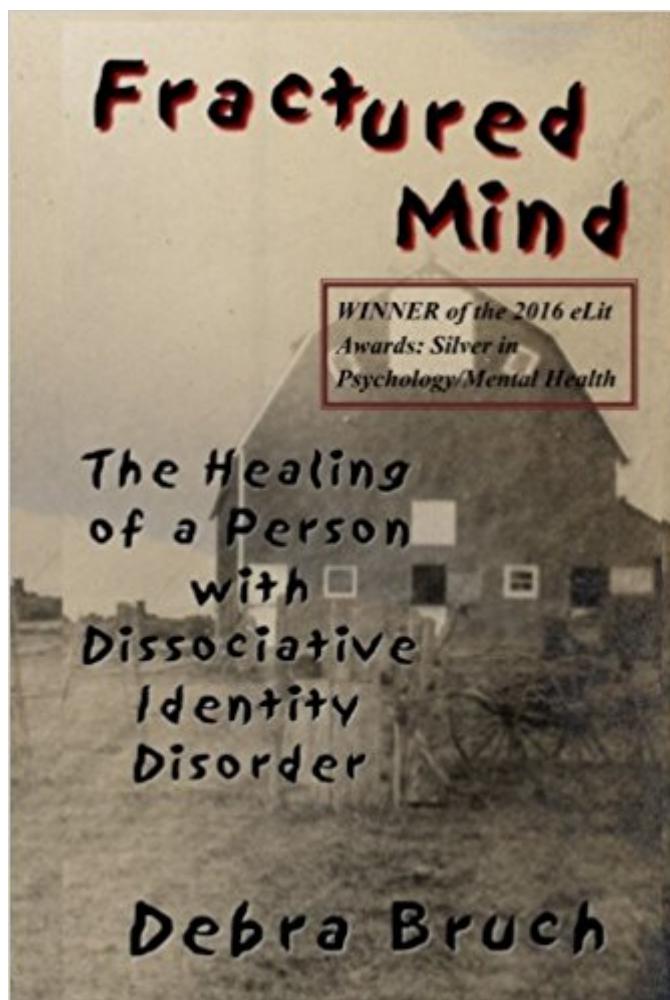


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# Fractured Mind: The Healing Of A Person With Dissociative Identity Disorder



## Synopsis

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.

## Book Information

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## **Customer Reviews**

Debra Bruch is a retired Associate Professor of Theatre at Michigan Technological University. She received her doctorate degree in Theatre from the University of Missouri à Columbia. Debra is an ordained minister in the Community of Christ. Dr. Bruch was active in the Association for Theatre in Higher Education, the national theatre association for the academe, especially with the Religion and Theatre Focus Group. She was on R&T's executive council for several years, was conference planner, and chair/focus group representative. Through ATHE, she founded and was the general editor for the peer-reviewed journal, The Journal of Religion and Theatre, from 2002 to January 2006. She is interested in the relationship between Australian culture and Australian drama, and has published and presented papers exploring Australian Aboriginal drama. By invitation, in January 2007, she traveled to Iran to attend the International Seminar on Religion and Drama on merit of her article about Jack Davis' The Dreamers. Debra also served as an adjudicator for the Kennedy Center/American College Theatre Festival for several years. She has been included in Who's Who of America's Teachers and Who's Who of American Women.

Wow. Traumatic. Still in process of digesting the personnas and the time jumping. Very intense, amazing that Debra survived the abuse sustained in her early childhood!

This book transfers very deep insights right into your heart. I cannot imagine anyone not benefiting from reading it. (page 389 is missing from the Kindle version I received)

It is incredible what this woman accomplished after all that she had been through. Truly inspiring. Would highly recommend this book.

This is an excellent book, as much a documentary as an autobiography, because the author has

included as a major part of the book her actual e-mail correspondence with one of her mentors. I've known several people with DID, and read other books, and this is one of the best books in this genre. I couldn't put it down. It's also a personal testimony in addition to being autobiographical, because it includes Dr. Bruch's description of her relationship with God and how that facilitated her healing. That was helpful to me.

An excellent window side seat in the roller coaster journey that is healing from profound violence and ritual abuse. The violence, shock and horror of the terror is vividly portrayed with a resonance of realism. The unique style of using conversations of parts of herself as they hit, disclosed and healed was very validating for those on this journey. The enormity of the impact of the abuse and the years of the journey hopefully educate the community about the real sustained cost of violence. It is a challenging read for people of humanity, but one that needs to be faced with this to know the profound truth of the way in which some people become inhuman towards others, isolate & often get away with it. Dr Debra Bruce is a very brave person to speak this truth. Too often we hear only about war heroes and not the dark truth of some who are consumed by violence towards others. Let women speak their truth and not be silenced by cultural niceties, stereotyped views of heros and warped views of "strength."

Well organized and easy to follow, tragic and inspiring all at once. Dr. Bruch described a childhood that fractured her mind, and takes the reader on a journey towards acceptance, faith, and healing. Bravo!

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