

# Outline for dissociative disorder essay



**ASSIGN  
BUSTER**

Dissociative Disorders 1. What are Dissociative Disorders? a. Conditions that involve disruptions or breakdowns of memory, awareness, identity and/or perception. b.

People with dissociative disorders chronically escape their reality in involuntary, unhealthy ways ranging from suppressing memories to assuming alternate identities. 2. The three types of Dissociative Disorders a. Dissociative Amnesia b. Dissociative Identity Disorder c.

Dissociative Fugue 3. Signs and Symptoms a. Symptoms of all three disorders: i. Memory loss (amnesia) of certain time periods, events and people ii. Mental health problems, including depression and anxiety iii. A perception of the people and things around you as distorted and unreal (derealization) iv.

A blurred sense of identity b. Each area has a distinct mode of dissociation. i. Dissociative Amnesia- Memory loss more extensive than normal forgetfulness and can't be explained by a physical or neurological condition. ii.

Dissociative Identity Disorder- Formerly known as multiple personality disorder. Switching to alternate identities when under stress. These personalities may have their own name, personal history, and characteristics including manner, voice, and gender. Some even have physical qualities such as the need for corrective eyewear. People with this disorder typically also have dissociative amnesia. iii.

Dissociative Fugue- People with this condition dissociate by putting real distance between themselves and their identity. Some people may abruptly leave home or work and forget who they are; some even adopt a new identity at a new location. A fugue episode may only last a few hours, but could also last for months. When it lifts, the person may feel disoriented, depressed, and angry, with no recollection of what happened during the fugue.

4. Causes a. Dissociative disorders usually develop as a coping mechanism to trauma. Usually children who are victims to chronic physical, sexual, or emotional abuse form dissociative disorders.

Personal identity is being formed while a child is young and they are able more so than an adult to step outside themselves and observe the trauma as if it is happening to another person. Children who dissociate themselves for an extended period of time, may use this coping mechanism in response to stressful situations throughout their lives. b. Risk factors- people who experience any form of abuse, traumatic events such as war, natural disasters, kidnapping, torture, and invasive medical procedures. .

Diagnosis a. Dissociative disorders are diagnosed based on a review of your personal symptoms and your personal history. Tests are performed to rule out physical conditions such as head and certain brain diseases, sleep deprivation, and intoxication. b. Some doctors use medication or hypnosis.

This helps doctors identify alternate personalities and describe repressed memories 6. Complications a. People with dissociative disorders are at risk of complications that include: i. Self-mutilation ii. Suicide attempts iii.

Alcoholism or substance abuse iv. Depression . Sleep disorders vi. Anxiety disorders vii. Eating disorders b.

People with these disorders also have difficulty forming relationships because they aren't able to cope with emotional or professional stress which causes them to tune out, or disappear, which may make them seem unreliable. 7. Treatment a. Psychotherapy is the most common treatment for dissociative disorders.

Talking with a therapist can help a person understand the causes of the condition, and help form new ways of coping with stressful circumstances. Hypnosis can also be used in this approach. b. Other treatments include Creative Art Therapy, Cognitive Therapy, and Medication.

8. Prevention a. Children who have experienced physical, sexual, or emotional abuse are at risk to developing dissociative disorders. If a child has experienced these types of traumas, they should be taken to a mental health professional in order to prevent dissociative disorders from forming.

9. Statistics a. It is very hard to give statistical information on Dissociative Disorder because it is a new type of disorder and is often misdiagnosed. b.

About 2 out of every 1, 000 people are affected by Dissociative Fugue. . It is estimated that 3% of American adults are affected by Multiple Personality Disorder. 10. Case Study a. A woman by the name of Shirley Ardell Mason was kept in a two story gray bungalow.

When she was young, she was subject to abuse from her mother. Her mother was very protective, for example, when they crossed the street she had

Mason's hand " in a vise lock," Mason couldn't get free even if she tried. There was no doubt that Mason had serious emotional problems. She had split into 16 different personalities, that one psychiatrist, Wilbur, believed she could summon at will. Another psychiatrist believes that she did not develop these personalities until she met Wilbur.

They formed because Mason adopted the " suggested" personalities during hypnosis. She was diagnosed with breast cancer by Wilbur. She died on Feb. 26, 1998. Now her case has been reopened because of questions of authenticity of her condition. 11.

Interesting Fact a. The unity of oneself can be disrupted when the corpus callosum is severed. This disruption of self has been historically described as a " Jekyll and Hyde" type experience where the left and right hemispheres act as two independent entities.