



This powerful and shocking true story—reminiscent of the Academy Award-winning *A Beautiful Mind*—will have you on the edge of your seat from beginning to end. Spellbinding!

— Josh Miller, Producer

Anyone who has ever questioned herself will find common ground in this stunning probe into the often secret landscape of the mind.

—Lynette Bushman, therapist

Living with Multiple Personalities

The Christine Ducommun Story

Christine Ducommun

Foreword by Dr. Douglas Jurgens

Living With Multiple Personalities The Christine Ducommun Story

Chris Costner Sizemore



Living With Multiple Personalities The Christine Ducommun Story:

Living with Multiple Personalities (Large Print 16pt) Christine Ducommun, 2012-02-01 Christine Ducommun was a happily married wife and mother of two when after returning to live in the house of her childhood she began to experience panic attacks night terrors a series of bizarre flashbacks and noises in her head Eventually diagnosed with dissociative identity disorder DID Christine's story details an extraordinary twelve year ordeal of coming to grips with the reemergence of competing personalities her mind had created to help her cling to life during her early years Therapy helps to reveal the personalities but Christine has much work to do to grasp their individual strengths and weaknesses and understand how each helped her cope and survive her childhood as well as the latent influences they've had in her adult life Fully reawakened and present the personalities struggle for control of Christine's mind and her tailspins into unimaginable chaos leaving her to believe she may very well be losing the battle for her sanity Christine's only hope to regain her sanity was to integrate each one's emotional maturity while jettisoning the rest until at last their chatter in her head could cease A riveting story of one woman's descent into madness and how she was able to become whole again finally the director of her own life Integration is the real victory There have been other books done on the topic of multiple personalities but what makes this one special is that few therapists focus on integration as the best way to treat the patient because of the rigor time and training involved Ms Ducommun's therapist focused on integration of her four alters and achieved it *Thriving: 1920-1939* Corinne

Jeffery, 2018-06-18 *Thriving* book two of Corinne Jeffery's *Understanding Ursula* series continues the story of the challenges of the intriguing and contentious Werners a family of German Lutheran homesteaders on the Saskatchewan prairie Become reacquainted with their dynamic lives as they try to keep pace with the flourishing new decade and later discover innovative ways to endure the hardships of the Great Depression With the return of prosperity to the Canadian prairies Gustav Werner resumes his insatiable quest to acquire more prime farmland Still no one is more surprised than he when his hand is forced and his future reshaped by increasing drama and secrets He wonders why he is persistently entangled in compromising family relationships and then tragedy until he begins to doubt his faith When Mother Nature in which he has always found peace and solace too becomes his enemy sending drought grasshoppers hail and fierce winds that lift the rich topsoil off his land he starts to despair Steadily though his sorrow and despondency give way to a deepening awareness of his inner strengths and a heightening of his resolve to push onward for all those who count on him **Arriving** Corinne

Jeffery, 2018-02-15 *Arriving* book one of Corinne Jeffery's *Understanding Ursula* trilogy vividly recreates the pioneer world of the Canadian prairies with a multitude of memorable characters You'll lose yourself between the pages as you watch them struggle to survive and flourish always at the mercy of Mother Nature and the ever changing seasons on the unfettered plains On July 1 1909 the day after his eighteenth birthday Gustav Werner takes the inaugural ride on the Grand Trunk Pacific Railway between Melville and Regina to apply for a homestead grant at the Dominion Lands Office He is eager to

become the most thriving homesteader in the townships of Neudorf and Lemberg Saskatchewan set aside for Gustav's people the German Lutherans by Sir Clifford Sifton in Canada's Last Best West land deal What he doesn't realize is that beyond becoming a man and a landowner life as he knows it is about to crumble from his grasp Family drama and conflict plague Gustav as he learns English the language that sparks hatred in his staunchly traditional father Christian and discovers that his parents have arranged his marriage to sixteen year old Amelia Schweitzer **Choosing** Corinne Jeffery,2018-06-21

