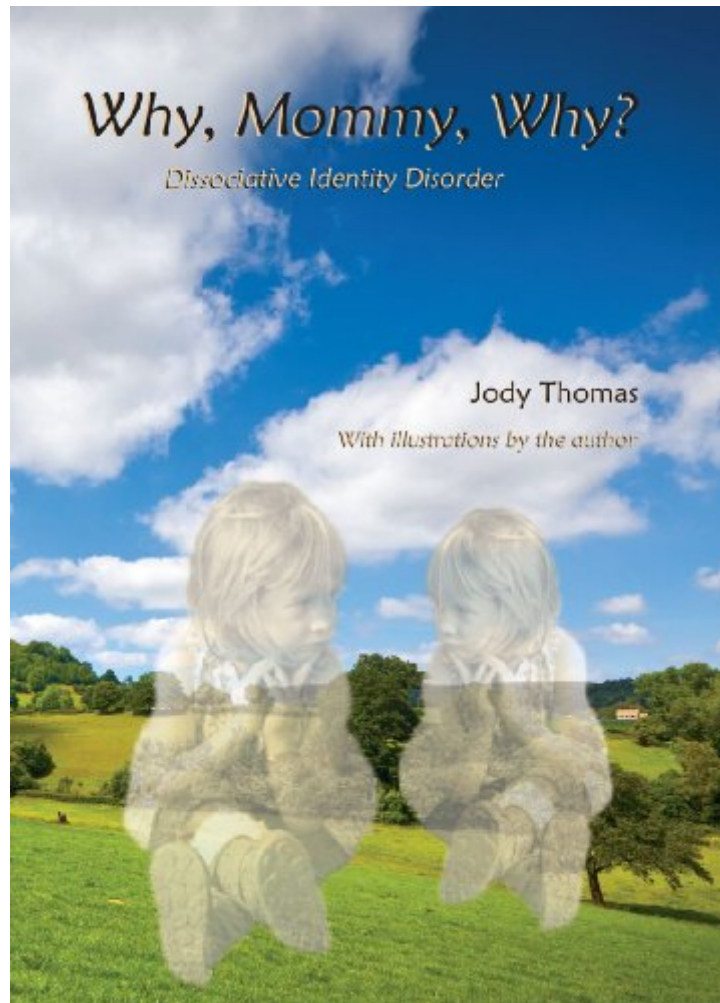




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# Why, Mommy, Why: Dissociative Identity Disorder Recovery



## Synopsis

A true story of Multiple Personality Disorder and recovery. Therapy and treatment while recovering from abuse. Competent psychotherapy has helped many people heal from trauma. Jody's account offers unique insight into the therapeutic process from the patient's perspective. Her ability to articulate the methods used is rare. Rarer still is her unique understanding of what lay at the heart of healing the emotional self and the "inner child." A heart-felt, inspiring book... Jody's struggle affects not only her, but her family, including her young son and husband. Readers will follow Jody on an emotional journey to recovery, share her struggle, her triumphs as her many tears finally lead to joy. *Why, Mommy, Why?* is a compelling read for both the general public and professionals in the psychology field, offering a patient's perspective on dissociative disorders and the integration process of alter personalities. Art Therapy is one of the methodologies used during treatment, and some of the original sketches made by Jody during her treatment are included in the book, offering a unique visual insight into the therapeutic process.

## Book Information

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## Customer Reviews

Why, Mommy, Why: Dissociative Identity Disorder RecoveryI could not put this book down! It is told in such a way you feel you become a part of the character. Gave me new understanding & created thinking on my part that had never entered my mind. It is heartwarming, genuine & also can make you so angry as the story goes along you can barely contain yourself. Wonderful & interesting read!!!

This book has really helped me with my own process of identifying & modifying thought/behavior patterns that I developed as a child trying to live/survive in a chaotic, traumatic environment. Ms. Thomas' honest revelations of her own rules of operation helped me realize deeper rules/algorithms that I'd developed that really don't serve me in the world as it actually is. For anyone who's survived trauma at a young age, this book may help illuminate thoughts/behaviors that you can now let go of. Seeing them is the first step.

It was nice to read about a recover progression, and how many years one may go through it. With her honest account of her abuse, and her truthfulness on her mixed emotions. I believe that one might not feel that there are alone in the Dissociative Identity Disorder Recovery .

Good story of courage and perseverance, but the writing style is much too repetitive making it difficult to stay engaged.

interesting book

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