

# Dissociative Disorders.

- Dissociative disorders are mental disorders that involve experiencing a disconnection and lack of continuity between thoughts, memories, surrounding actions and identity.
- People with dissociative disorders escape reality in ways that are involuntary and unhealthy and cause problems with functioning in everyday life.
- Dissociative disorders usually develop as a ~~starch~~ reaction to trauma and help keep difficult memories at bay. Symptoms ranging from amnesia to alterate identities - depend in part on the type of dissociative disorder the person have.

## Symptoms:

- Amnesia - Memory loss of certain time period, events, people and personal information.
- Depersonalisation A sense of being detached from yourself and emotions

Derealisation - loss of sensation of the reality of ones surroundings

Identity confusion. The blurred sense of identity

Identity alteration Change of behaviour observed by others.

Types of Dissociative Disorder.

- ① Dissociative Amnesia
- ② Dissociative Fugue
- ③ Dissociative Identity Disorder.  
(Multiple Personality Disorder)

## Dissociative Amnesia

- Dissociative amnesia is a type of amnesia where you can't remember important information about your life including things like your name, family, friend and personal history.

### Types of Amnesia

#### • Post traumatic Amnesia / localised Amnesia

The individual fails to recall even the doctor during a particular period of time.

Eg the first few hours after performing the disturbing event

#### • Selective / Categorical Amnesia

The person can recall some but not all of the events during a particular time of period.

#### • Generalised amnesia

which involves in recall failure that affects the persons entire life this type occurs rarely

#### • Continuous Amnesia

The inability to recall event subsequently to an specific time

## Systematised Amnesia

The loss of memory for certain categories of recognition such as memories related to a particular person.

## Anterograde Amnesia

Is the loss of the ability to create new memories after the event that caused amnesia, leading to a partial or complete inability to recall the recent past while long term memory from before the event remains intact.

- Dissociative amnesia is affects women than men and young, adults than older people.
- Systematised, Generalised, and Continuous amnesia are severe conditions.

## Causes.

- Distress emotional condition
- Depression
- Improper development of personality
- DA results from the brain's attempt to cope with or protect you from painful memories by dissociating

- Itself from a traumatic experience
- Brain injury
- Effect of drugs & alcohol
- Illness

## Treatments of Dissociative Amnesia

Therapy This can include things like talk therapy (psychotherapy) Cognitive Behavioural Therapy. Hypnosis.

## Medications

There are no medications to specifically treat DA. However medication may be used to treat conditions that can occur due to DA such as depression and anxiety disorders.

## Dissociative Fugue.

- Dissociative Fugue is a type of amnesia that is caused by an extreme psychological trauma instead of physical trauma, illness or another medical condition. It's a form of dissociative amnesia that's severe, and it's considered rare.

Someone with dissociative fugue won't have any memory of their past or about themselves personally. The type of memories that they lose are sometimes referred to as autobiographical memories. The condition is a means of escaping a situation of extreme stress that the person can't cope with.

- 2% people are suffering from Fugue.

## Symptoms

- Confusion
- Sudden lack of attendance at work or avoidance of other places they frequent
- Loss of autobiographical memory (about themselves, other people, event in their lives etc)
- detachment from their own emotions
- Severe stress at work or from relationships
- Confused identity
- depression, anxiety, thoughts of suicide and other mental health issues
- inability to recognize loved ones
- wandering or going places they usually don't go

## Causus of Dissociative Fugue

- Extreme feeling of shame or embarrassment
- trauma caused by war
- trauma caused by an accident
- trauma caused by a natural disaster
- kidnapping
- torture
- long-term emotional or physical abuse in childhood.

## Treatment of Dissociative

- Family Therapy
- Psychotherapy
- Cognitive Behavioural Therapy
- Meditation and relaxation techniques
- Music and art therapy
- Clinical Hypnosis
- Dialectical behavioural Therapy.

## Dissociative Identity Disorder (Multiple Personality Disorder)

- DID, previously known as Multiple Personality disorder, is a type of dissociative disorder. Along It is a long term disorder. This disorder is found <sup>that</sup> ~~in~~ female com have more compared to male.

This disorder was identified and emerged in 1900. There were

- ~~77~~ <sup>77</sup> cases identified in 1880-1920
- 14 cases in 1978
- 100 cases in 1980.

- In this disorder person's identity is being involuntarily split between at least two distinct identities

- The three symptoms of this disorder.

Dissociative fugue

Dissociative amnesia

Blurred Identity. - there are 2 or more people living or talking in your head. You might feel possessed by one of several identities

Causes of DID.

DID along with other dissociative disorders usually develop as a way of dealing with some type of trauma (like child abuse or sexual abuse) or they have experienced

Treatments of DID

- The primary treatment for DID is psychotherapy. Also known as talk therapy or psychosocial therapy

- The goal of psychotherapy is to learn how to cope with your disorder and to understand its cause of it

