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BACHILLERATO EN CIENCIAS

MONOGRAPH

“CRIMINAL MINDS AFFECTED BY DISSOCIATIVE IDENTITY DISORDER

VIEWED FROM A PSYCHOLOGICAL PERSPECTIVE”

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Gratitude

I want to thank my dad first of all, thanks to all our talks, I discovered little by little what most caught my attention and liked, your knowledge and experience have been a great help to me, thanks to you too mom forever support me in my decisions and dreams, both have been able to guide me at all times and thanks to you I have become someone very strong, who is prepared for difficult challenges in life, and who will never give up, just as you never did.

Thanks to my teachers, who were there to guide me, always aware of my work and willing to help me whenever I need it, I also want to thank my friends who gave me courage to risk this magnificent subject, thank you very much to all.

Summary

This monograph work has been done to evidence the existence of people with multiple personalities, many people come to believe that it is something invented by the person himself to get attention, or as in some case mentioned in this work, it is believed that it can be used to avoid any sentence, because these people are not really good, Due to their mental illness, so to assess that these people are really sick they must be evaluated by professionals.

This monograph tries to explain from; what is DID (Dissociative identity disorder), the symptoms and treatments that a patient must receive until the demonstration of real cases of people who have committed some type of crime, the two most known cases in the world have been chosen, since in based on these many books have been written and movies have been created thanks to these people. This issue is unknown to many people, so here you can find everything essential to know, understand and identify this disorder. For some it will serve as information to be able to help someone with this disorder and for others it could be an impetus to choose the career they wish to study, since professional opinions will be seen here.

It is important that society knows about this type of mental illness; they are not aware of their actions and many of them have developed this disease as a defense mechanism for very traumatic or painful events experienced in their childhood. Diseases like this are very rare, so people think they do not exist and it was like that for a long time, it was even thought that it was the psychologist who invented all these personalities to the patient, and it is thanks to Chris Sizemore that this disease was discovered and proven in the world. (303)

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Introduction

The title of this monograph is *Criminal minds affected by Dissociative identity disorder viewed from a psychological perspective*. Its purpose is to inform all future readers about what the dissociative identity disorder that is also known as multiple personality or by its acronym DID, also know about the importance of the immediate medical attention that the patient should receive for their rapid recovery , since this type of disorder takes a few years for full recovery, since it is a difficult disorder to treat.

The objective of this monograph is that they can inform themselves about what DID is, the causes for which people can suffer from this disorder, also consider a little about the treatment and medication that patients receive and especially to report shocking cases that have occurred over the years; In order to provide help to an acquaintance or family member who is presenting some of these behaviors.

For the following monographic work, the following books have been used as reliable sources:

The Dissociative mind and *Understanding and treating Dissociative Identity Disorder* by Elizabeth Howell; *Treating Dissociative Identity Disorder* by James Spira L; *The Minds of Billy Milligan* by Daniel Keyes and *I'm eve* by Chris C. Sizemore and Elen S. Pittillo.

The first existing records on this disease date back to 1816 with a young woman named Mary Reynold; until the day of his death he suffered from DID, this means that this disease has been around us for about 200 years, and it was not until 1950 that the illness began to be known due to Chris Sizemore, who also suffered from this sickness; However, for people to know about this

disorder, a movie inspired by their disease was created, and that's how people began to know about this disease.

The division of this monograph has been in res chapters, the first is called Dissociative identity disorder and this consists of the causes, definition and symptoms. The second chapter is called the Patient recovery process, here we talk about diagnosis, treatment and prognosis. The last chapter is called Real life cases, and here is the demonstration of two very famous cases. (356)

Chapter I

Dissociative Identity Disorder

1.1 Definition

Dissociative Identity Disorder is an unknown disease, that directly affects the human brain and with it people's thoughts, memories, feelings are affected too. This disease is very rare that even psychologists still don't know very well about the subject. It is considered as a problem of personality disorder, to the individual who is under the control of two or more personalities.

Spira (1996) said: "DID is an exaggeration of normal and natural psychological functioning that arises as a consequence of severe circumstances. Even the name itself reflects the controversy surrounding the disorder" (p. 13). DID begins to develop in adolescence or early adulthood.

