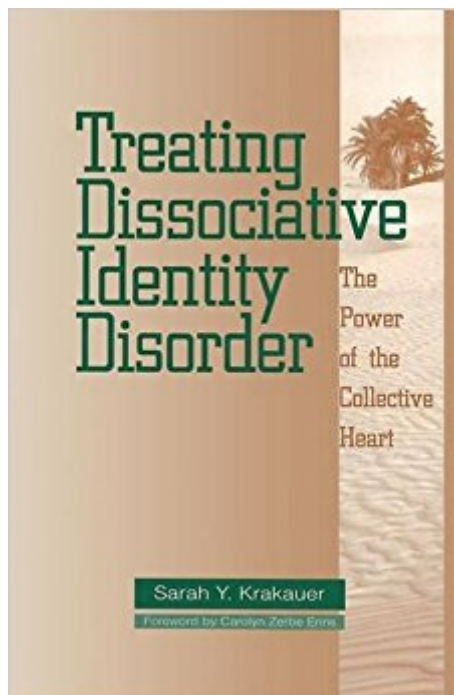




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Treating Dissociative Identity Disorder: The Power Of The Collective Heart



Synopsis

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Customer Reviews

"A major strength of this book is its detailed depiction of Krakauer's clinical work. Her techniques are given in sufficient detail for the reader to use. . . . [Another] asset of the book is Krakauer's unusual candor in reflecting on alternative understandings of her findings and ideas, and on the possible limitations on the utility of her methods. . . . Many of her ideas and approaches are thought-provoking and deserve further study. . . . This book is very well-written. It reads more smoothly and clearly than most texts of its type. . . . Dr. Krakauer is a clever and skilled clinician, and those interested in the treatment of DID who are already experienced and well-grounded in the literature of that field will find it worthwhile to acquaint themselves with her contributions."-Richard Kluft, M.D., Ph.D., American Journal of Clinical Hypnosis "Dr. Sarah Krakauer presents her Collective Heart model in a personal, engaging and highly readable fashion, This volume will enrich clinical understanding as well as stimulate important theoretical and research developments."-Carolyn Zerbe Enns, Ph.D., Professor of Psychology, Cornell College, From the Foreword "This book is well-written and interesting to read. The model is innovative and the case examples are quite well done and compelling."-Christine Courtois, Ph.D., Washington, D.C. "This is the best new book on treating Dissociative Identity Disorder. Sarah Krakauer has developed a balanced caring approach based on research and clinical experience... This book will transform how

you work with these patients."-Leonard Holmes, Ph.D., Mental Health Resources "This book presents an empathic caring model that puts power in the hands of the client and assumes that clients hold within themselves the capacity for self-healing. The goal in therapy is personal mastery and current coping rather than recovered memory. . . . This is an innovative and impressive treatment model. I am convinced that more rigorous empirical investigation would demonstrate its efficacy."-Miriam Liss, Ph.D., Mary Washington College

Sarah Y. Krakauer, Psy.D., a licensed clinical psychologist, maintains a private practice in Williamsburg, Virginia, and is an Adjunct Associate Professor of Psychology at the College of William and Mary. After obtaining intensive training in the diagnosis and treatment of dissociative disorders during her predoctoral internship, Dr. Krakauer earned her Doctor of Psychology at the Virginia Consortium Program in Clinical Psychology.

A great in-depth look at DID. I've read it practically cover to cover so far and it has been very very helpful in understanding and informing me of a diagnosis that I have recently been blessed with so to speak. It makes me feel less alienated and less scared. It is very well written for someone like me who is just starting out in learning about the disorder or it is also good for someone who already knows stuff about it as well. I recommend it for anyone who is interested in the subject at all. I was very disappointing in many things in my life, now I know why, at least I'm not the only one suffering for this Mother F%#\$%^ disability and so I hope this helps more people with DID.

I am a psychotherapist who works with trauma survivors. The techniques outlined in Dr. Krakauer's book are excellent whether dissociation is a factor or not. I have used many of the techniques outlined in her book with various clients who experience extreme dissociation. Both my clients and I find the techniques gentle, insightful, and helpful. The book is written in a manner that made it easy to readily incorporate the techniques into my work. The author's theory that all people have access to a wise, strong, internal resource was my own theory and experience prior to finding her book. It is a valuable reference in my library.

This model of intervention in the treatment of Dissociative Identity Disorder is the absolute best I have found. The integration of the client's own Inner Wisdom in the healing process is invaluable and the use of the inner theater to process trauma is exceptionally effective. I use this book regularly and would wholeheartedly recommend it.

I found this book about DID very informative. Dr. Krakauer provides a comprehensive outline to understand, diagnose and treat DID. I highly recommend it.

Wonderful book for a reference for my classes. Provides some good ideas on how to work with individuals that have this disorder.

I try to be well read on dissociative disorders. this book did not provide me with any new information per se maybe just a different spin on what's already out there. Kluft's and Ross's books tend to be more comprehensive.

Excellent! Comprehensive, practical, and professional guidance for helping those who suffer with a dissociative disorder lead healthy and productive lives. This book showcases a specific treatment technique which is based upon the "Collective Heart" model - a phrase coined by one of the author's patients. The differentiating factor of this particular therapeutic modality is the assertion that the patient is capable of tapping into their own inner wisdom with the aid of structured relaxation techniques, and is then able to access what is known to be the internal "executive authority" as a means to repair their fragmented personality system. The author has clearly outlined these techniques and has demonstrated favorable outcomes in her case-study depictions. This book comes highly recommended for any clinician who has a rigorous and contemporary interest in the successful treatment of dissociative disorders.

I am in recovery from DID and have read extensively on the subject. This is the only book on the topic that I recommend to people with DID and their therapists. While the history is a little out of date now because it doesn't reflect the more recent Structural Dissociation model, that does not detract from the core of the book at all. Dr Krakauer understands the importance of letting the client's inner wisdom guide the recovery process, and shows through stories how that works in practice. I have used Dr Krakauer's methods on my own and through them discovered the power of using imagery to consult my inner wisdom. The imagery always takes me by surprise, it's like I'm suddenly flown to a view of the whole forest, where before I was staring at the trunk of one tree. The new perspective that comes from inner wisdom is always so liberating. I have also had real success using specific techniques like Dr Krakauer's presentation of the Anger Rock method, one day even halting what would normally be a three day migraine after an outburst of rage. The vision of hope exercise has

given me a guiding light of how it will one day be, when I no longer feel the need to dissociate off aspects of myself, and always brings a feeling of relief when I recall the image that came from it. I am very thankful that Dr Krakauer wrote this book, and was so heartened to read her writing that clearly came from the heart, rather than ego as it seems to be so common in this field.

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