

## Frequently asked questions about helping those with MPD:

Let me begin this little booklet with a huge disclaimer. I have hesitated to give my personal perspective in answer to these questions because I am very obviously just giving my opinion. I do not want people to look at these answers as the right or only answer to the questions posed here. I may be wrong on some of them! Feel free to disagree!

I have also been hesitant because it is too easy to fall into the idolatry of looking to someone or something other than God for guidance. First and foremost, you need to pray and ask God, “Is this true?” and also, “Does this apply in my situation?”

The only reason I agreed to put some of my thoughts down on paper is because I discovered many dear folks who (usually not by choice) have found themselves in a place of trying to help someone with MPD\*.

So ... for what they are worth, here are some of my answers.

\*I am well aware that the term currently in vogue for MPD (Multiple Personality Disorder) is DID (Dissociative Identity Disorder). However, I prefer the term MPD and so I have used it throughout this booklet.

Please note that we have grouped these questions into two categories. The first group of questions deals with that of understanding the problems of MPD. The second group addresses the implications.

Even though there are both men and women who have MPD, the greater percentage are women. With this in mind, we are using the pronouns “her” and “she” throughout this booklet.

## What is MPD?

I view MPD as God’s gift to prevent insanity in children. The horrendous abuse suffered by those who are ritually abused usually begins before the age of three or four. The child, unable to process the atrocities she suffers, splits off the memory of this abuse into one area of her mind.

Later, as the abuse continues, more memories are split off and removed from ones conscious mind. It is as though the core person has amnesia concerning these events, being unable to recall at will what she has gone through.

These isolated memories usually also contain intense emotional trauma and are viewed by the person as being a separate part of herself. Often these other “personalities” or “alters” as they are sometimes called, talk, function and have a personality that is very different from the core person as described above.

Just as I view the ability of the mind to “dissociate”, I believe just as strongly that the Lord’s will is for the person’s mind to return to its originally created state—that of being whole again.

Is there any evidence in the Bible that MPD exists?

First, perhaps I should comment on the general principles of discerning the reality of something not mentioned specifically by name in the Bible. We should ask such questions as, “Does it violate any known Biblical principles?” “Is there circumstantial evidence for the reality of its existence?” “Do other godly men believe it?” “Does the Lord confirm to your spirit through prayer that this is a reality?”

For some, the Lord has answered their question, “Is MPD real?” with specific verses that relate to being shattered. For example, one person was given Psalm 86:11-13:

*“Teach me Thy way, O Lord; I will walk in Thy truth; Unite my heart to Fear Thy name. I will give thanks to Thee, O Lord my God, with all my heart, and will glorify Thy name forever. For Thy lovingkindness toward me is great, and Thou hast delivered my soul from the depths of Sheol.”*

How is a ministry to people with MPD different than ministering to other hurting people?

From my viewpoint, ministering to people with MPD is one of the most rewarding types of ministry. This is because you as a helper get a ringside seat to watch God dramatically heal and restore a life. Total recovery from MPD is possible. Both the spiritual dimension as well as the emotional healing are part of the needed process.

Also, unlike bipolar illness which at least in part (if not totally) involves a chemical imbalance in the brain, MPD involves emotional brokenness rather than a chemical problem. (Sometimes, however, there is a chemical problem as well as MPD.)

I like working with people who have MPD because they are very creative people who usually know that they have a problem and are willing to work at seeing God heal them.

What do you need to be “qualified” to work with a person with MPD? Do you need to have a degree in psychology?

Qualities for ministry are always as follows: a servant’s heart, a discerning ear, teachableness and a closeness to the Savior!

Please realize that I am not suggesting that we all suddenly begin to do the work of a trained Christian counselor. I am giving these ideas for use by those who are friends of people with MPD. A helping ministry of a friend often supplements ministry by a professional counselor.

Why is it that sometimes a person doesn't realize for years that events happened and then suddenly remembers them?

Without going into a complicated discussion about how memories are stored in the brain or the difference between repressed memories and dissociative memories, let me say that a similar phenomena occurs in war veterans. Some times they dissociate from a terrible memory of something they saw or did. Only years later, when something happening around them reminds them of this past horrible event, are they able to remember the memory. It is very typical for a person who was abused as a little girl to begin having flashbacks (or triggered memories) soon after the birth of her first child (especially if it is a girl).

Does a person ever have false memories?  
Should I always believe someone who is telling me about a memory?