Choosing book three of Corinne Jeffery's Understanding Ursula series concludes the heart wrenching story of five generations of the controversial and secretive Warner family Become reunited with Amelia and Gustav meet their many descendants and follow them across the Canadian prairies from Saskatchewan to Manitoba and finally to Alberta In spite of relentless ambition and increasing prosperity at every turn Gustav Warner is cursed by strife upheaval and tragedy His own children seem determined to disobey him He is still grappling with his eldest son's defiance that strikes at the very foundation of his beliefs when his daughter Ursula dumbfounds him Must he forever endure hardships that might break the spirit of ordinary men Gustav's inexorable decision and unyielding influence over Ursula ultimately prove so powerful that she becomes her own worst enemy in order to take her secret to her grave Still it is not until his children's demands steadily compromise Amelia's peace of mind and eventually her health that Gustav is forced to make a choice that astounds them all and no one more than his beloved wife I Am We Christine Pattillo,2014-01-28

I Am We Christine Pattillo,2014-01-28 Many people have secrets they are fearful to share with those who love them Christine Pattillo was one of those people except instead of just one secret she had many As long as Christine can remember she has lived with Multiple Personality Disorder MPD or Dissociative Identity Disorder DID But for most of her life she kept this secret hidden from everyone around her including her husband It wasn't until the age of forty one and after ten years of counseling that she finally managed to utter the seven most difficult words of her life There is more than one of me Now several years later she is ready to share her story with the rest of the world In her fascinating memoir I Am WE Our Lives with Multiple Personalities Christine Pattillo shares her incredible journey of life with MPD Readers will come to know Christine's alternate personalities as the unique and extraordinary individuals they are

Coming Present: Living with Multiple Personality Disorder/ Dissociative Identity Disorder and How Faith Helped Heal Me , *Coming Present: Living with Multiple Personality Disorder/Dissociative Identity Disorder and How My Faith Helped Heal Me* Caroline Lighthouse,2010-09 Caroline was the victim of repeated childhood sexual abuse and cultivated a life of secrecy to avoid explaining her loss of time body memories and post traumatic stress symptoms fearful that psychiatrists would lock her up and throw away the key Eventually she found a Christian therapist and began her healing journey

First Person Plural Cameron West, PhD,2026-05-26 A New York Times USA Today and Publishers Weekly bestseller First Person Plural chronicles Cameron West's desperate journey to understand his fragmented mind and ultimately achieve the triumph of a regular life What the hell is happening to me I feel possessed I'm talking gibberish in the mirror and

somebody else's voice is coming out of my mouth Cameron West was in his thirties a successful businessman happily married and the father of a young son when he spoke these words The voice he heard belonged to Davy the first of twenty four distinct alter personalities to emerge over a period of several months as West began to recall memories of horrific abuse he'd repressed since childhood all with distinct characteristics mannerisms and memories created by West to protect his psyche from the trauma of repeated sexual abuse at the hands of family members In addition to a spellbinding story West provides rare and unprecedented insight into the fascinating condition known as dissociative identity disorder the working of the mind of a multiple and his alters coexistence with one another and with the world outside Heart wrenching humorous and ultimately hopeful First Person Plural is a story that will make you stand in awe of the power of the mind to protect itself and cheer for West as he struggles to gain control of his life *I Am More Than One* Jane Wegscheider Hyman, 2007 I've lived this way and managed for all of my life And I don't view it as dysfunctional actually I like the way that I am and it works Lucy 44 a social worker You can lead a fulfilled and productive life even with the challenges of dissociative identity disorder The women in *I Am More than One* are living proof that you can find new sources of strength through family and friends build a rewarding successful career and still hold on to your own unique identity Their stories are messages of hope and encouragement drawn from their real life experiences as working women who have struggled endured and ultimately prevailed You'll meet Samantha a lawyer who learned that one part of her mind helped her earn her degree and launch her own business while other parts had no idea what was happening Reba a registered nurse with multiple personalities who negotiates with all of them to perform different everyday tasks more smoothly Caroline a busy grandmother and accountant who enjoys having part of her mind exclusively for work and seven other strong unforgettable women who are trying to live their lives to the fullest Through Divided Minds Robert S. Mayer, 1992-12 We Are Annora P.S. Marrow, 2010-11-17 Marital and parental responsibilities can be enough of a challenge for two working adults Add in one spouse who has intensifying bouts of amnesia and you have a recipe for disaster But disaster is not an option for Annora She grew up in an orphanage and so the preservation of her precious family was her number one commitment But that commitment was threatened when during marital counseling Annora's therapist began to recognize even more unusual and abnormal behaviors in her Annora was subsequently diagnosed with Dissociative Identity Disorder also known as Multiple Personality Disorder But that wouldn't stop Annora from declaring her sanity to her husband and begging him to find them a new therapist *We Are Annora* is a story about the human will to survive amidst the darkness which lies deep within despondency and a powerful mental disorder Marrow's choice of first person narrative successfully pulls the reader into this page turning true story which so richly demonstrates the human will to survive amidst a crippling disorder that is still so misunderstood Throughout the pages of this book struggles of fear and hope love and hate confusion and utter clarity give the reader an insider perspective of the challenges faced by traumatized people with DID Hence the reader acquires a better

