

Dissociative Identity Disorder



What is this Disorder?

A disorder where someone has multiple identities that switch at anytime and the person who's body it is, is usually unaware of the other identities.



Symptoms

- Memory issues
- Delusions
- Depression



Causes

- Trauma
- Any form of abuse
- Depression
- PTSD



Treatments?

Psychotherapy is known to be the most common and effective treatment method for dissociative identity disorder



What is Psychotherapy?

Psychotherapy is where you talk about your disorder and possible causes with a therapist which can take quite a long time as everyone with the disorder can have different reactions to the therapy



Citations

Mayo Foundation for Medical Education and Research. (2022, December 13). Dissociative disorders. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/dissociative-disorders/diagnosis-treatment/drc-20355221#:~:text=Psychotherapy%20is%20the%20primary%20treatment,with%20a%20mental%20health%20professional.>

Yorke. (n.d.). Dissociative Disorders. Lecture.