There are many types of personality disorder, some become less obvious with the passage of time. Moreover, many of the patients who suffer from this disease are sometimes not aware of what is happening to them, and they fail to understand these episodes of amnesia, which is why they enter despair and sometimes end up hurting or becoming very violent people

1.1.1 Symptoms.

In most cases of multiple personality, everyone has a common symptom; It is characterized by the lack of memory on the part of the patient, that is to say that the individual begins to suffer from dissociative amnesia, this is based on the inability to remember events that occurred in the day or personal information, also suffers from a lack of connection among thoughts , feelings and emotions.

A person with DID, experiences amnesia when another personality takes control of his/ her body, sometimes this personality can create some damage in the personal life of the individual, like couple problems, with family, friends and even at work. An example of this, a man who is in the street, and it is going to meet with some friends, but suddenly he forgot what he was supposed to do, when he meets his friends he acts like he didn't know them. He is supposed to recognize

them but he can't, because his real personality it has gone, and that is the reason why acted like he didn't know them.

Some symptoms are:

1. The lack of memory
2. Confused sense of identity
3. Inability to face with stress in an emotional or professional way
4. Mental issues, like depression or anxiety
5. Headache
6. Disturbances in sleep or difficulty sleeping
7. Changes in nutrition
8. Hallucinations (hearing voices)
9. High risk of suicide (70%)

1.1.1.1Causes.

There is no exact cause for this disease, but there are some factors that can cause this disease, like some traumatized events in childhood, it means some type of violence or abuse. The most common is violence from childhood, rape, anxiety and the experimentation of traumatic events, because of a flashback or situation of the present that reminds them of one of those traumatic events. Spira (1996) said “ Generally, the issue of repressed or false memory refers to abuse (usually sexual or extremely violent) that occurs in childhood, is repressed from conscious recall, and surfaces later in adulthood (...) DID, by contrast, develops in childhood and persists into adulthood” (p.49). The main personality, that is, the original personality of the body, is usually more calm and depressive, while the other personalities are more imposing and aggressive.

Passive identities are those that demonstrate amnesia to a greater extent, in case they are aware of the existence of the most dominant personalities, they can be directed by these, which can even manifest themselves in the form of visual or auditory hallucinations, in order to order other personalities.

Many of my patients, were mistreated in childhood and no one noticed. People should have known if they were just more observers and asked. Sometimes, the family does not want to alter their illusion of harmony, which is why they make a member of the family face serious problems (Howell,2005).

1.1.1.1.1 By traumatic events.

The most common cause is traumatized events, that these individuals suffer while their growing process, this means that this person, at some point of his/her life experience or suffered from mistreatment, rape or was present in some natural catastrophe; which left him/her sensitive.

Howell (2011) said:

There is the Little Girl in Torn Dirty Slip, who was sexually abused and has always felt tortured and ashamed. There is The Mother, who takes care of her children when Janice, as the host, is too exhausted (...) Then There are The Suicides, who become actived when things begin (...). (p.16)

This makes the individual can experience some kind of flashback with respect to some event that caused him a lot of panic or stress, and this is a trigger for another personality to appear.

The individual develops multiple personality as a defense system, so we say that this disorder develops mainly in childhood, because it is at this stage where children are more likely to experience any type of abuse or rejection, and he / she begins to create a kind of "escape", what really is a dissociation, but they consider it as a form of escape to be able to deal with their fears.

“Janice came into treatment 4 years ago to work on her newly discovered DID. she has been in

therapy with a number of different therapists for most of her adult life, but her DID was never diagnosed until (...)” (Howell ,2011, p.15). This is a very clear example of Janice’s situation, wasn't diagnosed early, but she was in treatment for 4 years, and after that therapist started noticing her disease.

1.1.1.1.2 By genetic factors.

Some people have more tendency to develop this disease, because their brains did not develop as normal brains do, so they have more difficulties when it comes to integrating other people, some of them have more predisposition to dissociate it means divide or separate from oneself psychologically as a defense mechanism. It is possible that certain personality traits can be transmitted between parents to children through inherited genes. These traits are called temperament.

It is believed that personality disorders are caused by the genetic combination and the environment in which it develops and surrounds in a child. There is a possibility that the genes are what make you develop the vulnerability that causes the personality disorder.

