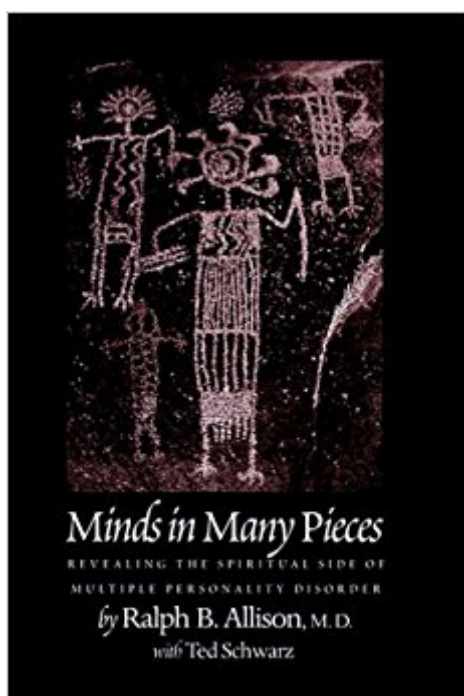


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# Minds In Many Pieces: Revealing The Spiritual Side Of Multiple Personality Disorder



## Synopsis

Join Dr. Allison on his continuing journey into the bipartite human mind, where demons frolic and angels do not fear to tread. In the first edition of this book (1980), Dr. Allison told astonishing stories about his dissociated patients' parading alter-personalities and other psychic beings before him. Now, in this 15-year follow-up, he answers many of the questions that intrigued him then. In doing so, he opens up new vistas for students of the human psyche. Dr. Allison's discovery of the Inner Self Helper, or ISH, has illuminated the spiritual aspect of the human mind - an aspect feared and thus ignored by others in the field. In fact, guided by his multiple-personality patients' Inner Self Helpers, the author successfully "exorcized" thought-forms masquerading as evil demons. This permitted him to get back to doing the essential hypnotherapy. Only by understanding parapsychological forces as well as his patients' deepest fears and hatreds did he shepherd many of them back to psychological wholeness. This book describes the inner Self Helpers and tells how they operate - and how their protective energy can be tapped in an alliance beneficial to the patient.

## Book Information

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## Customer Reviews

Ralph B. Allison, M.D., a retired Life Fellow of the American Psychiatric Association, was educated at Occidental College, UCLA School of Medicine, and Stanford Medical Center. In 1995 he was honored with the Cornelia B. Wilbur Award of the International Society for the Study of Dissociation (ISSD); the Society noted his "relentless efforts, perseverance, and determination in studying, diagnosing, and treating patients with dissociative disorders." Now living in Los Osos, California, Ralph Allison studies, teaches and writes about how the two parts of the human mind

really operate.

First let me say that the only reason this book got 4 stars instead of 5 is because I found many printing errors - at least 1 of which was quite distracting (in chapter 10). I read the first book by this author about a week ago, it's called "Minds in Many Pieces: The Making of a Very Special Doctor". This newer book, written 15 years later, includes all of the same info. from the first book, plus an extra chapter. This last chapter discusses many things, such as: 1. The fact that the prison system is totally ineffective at allowing for appropriate treatment (something that I feel is absolutely necessary if we are ever to help these people learn to be able to function appropriately within society). 2. The fact that most psychologists are still unwilling to use unconventional methods to treat their patients - even though such methods have been shown to make an appreciable difference. 3. The politics involved within the Psychology profession. 4. What the doctor has come to believe about what he has seen and dealt with re: MPD patients - ultimately his new-found spiritual outlook. The first 9 chapters discuss Dr. Allison's experiences with several of his MPD patients. They provide a look into the potential causes for this disorder, and the amazing methods he was "forced" to use in an effort to help his patients. Please read my review of this author's first book for a more in-depth look into these chapters. Overall, if you are at all interested in psychology &/or the potential for spirit possession, then I highly recommend this book!

This is a wonderful version of the original book with a good update in the last chapter.

This book encompasses so much information, and it is such an enjoyable read. It is not your typical mpd discourse, but it should be required reading, especially if you tend toward more spiritual thinking. Thanks to the review by Katie "book worm" we know that the latest edition is simply the original 1980 publication with an added chapter. 26 years later, the book isn't "dated" at all, it is still groundbreaking and fresh. I'm sure the author's statements about the closed-mindedness of his peers is still accurate in 2006. The author took serious chances with his career and standing by publishing a book so honest. It states what certainly has been accepted by this time, that dissociation and splitting off creates other personalities for coping. However, the author takes this a step further and fearlessly admits that sometimes, entities (spirits) attach themselves to people and must be "exorcised" before all of the personalities can fuse, thus allowing the patient to become whole. It's an appropriate read for everyone interested in the subject of DID/MPD. I would recommend it to sufferers of the disorder, especially if you are just realizing your other

identities. Rigid "professionals" with a genuine lack of interest in their patients' well being will label this as quackery, thus denying those patients the information and openness required for their ultimate integration. This is unfortunate. I'm sure Dr. Allison is used to such accusations of quackery by now, but at least this book is published, and therefore he can reach sufferers who have an open mind and a desire to get better.

You don't have to be interested in learning about Multiple Personality Disorder to find this book fascinating. When writing a book about a person who was a multiple, I realized MPD offers a unique window into the human mind (including the soul). It offers an exploded view of the mind where one can look in and around the pieces before reassembly. Each multiple provides startling revelations of how the mind works and what it means to be a person. Allison uses his case studies to examine individual fragments in just this way. He has what many doctors lack--humility. He shares his mistakes as well as his successes, and because he's willing to face ridicule by his colleagues, he ventures into territory others avoid. His stories offer glints of the human soul, insights into the workings of a spiritual realm that do not neatly fit in any of our scientific or theological boxes and hints of our connection to our Creator. Particularly interesting is his discovery of an entity common to all multiples. (Allison chooses the word "entity" over "personality" in this case.) He calls this entity the Internal Self Helper and shows how this aspect of the person has remarkable knowledge of all the events in the person's life as well as what it will take to put Humpty Dumpty back together again. The Internal Self Helper often displays knowledge of a connection with God that goes beyond this present life. One gets the feeling that in this unique personality or entity we are seeing a glimpse of that part of the person we call the soul or perhaps the spirit, broken off from the rest of the being so that the counselor can speak to it directly. Some facets of personality shimmer with the light of heaven while others are opaque with the darkness of hell. In his book, Allison candidly describes reintegration of the personalities as well as exorcism of opportunistic spirits that have worked their way between the cracks. The one drawback I saw to the book was the final chapter, which was appended fifteen years after first publication of the book. Unlike all of the other chapters which are short on conclusions and ample with examples, the last chapter is all conclusions without any examples to support his sweeping claims. He steps off his own psychological turf to offer a number of enormous theological assertions, but offers no support from his own case studies or from religious writings. For example, he states that reincarnation is taught in the Old and New Testaments and acknowledges that the church disputes this, but then he doesn't say where or how the Bible supports the idea of reincarnation. There is, of course, the possibility that John the Baptist

was the reincarnation of the prophet Elijah predicted in the Old Testament, but he doesn't even mention this. And, so, I think he opens himself up to a lot of legitimate criticism in this final chapter because sweeping revolutions in religious understanding require careful argument, not mere assertions. Thus, four stars, instead of five.

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