

Multiple Personality Disorder and Posttraumatic Stress

These two conditions are often linked together because the person may develop additional personalities to deal with their stress. These patients are often the survivors of severe abuse. Multiple Personality Disorders often have several symptoms including:

- Distinct personalities
- Personalities of different genders
- Personalities of different ages
- Multiple signatures
- Different IQs
- Personality Types
- Amnesia
- Voices in the head
- Frequent nightmares
- The use of "we" when referring to self
- Outer body experiences

These patients are often alone in the world because the experts do not usually have enough information to understand their diagnosis. It is often difficult ever to hear the truth about these conditions, as well. These patients will often fight against lying and will strive for accuracy. Female patients are rarely violent, while males may be. Some males patients have been sent to prison for crimes including robbery and rape.

Patients often act on projection or interjection caused by an alter personality. This condition has been questioned as whether or not it is real, but the fact is that it is a true condition. Many have tried to pretend to have multiple personalities to get out

of crimes by way of insanity, but it is nearly impossible for these individuals to maintain distinct personalities.

Personalities may include child alters, teens, adults and even elderly personalities. All personalities are a sub part of the actual person who has been traumatized to the point that they are no longer able to cope. These individuals are also very intelligent. These individuals tend to have issues and difficulty with medical treatment as their blood pressure may raise and lower, they may have seizures and their respiratory rates may change. Some personalities may even be blind.

The patient often goes through life with the disorder and when they reach a certain age they have no chance of coping. This is when integration of the personalities needs to occur. Integration places the alter personalities in the area of the mind to stay permanently. Once the integration is complete, these individuals may have a hard time going back to normal life as they have lived most of their life with their "family" in their mind. These individuals have a sense of loss because they don't know how to cope in the world without their personalities. It is possible for the personalities to communicate with each other after integration, but it is never the same. Many individuals have a difficult time going through life because they are used to the daily stress of work and life being shared by their other personalities, and now they only have themselves to depend on.

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