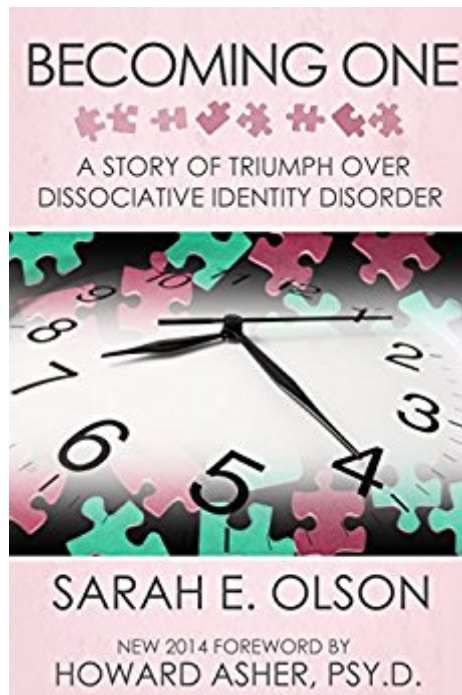


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# Becoming One: A Story Of Triumph Over Dissociative Identity Disorder



## Synopsis

Becoming One: A Story of Triumph Over Dissociative Identity Disorder This is the 2014 ebook edition of the 1997 paperback *Becoming One: A Story of Triumph Over Multiple Personality Disorder*, ISBN 978-0962387982, by Sarah E. Olson. It includes a 2014 Addendum, a new Foreword by Howard Asher Psy.D, and a new linked resources page. Two little girls, the author and her sister, were routinely terrorized and assaulted over a period of years by a family friend. One grew up closed and withdrawn, the other angry, self-destructive, and dissociated. Most painful of all, their common suffering resulted in estrangement from each other. *Becoming One* began as Sarah Olson's attempt to provide a written account of her memories for her sister as a means of reconciliation and healing. *Becoming One* documents Sarah's four-year process of discovery and recovery from Dissociative Identity Disorder. Utilizing letters she wrote to her therapist, Howard Asher, Psy.D, and transcripts from key audiotaped therapy sessions, Sarah created a book which offers a model of healing and hope to survivors of childhood sexual abuse. The author's courage and generosity in candidly sharing her remarkable experiences provides important insights into the world of dissociation. This book is a highly personal look into an individual life, the dynamics of a troubled family, and the healing power of the therapeutic process. Praise for *Becoming One* (from the 1997 edition, ISBN 978-0962387982, format: paperback): "Sarah Olson has written a fascinating account of her amazing healing journey and the mind's creative capacity to surmount unimaginable horror. Everyone can benefit from this inspiring book." ~ Lynne D. Finney, J.D., M.S.W., Author of *Reach for the Rainbow: Advanced Healing for Survivors of Sexual Abuse* "Becoming One is a hopeful book which both dignifies people with Dissociative Identity Disorder, and sensitizes the rest of us to what that means and what can be done. Highly recommended." ~ Midwest Book Review "Piecing Sarah back together is like piecing a puzzle or mosaic together. Once all the pieces are in place, you are left with a beautiful image. Sterling work." ~ BeatleBangs1964 Vine Voice "This book gives incredible insight into the work required by both the therapist and the patient with DID. ... I recommend *Becoming One* for both therapists and for those who continue to suffer from Dissociative Identity Disorder." ~ Meowzer "Wonderful book for a reference for my classes." ~ Wild Blue "In process myself and working through much of what Sarah describes, I could only say that I feel validated and believed, and perhaps for the first time, understood, by someone else." ~ raysemma

## Book Information

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## Customer Reviews

I have posted this review already on .co.uk but unfortunately it does not appear here. So I just post it again to let you guys know as well.(review copy received from author in return for honest review)"Becoming One" is a captivating book. It challenges one's perception of "self" and "identity" as it is hard to understand that there can be more than one personality "living" in one body. The reality for many survivors of abuse though is that there are more than one living inside.I love the way, how Sarah E. Olson changes between transcriptions of her therapy sessions with Howard Asher, her explanations of what happened in her life at that particular time, letters to her sisters and to her therapist as well as her own writings in those days.She holds it all together in chapters that focus on different aspects of her healing like her resistance to the therapy process or hallucinations she experienced in one part of her healing.This is a very positive book that emphasises the ability of survivors to overcome their survival strategies which have become troublesome. It certainly has started another process of healing in me. But it also describes what is necessary for this healing process. In the cases of survivors who have dissociated it means to have a dedicated therapist like

Howard. This is also a very courageous book: Sarah E. Olson shares very private experiences and writes about a syndrome that many do not believe exists: multiple personalities. "Becoming One" is a tough book to read. The abuse she has gone through is so horrendous that I often have to skip reading about her memories. The unfairness of not being believed as a young child is hard to stomach.

Becoming One: A Story of Triumph Over Dissociative Identity Disorder We believe unconsciously that we arrive in this life a complete picture, but somehow through what happens when Life commingles with "Me" • sometimes pieces fall apart. That may be, however it may be that all of us are destined to find a way to reassemble pieces of whatever we believe constitutes "Me" • out of the bumps, bruises, rips, tears, rapes and tortures that Life sometimes delivers. Our efforts as therapists, psychiatrists, counselors, social workers et al falls upon the broken pieces. With most people their caverns result in what is termed Complexes. That's the experience you've likely had of realizing, too late, that your behavior was way, way out of line. I heard a Jungian analyst once explain that you know you've been in a complex by the number of people to whom you must apologize. We get out of ourselves and the usual kind, generous, loving people we wish to be at all times frays at the corners, revealing our jealousy, dislike, our frustration. A complex in our behavior is the result. The difference with those who have experience with DID (Dissociative Identity Disorder, previously referred to as Multiple Personality) is memory. Those with DID perform actions, make decisions and can't remember how or who made those decisions. Their psychic fissure remains similar in kind but much deeper in cut than a complex. And just as those of us who have experienced a complex must work diligently, sometimes feeling helpless against the onslaught of the powerful energy at the heart of a complex ("why did that happen again? why oh why do I always...") so too those with DID feel the helplessness and frustration of not being able to steer the ship of their lives, except they can't remember why.

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