understanding of the difficulties suffered by multiples and the potential for true healing

Our Voices Phd Lcmhc Green, Ma Ncc, 2016-08-26 Few conditions are less understood than dissociative identity disorder formerly known as multiple personality disorder Treated either as a topic for film entertainment or a subject for doctoral research true to life stories of people living with DID are rare *Our Voices* Six Women with Multiple Personalities Talk about Life and Relationships in Their Midlife is just such a rarity With their traumatic childhoods behind them six women share how they've come to embrace the legacies of their past *Our Voices* is a candid account of the hardships that people with DID face from obtaining a correct diagnosis to convincing professionals and laypeople alike about the realities of this disorder It also chronicles the stories of women who have built lives careers and relationships that are surprisingly hopeful and normal Their stories are framed by commentary from author and interviewer Elizabeth M W B Green PhD a mental health expert who has treated adult survivors of childhood abuse for thirty years With grace and honesty the women interviewed in this book encourage others diagnosed with DID and serve to demystify a rare disorder Together they send a message of resilience ensuring that their voices all their voices are heard

Looking Inside Judy Castelli, 2001 *Looking Inside* gives the reader an intimate peek into one woman's incredible journey with multiple personalities In this amazing book Judy Castelli shares her delightful journal drawings and poetic prose Castelli learned at age forty four that she has multiple personality disorder Determined to move beyond a lifetime of mental hospitals and internal chaos she used her journals to explore the complex system of personalities that share her body Because she understood that words are sometimes not enough she encouraged her alters to speak through art The entries in *Looking Inside* are ideal to use as individual meditations and personal inspiration and would also lend themselves to use within the context of group work with DID survivors This book contains very appealing line drawings and text that come directly from Judy's journal entries Readers may recognize many of their own thoughts and emotions in this book and can use it as a basis for their own therapeutic journaling Each entry and drawing offers the reader a wonderful opportunity to explore individually or with others the common challenges of coping with trauma as well as the joy found in healing from it

Through Divided Minds Robert S. Mayer, 1988 Describes cases of multiple personalities discusses the symptoms and causes and explains the therapy process used to integrate the personalities

A Life in Pieces Richard K. Baer, 2008-04-03 In 1989 a woman named Karen showed up at author and psychiatrist Richard Baer's practice terribly frightened and at breaking point She explained that her husband beat her her mother stole from her she was in tremendous physical pain and wanted to die Within a few sessions she also revealed that her father and grandfather had raped and tortured her repeatedly over the course of her childhood frequently in the company of other neighbourhood men She was now married with two children but often could not account for stretches of minutes hours sometimes even days As Karen's story unfolded over the following months Baer realised that he was dealing with a severe case of Multiple Personality Disorder Although it would take time and deep hard won trust before any of Karen's alternated personalities presented