After an episode of amnesia, it is possible to find objects in other parts or the clothes already stored, and even clothes or some new item, which they can not recognize, can be found in places they do not know or do not remember having visited. They are not able to explain or remember things they have done, because the other personality that was in the "light" will not allow you to remember, maybe this personality will allow others or not. “There is a little 4-year-old who speaks with a lisp and with a 4-year-old’s language structure. There are many young children who go by “Janey”, some adolescent ones, and several adult ones.” (Howell, 2011, p.16).

This makes very clear that the individual practically changes completely, his way of acting, speaking, walking, dressing, his tastes, everything is altered by this other personality. (1182)

Chapter II

Patient recovery process

2.1 Diagnosis

The only way to obtain a diagnosis is through a medical consultation, since it is only a professional who can really determine if the patient really presents the dissociative identity disorder, through their behavior, social and personal development, which would be the main symptoms that these individuals present. Usually this type of people presents a lot of concern in their daily life because these symptoms do not allow them to function 100% in their personal life or work life. “The first step needs to be arriving at a correct diagnosis. It is important to remember that DID is a problem of hiddenness. Therapist treating patients with DID should be aware of the signs of switching from one identity state (...)” (Howell, 2011, p.9)

A small psychiatric interview is conducted in which specific questionnaires are used to establish if you really suffer from this dissociative identity disorder and in this way it is also used to rule out any other possible mental disorder.

These interviews can take a long time due to the different techniques that are used such as hypnosis, and the use of sedatives to help relax the person. For better diagnosis, patients are asked to bring a notebook or diary to the consultations so that the other identities can be identified faster. The doctor can also communicate with the other identities if he asks the patient, but for this he must speak with a part of the mind, which cooperates so that the main person cannot remember certain behaviors that may well be performed by him / her or the other personalities. The diagnoses in the last years about the DID have increased in large quantities, it is thought that the reason for this is because of the misdiagnosis of the patients or also that because there is already a greater knowledge about their symptoms it is easier to identify a DID case.

2.1.1 Treatment.

Years are generally required to treat the patient, usually doctors start with the integration or fusion of identities to get the treatment work, you must first ensure the safety of the person, since people with DID, are very likely to self-harm and attempt suicide. You should also be monitoring the states of depression and in some cases the use of drugs. Following this we work with traumatic memories as they must face these as is done with the "PTSD" (Post traumatic stress disorder). Finally, it is incorporated into identities, and care must be taken so that the person can accept all these other personality as part of him / her.

Psychotherapy is the main treatment used to reintegrate all personalities. This can be very long, hard and emotionally painful. Patients are exposed to constant emotional crises, due to the

memories of different personalities. It is complicated that personalities can agree on things and sometimes this affects the person himself since headaches are often due to the voices the patient hear, and it should be difficult to concentrate on your daily activities if you have 16 or 24 personalities inside you talking to you often. That's why doctors have to be careful with the person to avoid attempting suicide, since the pressure they feel is very strong and many times they cannot bear it.

There are different types of psychotherapy, like:

- Cognitive-behavioral therapy: it is based on teaching the person how to change negative thoughts so that the individual can face life's difficulties.
- Dialectic therapy: which can be done in groups or individually, it focuses entirely on the person can learn to master and tolerate stress to improve their reactions.

Psychiatric centers are usually necessary to be able to help people overcome certain complicated stages and that they can also assimilate the lived events, focusing more on the painful memories that could be presented to them.

The patient's environmental context may also be quite different. Alter personalities often become "fixed in time". They may believe the date to be the same as the age when their personality developed. If a forty-year-old patient has a six-year-old alter, this "six-year-old" may still think that Eisenhower is president and that the computer monitor on your desk is a "funny TV".
(Spira,1996,p.20)

The use of hypnosis is very favorable, so that patients can be calm, cope with the events that have occurred so that they are less sensitive with respect to memories and to help them to access other personalities and make it easier the communication and control between them.

Also, Medication can help to reduce some symptoms of personality disorder:

- Antidepressants: improve depressive mood, impulsivity and anger.
- Mood stabilizers: reduces irritability, aggressiveness and mood swings.
- Antipsychotics: they can be beneficial for those who leave reality.
- Anxiolytics: reduces anxiety, restlessness and insomnia.