- Hypnosis is also considered by some to be a useful tool for DID treatment

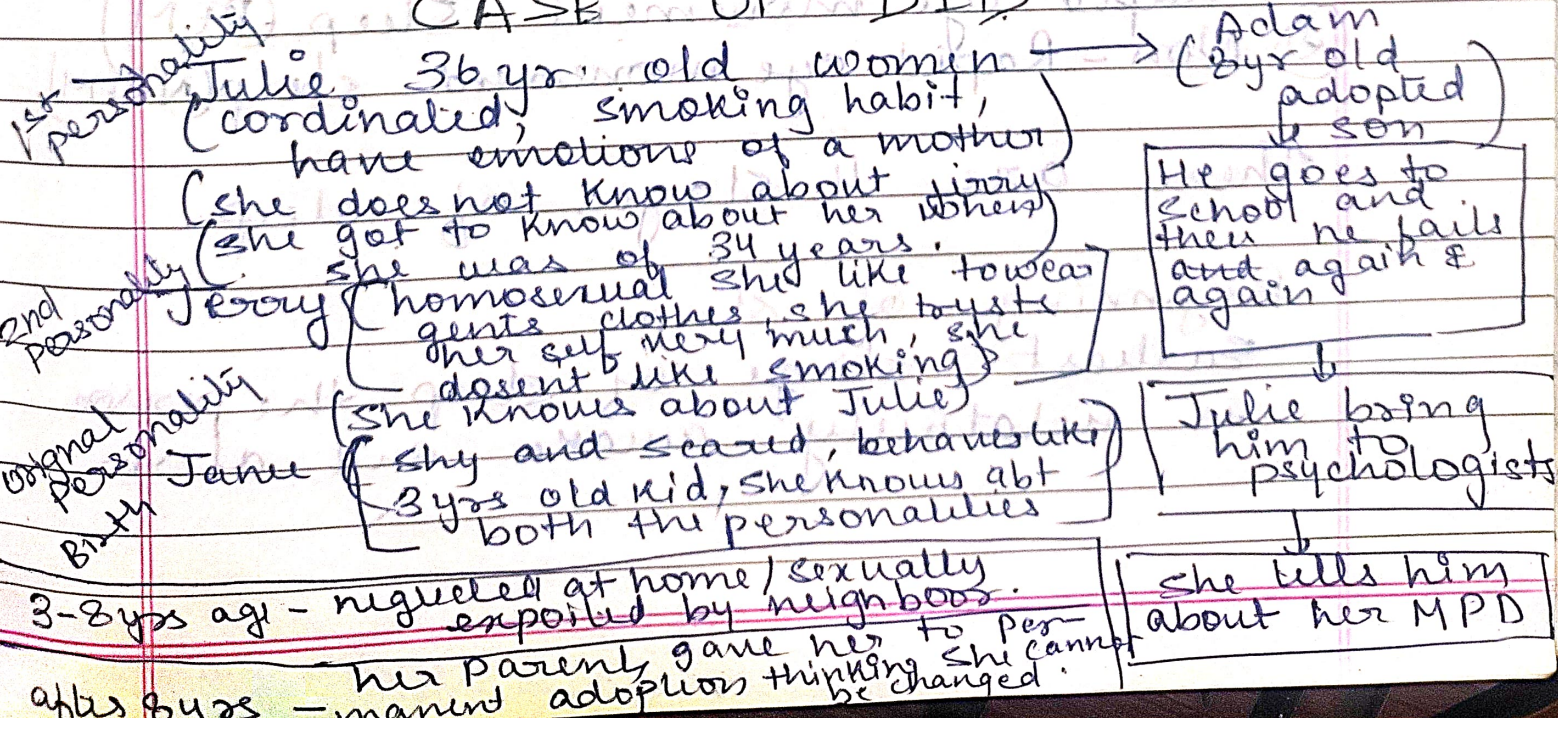
- Medication is sometimes used in the treatment of DID, as well. Although there are no medications specifically for the Dissociative Disorder, but they can be used for associated mental health symptoms.

Some commonly used medications are:-

- anti-anxiety medication
- anti-psychotics drugs
- anti-depressants

34 DID cases 94% got better results.

### CASE OF DID



# Sleep walking, Somnambulism

- It involves getting up and walking around while in a state of sleep. More common in children than adults, sleepwalking is usually outgrown by the teen years. Isolated incidents often don't signal any serious problem or require treatment. However, recurrent sleepwalking may suggest an underlying sleep disorder.
- Sleepwalking can lead to harming the patient so it is important to protect him/her from the injuries related to sleepwalking.

## Phases of Sleep

There are 2 types of sleep.

- ① Rapid eye movement sleep (REM)
- ② Non-Rapid eye movement sleep (NREM)

There are 4 stages of sleep.

## Beginning of sleep

Earliest stage of sleep, the person is relatively awake and alert.

① NREM Stage 1 (light stage of sleep)  
- transition period between wakefulness and sleep  
- last around 5 to 10 minutes

② NREM Stage 2  
- People become less aware of their surroundings  
- Body temperature drops  
- Breathing and heart rate becomes regular  
- lasts around for approx 20 min  
- people spend  $\approx 50\%$  approx of their total sleep in this stage

③ NREM Stage 3  
- Muscle Relax  
- Blood Pressure and Breathing rate drops  
- Deepest sleep occurs  
- In this sleep people becomes less responsive and noise activities in the surrounding  
- It is the stage between light sleep and very deep sleep  
- Sleepwalking & bedwetting tends to occur in this stage of sleep.

## ④ REM Sleep

- Brain becomes more active
- Body becomes immobilized and is relaxed
- Dream occurs
- Eyes move rapidly
- Respiration rate increases
- People spend 20% of sleep in this stage.
- It is also referred to as paradoxical sleep
- Dreams occur due to the brain become more active

## Causes of Somnambulism

- Unconscious Mind
- Traumatic Event
- Conflict
- Sleep deprivation
- Sleep disruption or interruptions
- Substance use like alcohol
- Abnormal breathing patterns during sleep.

## Treatments of Somnambulism.

- Medication - Benzodiazepines - <sup>Induces and</sup> maintains sleep
- Therapy - Anticipatory awakening - <sup>awaken</sup> around the usual time and put back to <sup>sleep</sup>
- Counselling - Stress reduction techniques
- Self hypnosis and relaxation
- Improve sleep habits / practise yoga & meditation