**Dissociative Identity Disorder (DID) Reflection Paper**

After watching the videos and reading the notes and book about Dissociative Identity Disorder, I was shocked. I have heard about multiple personality disorder from shows. These shows displayed people with this disorder as "crazy." I used to think this about people with multiple personality disorders because of what these shows portrayed. In a way, I thought that multiple personality disorder was the same as bipolar disorder; I now learned that I was completely wrong. After watching videos and reading about Dissociative Identity disorder, I wish that shows would have explained the disorder more instead of just displaying them as crazy. While reading and watching videos about DID, I learned that DID is believed to be caused by severe repetitive child abuse in early childhood by their caregivers, mostly sexual/incest. Many people try to hide child abuse (sexual) because it is shameful; it is hard for them to develop from this point. It is also hard to identify DID because it is unknown, hidden, or very frequently misdiagnosed. The thing that helps people cope with the trauma is to develop people with different parts and personalities. The parts and personality take the abuse for them. However, when people are trying to recover from DID, the different parts and personalities get in the way of treatment and recovery. DID symptoms are feeling like someone else is operating things in front of you, inner voices, depression, anxiety, headaches, memory loss, etc. I was shocked to find out that 90% of individuals with DID were female. Questions that came to my mind were "What makes men less exposed to DID?" or "Are most people with DID females because it is less common for sexual child abuse to occur to men?" It was hard for me to understand what DID felt like. However, I liked reading the "Notes on Dissociative Identity Disorder" on Moodle. I liked the example of thinking about my different personalities. I can deal with life and different personalities. However, I learned that people with DID could not. I watched the video called

“Dissociative Identity Disorder” by MI Healthy Mind. After watching this video, I understand why a lot of people do not believe in this disorder. It may be hard for many people to believe that there are different people with different personalities controlling their minds. Personally, I feel like this sounds a lot of what spiritual people believe in, demons. I feel like spiritual people may understand people with DID. If someone were to ask me about the DID disorder, I would say, “Dissociative Identity Disorder is a disorder caused by child abuse (sexual, incest, physical, and emotional). When a child experiences child abuse, it is hard for them to cope and develop from this experience. Thus, what happens is that different people with different personalities will begin to form in their minds. These different personalities help manage all the different scenarios to go throughout their day without thinking about the trauma. People with DID can hear and see these people. DID is a disorder that is controversial and difficult to understand. 90% of people with DID are females. Therapy consists of treatment for the trauma, integrate the personalities to one, hypnosis, etc.”

**References**:


Haddock, D. B. (2001). The Dissociative Identity Disorder Sourcebook.

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MI Heathy Mind. Dissociative Video Disorder, https://www.youtube.com/watch?v=IQBLDfSU2-E