I know the work of the deceiver well enough to know that in all likelihood, he has imitated both MPD and supposed memories. However, if your commitment in helping a person with MPD is couched in prayerful carefulness against being deceived, I believe you will experience a "warning signal" from the Holy Spirit if there is deception concerning the memories.

I should add that, in nearly 30 years of ministering to those with MPD, I have never come across a case of false memories.

Furthermore, you may be aware that the originator of the concept of false memory syndrome (so easily absorbed by many in the psychological community) was one of the leading sellers of child pornography who also had been accused of years of incest by his adult daughter. (This was exposed by Dr. James Friesen in "*The Truth About the False Memory Syndrome.*")

Be sure to let the person with MPD know that you believe them. They have often been silenced by being told that if they disclosed the abuse, they would never be believed anyway.

Let the Lord confirm in your heart the truth about their past. I often have the person (who is desperately trying to maintain the inner lie that none of this ever happened) make the affirmation, "I choose to believe the truth about my past."

What if I can't handle hearing about the terrible atrocities the person wants to tell me?

If you are not a trained Christian counselor, your role may not involve the intense memory work that is usually a part of the healing process. However, if it does, be aware that the enemy would like to use the pictures of abuse that are now in your mind as a means of personal torment or harassment to you.

I would take the freedom to express your concerns about hearing gory details to the person to whom you are ministering. As long as she has an appropriate place to

deal with these memories, with her therapist for example, there is nothing wrong with your putting a limit on your involvement with this part of her healing.

However, if you believe that you should be available to work through some of these difficult memories with the person, consciously ask the Lord to erase any distressing pictures from your mind. If they keep coming up in your memory, refuse to allow them. Each time they try to come forward in your thinking, don't think through it again, but consciously hand the memory up to the Lord and ask Him to do as He pleases with it.

**Do each of the personalities have to be saved before full healing can take place?**

I have a very politically correct answer to this: no but maybe! First of all, I should state I believe that once saved, eternally saved. Also, we don't go to heaven in pieces! If we have made a commitment to Jesus Christ as our Savior, we are saved.

Salvation results in being made alive in our spirit. MPD is an issue of emotional fragmenting; it has nothing to do with our spirit.

I believe that what some say is an event of leading a non-core personality to the Lord is really bringing the reality of the decision previously made for Christ into the conscious reality of the personality.

Is that confusing? If, for example, a person was saved at age 18, those personalities that stopped growing emotionally at age 9 may not be aware of the person's decision for Christ which was made at age 18.

So, is it OK to tell a personality the plan of salvation and lead them in a prayer of faith? Absolutely, as the Lord leads.

**What is integration and how does it happen?**

I define integration, or merging as I prefer to call it, as "having each part take their rightful place in the person." This eliminates the sometimes scary idea that the parts or personalities will "die" or "disappear."

I have found that there are two ways that integration takes place. **First**, the emotional splintering stays in place as long as there are lies remaining in the system. For example, the lie might be, "That never happened to me." That is why there sometimes is integration simply by telling someone what happened to them. It is, in effect, removing the lie mentioned above.

At other times, there is still no integration even after the person has remembered a forgotten traumatic event. The memory is still "toxic" to them. I believe that this is because there is still a lie connected with that event. For example, the person may have remembered the event but still believes that it was her fault or that what occurred happened because she was a bad person.

**Secondly**, I have seen examples of “delayed integration” where removing the lies and replacing them with the truth didn’t seem to bring instantaneous merging. I have to admit that I am not sure why this occurs. One thought is that there may be personalities that need to live a safe, normal life a short time as part of their healing.

Or God simply has His own timing for that part to be merged or the person herself may need to grow in some way in experiencing all of her emotions.

What are some of the strong points of a person with MPD?

They often seem to hear more clearly or precisely from God than other people. I believe that this is because, having lived a life that included a spiritual dimension filled with the reality of wicked spirits and supernatural events, there is special sensitivity or spiritual discernment.

Perhaps it is like the extra sensitive sense of smell or touch some blind people have. With such emotional confusion within, perhaps spiritual issues can more easily be discerned.

I also believe that this is because God in His graciousness speaks clearly to people with MPD so that there will be no confusion about whose voice it is.

What does the term SRA refer to?

SRA is an abbreviation for Satanic Ritual Abuse. It refers to the abuse suffered by those who are forced to participate in rituals related to the worship of Satan.

Is there any evidence in the Bible that SRA really exists?

