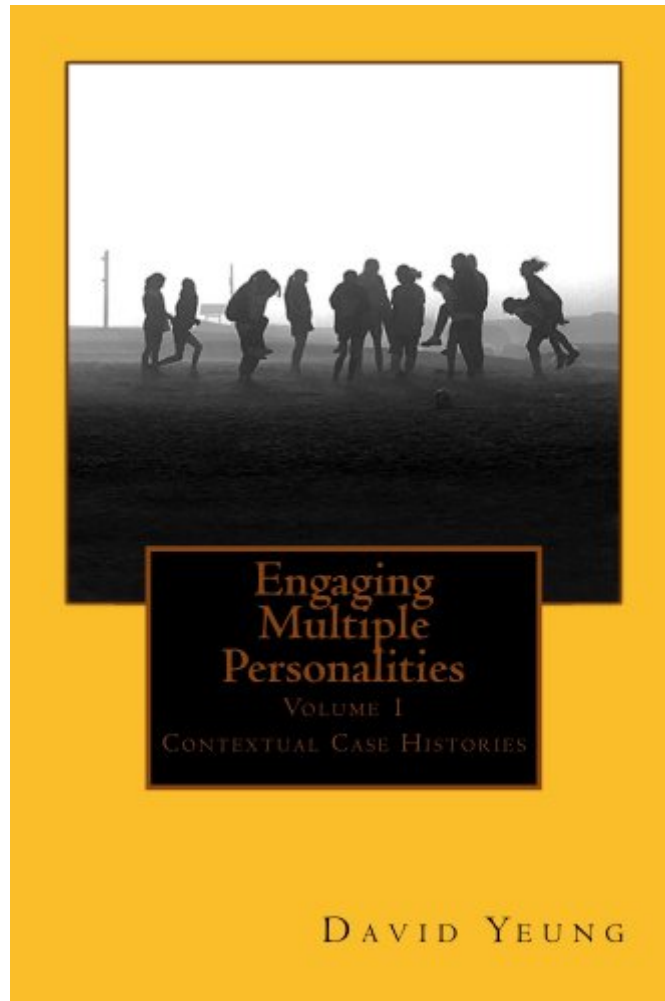




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Engaging Multiple Personalities



Synopsis

The general public is bewildered and fascinated by Multiple Personality Disorder/Dissociative Identity Disorder. Through books, television and movies, a distorted view of DID is often presented. While it may make for good entertainment, it fails to truly present the depth and intensity of the inherent trauma. Outside the ordinary day-to-day life experience of most people, it is hard to understand. Ignoring past trauma simply will not help a patient. In his psychiatric practice, the author encountered a number of his patients' alters face-to-face. He found that the most effective course of therapy was to engage them directly. Talking to alters is a strange, serious and ultimately compelling experience. They are not real according to our customary definitions, but neither are they false or fake. They are survivors of childhood abuse, present in shared flesh and blood. The author discusses the phenomenon of DID through case histories, and how it manifests clinically. Most important, he elucidates techniques necessary to help these traumatized patients heal. DID patients can successfully engage in and profit from therapy. By processing the impact of their past traumatic memory, they may reclaim their present.

Book Information

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Customer Reviews

I'm living with DID. I've been asked to describe what it's like to live with this disorder. This is the first book that I'd recommend for any clinicians who wants to know or who happens to come in contact with DID, but uncertain where to even start. Well, this is the book for you. Dr. Yeung truly understands the struggles and absurdity one must endure through to find any professional help. In this book, he explains the essentials of DID therapy in a very concise manner. He shows, from his experience, how the therapy process doesn't have to be overly complicated. As someone who lives with DID, it was a healing experience to read this book. I could resonate with many Dr. Yeung's clients described throughout in the book. We need more professionals like Dr. Yeung in the field of trauma therapy who is true and reliable, who doesn't get skittish or shy away from such diagnosis as DID and who square up to the difficult realities that causes this disorder.

This book opens up the world of the amazing reality of multiple personalities. Dr. Yeung's work with D.I.D. patients over the years shows a brilliant clinician trusting his insights in the face of challenges that others would find daunting. For those who suffer from this syndrome, and the associates, friends, and loved ones who are impacted by it, this is a must read. Even more far-reaching, the understanding of the act of dissociation as a response to trauma can be relevant to some extent for most everyone.

The author has spent his life helping those suffering with this devastating condition. With this book, he continues that work in a way that can benefit so many more. Well-written and engaging, the stories and Dr. Yeung's thoughtful approach to treatment provide tremendous insight, as well as a ray of hope for those afflicted with DID.

Excellent and parsimonious review of the field from an experienced clinician for patients and clinicians alike. Dr Yeung includes many real world and historical examples.

This book was an easy read and enjoyable. It's nice to read and be able to understand and comprehend what I read. I would recommend this book to others who want to know more about DID.

Useful to my work.

very informative

David Yeung is a retired psychiatrist who practiced in Vancouver, British Columbia, Canada for over 40 years. During the course of his career, he had a number of patients diagnosed as having MPD/DID. Although he is no longer practicing psychiatry, he remains committed to supporting the MPD/DID community. In order to not waste the knowledge I gained through the extraordinary efforts of my patients to both survive and heal, I have written Engaging Multiple Personalities. David's style of writing is similar to his way of being with patients, very grounded and present. He uses client studies to exemplify his easy to follow methodology and builds skills each step of the journey. He doesn't just share a client's story, he talks about the parameters set by therapists and the role they need to play in order to create order out of chaos, and trust and safety for those who have been abused, many times by those who should have been caretaking them. David's book is not sensationalism, nor meant to create awe or envy. It is a book based on experience, and he uses that wisdom as a mentor who guides a new student. He reminds the reader that in every client there is an inherent ability to heal, given the circumstances that support it, which he guides us to creating. This is not a book meant to trigger or dissuade one from reaching towards a healing goal. It is a book that can be read by both survivor and healer, as both work in harmony with each other to reach a point of social integration. He reminds the reader that analyses of each alter is unnecessary, and that holding space for the client's journey and trusting that the client has the necessary inner guidance to bring them to fruition, means that the therapist's role is to be present and to be the observant, objective witness. Volume two, which will be released later this year, will include more detailed information, for therapists to gain further insight for the support and treatment of DID patients. Shamai Currim
PhD Psychotherapist

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