themselves in her psychiatrist's office over the next five years Baer would encounter seventeen distinct personalities all of whom had been living inside Karen since she was a young child shielding her from an otherwise unbearable life In the tradition of Oliver Saks and Irvin Yalom Baer chronicles his nine years of work with Karen and all her distinct personalities his often futile efforts to use the tools of his trade and his patient's ultimate invention of her own cure An unforgettable story of unimaginable suffering and ultimate recovery *A Life In Pieces How One Woman's Personality was Shattered by Years of Abuse* is the first account of life with Multiple Personality Disorder written by the treating psychiatrist All of Me Kim Noble, 2012 Imagine a life spent trying to discern where you are how you got there who you're with and what has happened You lose large chunks of time abruptly you find yourself wearing another person's clothes sitting in the driver's seat of a car you don't remember driving or cleaning up a meal you can't recall eating For Kim Noble renowned artist and mother whose body plays host to over 20 distinct personalities this is normal life After many years in and out of mental institutions and various diagnoses that she knew instinctively to be wrong in 1995 Noble was finally diagnosed with dissociative identity disorder DID A condition typically prompted by severe abuse during childhood DID is thought to be a creative way some minds splinter in order to cope with unbearable pain Alternately taking possession of Noble's body are among others a scared little boy who speaks only Latin an elective mute a gay man and an anorexic teenager Then there is Patricia the stable and loving now dominant alter who was able to win back custody of Noble's daughter Aimee *All of Me* traces Noble's tumultuous and fragmented life from childhood onward providing insight into the intersections between memory mental illness and creativity It is by turns shocking inspiring sometimes funny and deeply moving Book jacket *Sybil Exposed* Debbie Nathan, 2011-10-31 The compelling true story of the three women a Manhattan psychiatrist a glamorous magazine writer and a troubled young woman behind the psychology case that shook the world In the 1950s Sybil Dorsett a woman from a tiny Midwest town was diagnosed with a new psychiatric condition multiple personality disorder Sybil was believed to have 16 separate personalities living within her from aspiring carpenter Mike to intensely religious Nancy from impertinent schoolgirls Peggy Lou and Peggy Ann to depressed grandmother Mary from whimpering toddler Ruthie to the bookish highly critical Clara When Flora Rheta Schreiber wrote about the case in her 1973 book *Sybil* it immediately became a bestseller Soon the Sybil case was a pop culture phenomenon and it grew to near mythic proportions The case became a touchstone for issues surrounding identity and sexuality influencing the way millions of people saw their bodies relationships and psyches And it gave rise to a new wave of diagnoses before Sybil there had been fewer than 200 known cases of multiple personality disorder in history afterwards approximately 40 000 people were diagnosed in just a few years In this groundbreaking book journalist Debbie Nathan reveals for the first time that the Sybil case was an elaborate fraud albeit one that the perpetrators may have half believed Nathan follows an enormous trail of papers records photos and tapes to show that what really powered the legend was a trio of women who together spun their story into bestseller gold The result is an intensely

fascinating portrait of a pop culture phenomenon and the complex psychological factors that primed the world to receive it

A Mind of My Own Chris Costner Sizemore, 1989 On the t p The woman who was known as Eve tells the story of her triumph over multiple personality disorder **Switching Time** Richard K. Baer, 2007 A psychiatrist describes his work with Karen Overhill a patient complaining of acute depression who turned out to have been a victim of horrific childhood sexual abuse and had developed seventeen distinct and separate personalities All Of Me Kim Noble, Jeff Hudson, 2011-10-06 Kim Noble is an accomplished artist whose work has been exhibited around the world She is a mother with a 13 year old daughter She is a bubbly and vivacious woman To meet her you wouldn't think anything was wrong But when Kim was younger than five years old her personality splintered and fractured In 1995 she was finally diagnosed with Dissociative Identity Disorder DID which has been described as a creative way to cope with unbearable pain Now her body plays host to more than 20 different personalities or alters There are women and men adults and children there is a scared little boy who speaks only Latin an elective mute a gay man and an anorexic teenager Some alters age with her body others are stuck in time ALL OF ME takes the reader through the extraordinary world of a woman for whom the very nature of reality is different It will tell of her terrifying battles to understand her own mind of her desperate struggle against all odds to win back the child she loved and of her courage and commitment in trying to make sense of her life It is by turns shocking inspiring sometimes funny and deeply moving

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