Many of the elements of occult activity, Satan worship and ritual abuse are described in Scripture. Such things as ceremonial worship rites, sexual perversion, child sacrifice, animal sacrifice and use of psychic (supernatural) powers which can be seen today in ritual abuse situations, are repeatedly mentioned in both the Old and New Testaments.

Paul says in I Corinthians 10:20, “...but I say that the things which the Gentiles sacrifice, they sacrifice to demons, and not to God...,” making it clear that even in the New Testament, the pagan peoples were unknowingly (and perhaps at times knowingly) involved with demon worship.

Three of the central gods of the people around the nation of Israel were Molech, Baal and Chemosh. All three were involved with atrocities to children. (For more detailed information, see “The Bible and the Reality of SRA” published by Lydia Press.)

Let's also consider what a person has to believe in order to acknowledge the reality of SRA:

- 1) The reality of Satan
- 2) The reality of the global battle between Satan and Christ (see Rev. 12:9, Heb. 2:14, Rom. 16:20, Job 2:1-3, Acts 10:38, Rev. 20:2)
- 3) The existence of wicked spirits (see Rev. 12:9, Mark 1:21-27, Luke 10:17-20)
- 4) (the most disputed) The belief that Satan can oppress Christians (see 1 Tim. 1:19-20, 1 Thess. 2:18, 2 Cor. 12:7, Acts 5:3, Luke 22:3, Luke 13:16, Mark 8:33, Mark 1:13, 1 Chron. 21:2, 2 Tim. 2:24-26, 2 Cor. 11:3-4, 2 Cor. 11:14, 2 Cor. 2:10-11, 1 Peter 5:8, James 4:7, Eph. 4:26-27)

If MPD and SRA are a reality, why don't more pastors believe in them?

Good question! I find it distressing that the world is willing to recognize the reality of SRA while the church is not. For example, many police departments have special units that are trained to go to a crime scene and tell the police if it is a scene of Satanic ritual abuse. Some hospitals in major cities have entire floors of their psychiatric units designated for ritual abuse survivors. The world acknowledges the reality of it but doesn't know what to do for it.

The church, on the other hand, has been blinded to its reality, but should be equipped to deal with the spiritual implications of ritual abuse. What a tragedy!

Many churches do not even recognize the reality of spiritual warfare. The truths about our union with Christ and our authority in Christ have been removed from our theology, so many pastors find thinking or speaking about the enemy or his work frightening.

As relates to MPD, many churches have taught that our emotions are bad, or at best, very corrupt. They believe that "denying self" means to refuse to acknowledge their emotions. Since MPD is not a mental problem but an issue of overwhelming emotions, many pastors are unwilling to deal with it.

How does a wicked spirit get inside someone?

Satan affects us all "from the outside" through temptations, trying to get us to believe lying thoughts, etc. But if the door has been opened in a person's life, demonic forces may have entered and reside in her.

Doors are opened by the person herself (knowingly or unknowingly) or by someone else, as in the issue of generational covenants for example. I personally have never worked with a person that had MPD who did not have generational issues to address.

Satan works on a "legal" system. That is, he is never allowed to affect us unless he has been given "ground" or a place over which he has been given legal permission to control.

## How does a “deliverance ministry” fit in with the overall ministry to a person with MPD?

I believe strongly that a “deliverance ministry” needs to be part of an overall discipleship program. Sometimes, especially where there are generational issues, a person may need help in evicting demonic forces.

However, I will have to say that I have seen some deliverance ministries that seem bizarre, or sometimes even unscriptural.

I have seen some well-meaning folks who seem to be drawn to the adrenaline rush of the front line “hand to hand combat” with the enemy.

The way a policeman uses his authority is a good example of how we can exercise our authority in Christ. The policeman doesn’t need to scream and shout, waving his arms around as he stands in the street directing traffic. He simply puts up his hand, blows his whistle and motorists obey him. Why? Because the authority of the whole police department is behind him. His badge, a symbol of that authority, is a reminder to all that they must obey.

P.S. Some people who have MPD have been spiritually abused by going to a person in a “deliverance ministry” who has tried to “cast out” personalities. **THIS IS DISASTEROUS!!!** Sometimes a personality may be agreeing with the darkness to such a degree that, as they talk, you can sense the demonic presence as well as the personality. Ask God to make a space, a distance between the personality and any wicked spirits present so that the situation will become clarified.

