



Fractured Mind: The Healing of a Person with Dissociative Identity Disorder

Debra Bruch

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Winner of the 2016 eLit Awards: Silver in Psychology/Mental Health. *Fractured Mind: The Healing of a Person with Dissociative Identity Disorder* chronicles the healing process of a person suffering from DID. The disorder happened due to a long sustained period of traumatic violence during childhood. The book depicts the working of the subconscious and how it reveals itself layer upon layer from the surface of the subconscious to its depth. With hope and the support of amazing people, and at times the teaching and intervention of God, angels, and the Holy Spirit, a reformation of the psyche takes place. This book is a witness of the living Christ. The story tells of a journey of healing. Warning: this book is for adults only due to explanations of sexual and physical violence causing dissociation at an early age. Helped by intensive psychological therapy, Debra's subconscious peels away layer by layer, revealing horrific trauma caused by her parents at a very young age. Due to the trauma, Debra has been unable to overcome serious fears and beliefs about herself and her world. Her damage was so severe, the foundation of her psyche had to be remade. Because of the nature of DID having been formed during the violence, she has been "stuck in the trauma" and unable to process and change without professional help. But process she did through a great deal of emotional pain and physical discomfort. *Fractured Mind: The Healing of a Person with Dissociative Identity Disorder* also describes an unusually close relationship with God and what Debra calls the "Other Realm." The story witnesses the love and comfort of God, but it also tells of God's wisdom and justice. Debra brings her relationship with her God to life in the book and that relationship seems as real as any relationship with a loving, guiding, parent. Debra writes a narrative throughout the book, but the main writing style is an email dialogue between her, her "parts", and Bruce. Bruce's wisdom and spiritual understanding lend an amazing perspective on the struggles of healing from violence. Bruce's writing is a testimony of unconditional love, kindness, and dedication to the health of a person. He exemplifies a true friend. Dissociative Identity Disorder is not a mental illness, but a disorder. Because her mind fractured, she has been able to live in society very successfully. Many people with DID are successful professionals, and Debra is no exception. But the healing has released her of her trauma. She is no longer bound by trauma. This printed edition is a shorter version than the ebook.

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