2.1.1.1 Prognostic.

The prognosis of this disorder will depend on the symptoms that the patients present and on the characteristics that the disorder shows. Depending on the complications with the patient and how late the disorder has been detected, it will take longer, because if the disorder is already on time and has not been diagnosed it can be harmful for the patient because, the personalities have already affected much of their reality and life. Many of these patients are in treatment for 3-6 years and may last longer since not all personalities could have been found. In general, there is an improvement in the patient's life, but the estimated time for a patient to recover is undefined, since the same treatments could last more than 10 years, and it should be emphasized that these patients should still continue being accompanied by a psychologist, to prevent some kind of complication or crisis. Usually, they recover completely, but the problem is that some patients trigger other problems or were simply always there and with the treatment arose. Some have severe psychiatric disorders, eating disorders, and even exaggerated drug use. Some people do not end up having psychological problems, but problems with people close to them, since the personality that was with them did something against them and the individual is affected by the events. (1011 words)

Chapter III

Real life cases

3.1 Chris Costner Sizemore

Chris Costner was one of the first most famous cases of DID, Around the 50s, the case of Sizemore began to be well known, because in 1957 a film called "The Three Faces of Eve" was created. A British journalist named Alistair Cooke tells his audience that this movie is based on a true story taken from a book written by 2 psychiatrists. Chris Costner Sizemore was born on April 4, 1927 in Edgefield, South Carolina and died on July 24, 2016 due to a heart attack in Ocala, Florida when she was 89-year-old

Psychiatrists believe that Chris's dissociation was an act of defense against a reaction to a trauma she may have suffered as a child. After several studies on Sizemore, they managed to discover that this whole process of "fragmentation" that was created in his mind began when she was 2 years old, because she was present in horrible incidents, between; seeing her bloodied mother by an accident she had in the kitchen, and more serious ones, like seeing a man cut in half then seeing how they drag his body into a ditch, all of these accidents occurred very near one of the other.

At the beginning, it was known that Sizemore only had 3 personalities, each personality was known as "Eve White", "Eve Black" and "Jane" but after a while she end up having 22 personalities.

It all started because "Eve White" who is the one who would represent more to Sizemore. Sizemore (1977) said: "The headaches came almost everyday along with amnesia, for an hour or all day. The pain increase to an intolerable peak, Chris would seem to fall asleep. When she woke up she had no memory of the intervening time" (p.383). "Eve Black" would be that personality who liked to party, which is why "Eve White" did not remember certain fragments of her day. Eve Black would be the cause of Sizemore to separate from her husband Gene Rogers.

After her first headache, Chris discovered the following note: "If your wife doesn't let me out more often I'll kill her. Warn her not to fight me. Jane" As usual she had blamed her own shortcomings and inabilities on someone else. Jane's inability to manifest herself was a result of her own tenuous hold on reality, (...). (Sizemore, 1977, p.383)

The event that will make Sizemore go to a psychiatrist, is when Eve Black tried to choke Chris Sizemore's two-year-old daughter, the reason why her daughter manages to be alive is because of Eve White taked control and makes EB disappear so she could save her daughter; leading her to seek psychiatric help for the first time.

At the beginning of her treatment, it was unknown that Sizemore suffered from DID, and it was thought that the symptoms she presented were due to stress, it was not after many years of therapy that Dr. Thigpen diagnosed her with DID. Sizemore had a total of 8 psychiatrists in almost 25 years of treatment.

3.1.1 Billy Milligan.

Billy Milligan was the first person to commit very serious crimes, he was never in prison, and this because he was considered mentally unstable because he suffered from DID, Milligan had 24 personalities, it is known that of the 24 personalities two of them performed the crimes. William

Stanley Milligan or better known as Billy Milligan, was born on February 14, 1955 in Miami Beach and died on December 12, 2014 due to cancer in Ohio, known in the community in the late 1970s due to all crimes what he committed, but the most prominent case was rape.

Milligan is famous for raping girls 3, this is where his case starts, because the law could not prosecute him, because one of the girls who could identify him, told the police that he behaved very well and that on occasion he acted as a girl 3 years old For this reason Milligan was sent to some psychiatric centers which were administered by the state, such as the Athens State Hospital, where, according to his report, Milligan received very little help. While in these hospitals Milligan reported that he had ten different personalities, these were the only known. Milligan claimed to have committed robberies in a kind of attitude like Robin Hood's.

