Dissociative Identity Disorder (DID) before moving on to outline a phase-oriented treatment plan, which includes facilitating a multileveled co-constructed therapeutic relationship, emphasizing the multiplicity of transferences, countertransferences, and kinds of potential enactments. She then expands the treatment possibilities to include dreamwork, before moving on to discuss the risks involved in the treatment of DID and how to mitigate them. All concepts and technical approaches are permeated with rich clinical examples.

Book Information

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Customer Reviews

This is a very well-written book. It is written for clinicians, and has a psychoanalytic bend to it, but this author has the most thorough understanding of DID and the current research being done today that I have ever read. As someone with DID, I appreciate the work she is doing to move the research, thinking, and treatment along when it comes to DID. There are some parts that a non-clinician or non-psychoanalysts may not get, but the book is still very interesting and worth the read for someone wanting to read about DID at a higher level. Also, it has a section in it that explains what it is like to have DID that is superior to all of the many books I have read on the subject. This author gets it, and I am sure her patients are fortunate to have someone who has put so much into understanding and treating DID.

This book is written clearly and the information is beneficial for both clinicians and clients alike. The topic has been well-researched, both historically and practically speaking. I have read information about DID here that I have yet to find in other sources. Howell knows this disorder inside and out and it shows. She references the top names in the field of dissociation and points to other articles and books worth reading for anyone who wishes to review more literature on DID and the spectrum of traumatology from both the physiological and psychological perspectives. I highly recommend this book to those who want to broaden their knowledge base about the immediate and long term effects of trauma, and better understand trauma survivors and ways to help them, specifically in the case of severe trauma survivors who present with DID.

I got this book for a research paper I was doing on DID in my Counseling masters program. I also have a strong interest in DID. I enjoyed reading this book. I thought it was relatively easy to understand and it provided a lot of good information that seemed consistent with the information I was finding in my research in academic literature. I also liked the treatment method discussed in the book. The author speaks authoritatively with personal experience in working with clients with DID. I'd recommend this book for anyone who is seeking to understand DID in a greater depth. I'll be keeping this on my shelf for when I become a licensed counselor.

A good compilation of theoretical background, leading into a self/relational perspective approach.
Good clinical examples, illustrating concepts.

As a therapist and a person with integrated DID, there isn't a false step in the book. She really "gets it." Her discussions of treatment are up-to-date and clearly written. She has built on the historical work of Putnum and Kluft, both of whom are experts on internal structure but are limited to treatment circa 1989. Ms. Howell has brought treatment up-to-date.

I ordered several books on this topic and although some of the other books are informative and further one's understanding of DID beyond what is taught in programs designed to train professional counselors, this one I found to be the most helpful to get a quick basic understanding on what to be aware of when first meeting/interacting with individuals that present with a DID diagnosis or features.

I am in a study group, and we all love this book -- terrific on theory, examples, excellent writing. However, charged three of us \$24 and four of us \$68 or \$78 for this book. There were no options when we purchased the books for hardback or paperback. The paperback books (for \$24 from) are in great shape. The hardback books (\$68 or \$78) broke their spines the first week and are falling apart. did NOT give me a choice for a paperback. It only sent me the defective hardback and charged me an extra \$40. It is interesting that the only option is to return the book (which I am still reading and have underlined). does not seem to accept feedback on its own overcharging and sending of poor merchandise. Howell is a major synthesizer and leader in the field of treating dissociative disorders and trauma. I have read her books before, and this one is even better. Even the theoretical sections empower a psychotherapist with insightful, compassionate and effective language for treating difficult cases.

This book is for professionals only. It is very academic. I found it difficult to read. On the other hand it is worth the effort. It talks about the research related to DID and PTSD. I have not finished it yet because it is taking me a long time to wade through it. This resource will help me in my practice with the treatment of DID and complex PTSD.

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