## How should I handle it if a person suddenly becomes another personality as we are talking together?

Don’t panic! Pray for guidance and speak with the new personality just as you would with any individual. Try to find out why this personality is “strong” (dominant) right at this time. Perhaps she is protecting the core person from hearing or feeling something.

If you know that the personality is believing a lie about something she thinks is threatening her or the core person, speak the truth about the specific issue of concern.

If it is essential that the core person return and take control, ask if anyone inside knows how to get her back in charge.

## What are some of the problems a person with MPD might have in her relationships with others?

Many hurting people, even those without MPD, have had a life of trying to stay alive both physically and emotionally. This has been true of the teen years when many social skills of relating to others would normally have developed. As a result, hurting people may have problems establishing healthy relationships with others.

One problem may be that they tend to take comments or actions personally. They may be overly sensitive to looks or words from others.

Also, another person may remind them of their mother or father. If they had a difficult relationship with their parent, they may project some of those feelings on to the person who wants to be their friend.

One way to help teach them some social skills they had no time to learn, given their desperate efforts to survive during their childhood, is to be a true friend to them. By that, I mean not being easily offended but addressing issues that need to be addressed should problems come up as well.

### What does a person with MPD want from me?

Someone to believe them. Someone to let them “borrow their hope” when everything seems hopeless. Someone to keep their confidences. Someone to model the unconditional love of the Father.

### How can I avoid having all my time filled with ministry to someone with MPD?

Make sure that your motives for helping this person are not clouded by your own needs. For example, avoid ministering because you need to feel needed by someone else. Or perhaps you are a “fix-it” person who can’t stand to see “messes” in other people’s lives. Avoid self-reliance.

Also be very clear about where you believe God would have you put boundaries on your ministry. For example, due to health concerns, I am no longer able to get up several times in the night to answer emergency calls from hurting people. I have been upfront about this with them and believe before the Lord that it would be wrong for me to let their needs push me into a position where I don’t believe God wants me to be.

Work with the person as well to make a list of five to seven people whom they can call in an emergency. If the first person is unavailable, out of town or simply busy, encourage her to call the next person on her list.

Ministry to hurting people needs to be a team project. One person is often easily overwhelmed while helping a hurting person, especially at the beginning stage of recovery.

### Is it necessary for each personality to “grow up” until she reaches the core person’s age before they can be integrated (merged together)?

Although I know of some therapists who believe that this is true, I do not think so. From my own personal experience as well as from my work with other people with MPD, I have seen instantaneous integration as well as that which may take some time.

How do I help alleviate her fear that she is going crazy or losing her mind?

It is very common for a person to feel that she is going insane while she is being healed. Part of this is due to the unusual feeling that occurs as different personalities emerge.

She may need constant assurance that she is not going crazy. I sometimes encourage people, “If you would have gone insane, it would have been back when you were going through all those terrible things. The fact that you survived those times shows that God has given your mind an incredible ability to stay sane.”

I also point out that people who are losing their grip on reality don’t know they are! The fact that the person with MPD is concerned about losing her mind is a sign that she is not crazy!

What should I do if a person begins to get extremely agitated during a Bible study or class?

Quietly ask her if she would like to go outside with you for some fresh air. DO NOT touch her. This may startle her and be perceived as a threat. Pray for wisdom.

Once outside, tell her you sensed that she was getting upset. Ask how you can help.

Should I be afraid?

No. People with MPD may become extremely angry and emotionally overwhelmed at times. However, this anger is usually directed toward themselves. The only time I have heard of someone with MPD hurting or attacking one who was helping them occurred when the helper made the mistake of trying to physically restrain the person. In the confusion that resulted, the person inadvertently struggled with the helper because she was having a flashback of being held down and hurt by her mother in her childhood.

If a personality tells me that she is going to kill herself, what should I do?

One of the main things to remember when helping a person with MPD resist suicide is to always let her know that she will always be in control of the situation, i.e., that you will never force her to go anywhere or do anything that she herself does not choose to do. From her past experiences, she was most likely never in control, either physically held down, spiritually overwhelmed or emotionally manipulated. Therefore, it is important to stress that she is in charge of her life.

Be honest with your feelings. Say things like, “I would be so sad if you died. You are so special to me.” “You’re such a fighter and have gone through so much. It would be so sad if you were to give up right before the good part begins.”

It may also be helpful to point out that the people who abused her in the past would be gleeful if they knew that her life had ended. “Don’t let them win,” may be a helpful reminder.