Due to the traumatic events of his childhood, Billy began presenting DID from the age of 3. More personalities began to appear after the stepfather raped him. This shows us that this disorder really develops since childhood, Milligan in this case began at 3 years pr the situation lived with his stepfather, and as a form of protection against his stepfather began the dissociation, so there are personalities with ages of 8 or 12 years, because the person in one of those ages lived something very strong that made somehow a part of that person's consciousness will stay at that age.

After they arrested Milligan, the doctors realized that he had 10 personalities, sometime later, when Milligan was sent to a boarding school, they realized that there were 13 other personalities, only that they were like in a "deep sleep" because They were antisocial. To establish Billy's mind, they had to unite all their personalities to a last one that appeared, known as "the teacher", which would be the sum of all their personalities. Keyes (1981) said: "The sum of all twenty-

three alter egos fused into one. Taught the others everything they've learned. Brilliant, sensitive, with a fine sense of humor. He says, "I am Billy all in one piece", and refers to the others (...)" (p.14). After 10 years of treatment they finally managed to unite all the personality in the teacher, so in 1991 Billy was cured till 2014 that he died of cancer.

3.1.1.1 Conclusions.

In both cases, patients show, that they are unaware of what is happening with them. Sizemore on the other hand enters treatment for the situation that was presented with her daughter, while Milligan entered due to the crimes he committed, which forced him to go to a Mental institution to know what disease he had. Although in both cases a crime has been presented; either one of a lesser degree than the other, the same conclusion is reached, that both subjects could not be prosecuted because mentally they were not well and both suffered from an unusual disease. It took many therapies and hypnosis to realize that the patients really had a dissociation and that both had gaps in their mind because someone else took their place. These personalities were helping each of the subjects to face serious situations that they suffered, each one was developing it due to problems experienced in their childhood, which led them to create a kind of shield to avoid pain. Given these explanations to the authorities by the respective psychiatrists, Billy Milligan was considered innocent for having raped the 3 girls, and although Chris was not subjected to a trial, she was many years away from his daughter, because she was still considered a danger to the child until she gets better. (1186)

Conclusions

At the end of this monograph work, it can be concluded that:

- Dissociative identity disorder is a disease that affects our brain, dividing people into several "fragments," where the person lost the notion of time and has gaps in their memories because another person within them has taken the "light".
- Many people have been affected by childhood rapes, child abuse, have been present in murders or events that have involved blood, the death of loved ones. And even if these events occur in the same year, it is when it affects the fastest and what it does is that from an early age they begin to present a dissociation of reality, or also what happens is that

the person creates a personality that remained in the one who was present in some of the events mentioned, so patients often have personalities that are 8 years old and the person is 30.

- The symptoms that people present are usually not obvious to themselves, because they only feel confused because they do not know what has happened, since sometimes they lose the "light" and when they return to wake up or take control it has already been 1 week and They may even be in another country and remember nothing.
- Personalities have their own style, that is, each one has a different taste for food, music, work or hobby. It also has its own name, accent, age and even gender; thus managing to confuse people and the person himself. That is why when the person regains control, he/she does not understand why he/she has a different job, or why he/she has bought new clothes or because there are different types of food in his kitchen.
- People with these types of disorders can suffer from anxiety or depression, they get irritated very easily so they are aggressive. Remember that the pressure felt by these people is very strong, because living with 24 or 16 people inside your head is not easy, and sometimes these people try to commit suicide. (336)

Recommendations

As recommendations, you can say that:

- Inform all people, through the different means of communication about this disorder, because there is a lot of ignorance of it, and other disorders.
- Recommend people to investigate more and read about mental illnesses that exist in the world, so that people can better understand the behavior of these people and understand that they have been exposed to painful and frightening situations since infants.
- Understand that these diseases are not a game or an invention, and that they really exist and are very serious, because these people when not treated can hurt other people or themselves.
- Help these people to receive adequate help to prevent them from becoming criminal minds, since their illness is very useful for murders or robberies, so they are people who are not aware that they will commit a crime; so people like them cannot be prosecuted for their mental states.
- Be careful with the way children are treated, if you know someone who mistreats your child, be sure to act quickly so as not to cause further damage to the developing child, since it is at this stage when the child is most likely develop aggressive behaviors or have anxiety that later become nightmares, and in this case it is when fragmentation begins.(214)

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