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Dissociative identity disorder was previously known as Multiple Personality Disorder (MPD), sometimes incorrectly called "split personality", it is characterized by the presence of more than one sense of identity within a single human body. These alternate identities are commonly known as alters or dissociated parts. A person with multiple identities is

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often referred to as a
multiple.

**Alters in
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116 International
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Dissociation revision
was undertaken by a
new task force³ in
2009 and 2010 after
input from an open-
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current revision of the
Guidelines focuses
specifically on the
treatment of
dissociative identity
disorder (DID) and
those forms of disso-

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Dissociation is any of a
wide array of
experiences from mild
detachment from
immediate

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surroundings to more severe detachment from physical and emotional experiences.

The major characteristic of all dissociative phenomena involves a detachment from reality, rather than a loss of reality as in psychosis.. Dissociation is commonly displayed on a continuum.

**Dissociation
(psychology) -**

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To gain insight into the distorted perceptions of self and relationships that survivors of incest often hold, counselors can learn more about betrayal trauma theory, dissociation and complex trauma.

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Betrayal trauma is defined as a trauma perpetrated by someone with whom the victim is close to and reliant upon for support and survival. The concept originally introduced by Jennifer Freyd in 1994, betrayal trauma theory (BTT), occurs when people or institutions on which a person relies for

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protection, resources,
and survival violate the
trust or well-being of
that person.

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(2004) which would
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C-PTSD is more complicated than a simple PTSD as it pertains to chronic assaults on one's personal integrity and sense of safety, as opposed to a single acute traumatic episode.

Complex PTSD and the Realm of Dissociation

Many people with post-traumatic stress disorder (PTSD)

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struggle in coping with flashbacks and dissociation, which may occur as a result of encountering triggers, that is, reminders of a traumatic event. To the extent that people are not aware of their triggers, flashbacks and dissociation can be incredibly disruptive and unpredictable events that are difficult to manage.

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Yet the systems to which survivors and their children turn are frequently unprepared to address the range of issues they face in trying to access safety and heal from the traumatic effects of abuse.

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Dissociative amnesia was formerly called psychogenic amnesia. It occurs when a person blocks out certain information, often associated with a stressful or traumatic event, leaving the person unable to remember important personal information.

Dissociative Amnesia | Cleveland Clinic

EMDR is a specialized

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procedure for resolving trauma or loss memories. Briefly, it involves having the client concentrate on the worst moment of the memory while visually following the therapist's moving fingers; this is repeated with different aspects of the memory until no further distress remains.

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