Ask her if she has told her counselor. Make every effort to convince her to call the counselor. But do not call the counselor without the person’s permission. I realize that this is a controversial point but, from personal experience, I do not believe that responsibility for this should be taken by the helper. The issue of trust is also at play here. Let her know clearly that you will not tell someone else about her situation without her permission.

If she will not initially allow you to contact her counselor, keep trying to convince her. Or ask if there is anyone inside who wants you to tell someone.

Always pray with her if she is agreeable. Realize that there may be spiritual issues, lies from demonic forces at work in her. Ask the Lord to give you wisdom as to how to specifically pray for her in this regard.

A note of encouragement: I believe that people with MPD are one of the least likely populations to actually commit suicide. They are fighters. If that were not the case, they would not have made it this far.

Remember at all times that, within yourself, you do not have the resources to prevent a suicide. But you do have a lifeline to the One who can!

## What if the personality I am helping wants to do juvenile things such as color or read children’s books together?

Ask the Lord if it would be a help to do these things with her. Remember that the personalities are emotionally at the developmental age they were when her traumatic experiences occurred.

I have benefited greatly from the work of Dr. Jim Wilder in realizing that one of the best ways to help a hurting person mature is to show by your attitude, body language and actions that you “are glad they are.” In other words, you are happy to see her, to be with her, because she is of value as a person.

Sometimes by doing activities with the hurting person, this unmet need to be loved and accepted – to be as Jim says, “the sparkle in someone’s eye” – finds fulfillment.

## What should I do if she screams and runs out of the room?

Don’t try to stop her. Most people with MPD have experienced being held down or restrained and then abused many times. If you try to prevent her from escaping the room, she may have a flashback to an earlier time that may escalate the situation.

Calmly go after her. If possible, do not run because she may think that you are chasing her. Quietly talk to the personality that is present and assure her that she is safe. Ask her what has frightened her.

## Are there certain stages a person with MPD goes through in the healing process?

Usually the healing process goes something like this:

Perhaps for years the individual has experienced unusual, unexplainable events: loss of time, two different sets of clothing in the closet, people whom she does not know seeming to know her, being told she said (or did) this or that without any memory herself of having said or done it, etc.

When MPD is first suggested as a possible cause for these strange events, the person usually has a hard time believing that this is true. This difficulty in accepting MPD will likely remain – at times stronger than other times – right up until the healing process is completed. This is partially due to the fact that the amnesia about the abuse serves to keep the lie in place: “This didn’t happen to me.”

In most cases at the beginning of the healing process, the core person doesn’t realize when another personality “takes over” and begins talking. (This is not true in every case of those with MPD.) But as the healing progresses, there is a sensation similar to dreaming where the core person may hear or vaguely be aware of what another personality is saying (either within their mind or audibly).

Usually during some part of the healing process, the person may become triggered (and switch to another personality) so often that one personality after another comes “to the top” (as I call it).

As the Lord begins to allow the memories to surface, the emotional pain the different personalities hold is expressed, causing lots of emotional upheaval. This is a very difficult time for the person and is a time for those around her to assure her of their love and support.

There may come a point in her healing that the person can take on a new role in helping those personalities inside her. If, for example, she realizes that she is suddenly feeling terrified inside, she may be able to ask those inside what the problem is: “Why are we afraid?” Sometimes those inside will cooperate by indicating the cause of the terror. The core person can then speak truth to the situation and may not only find relief from the terror but may also experience spontaneous merging (integration).

For example, if someone inside says, “I’m scared he’s going to kill me,” the person could ask, “Who’s going to kill you?” The answer: “My father.” The truth that can be expressed is, “Our father is dead now and he can’t hurt us anymore. Why don’t you ask the Lord Jesus what the truth about this is?”

## How long does healing usually take?

I wish I could give a specific number of months or years, but the healing process is different for each person. In most people’s lives, the Lord combines the spiritual freedom needed with emotional healing, accomplishing both at the same time. In others, the spiritual freedom may be separated from the time of emotional healing. (In other words, there may be more of an emphasis on spiritual deliverance at the beginning.)

One of the things that can “Speed up” the healing process is for the person to keep affirming, “I am willing to look at anything from my past that the Lord wants me to look at.” Also, “I choose to believe the truth about the past.” Both of these statements will help to combat the inner resistance to go back to incredibly painful memories of events from the past.

### How do I deal with a personality that is antagonistic to me, other Christians or God?

One of the good things to remember is that you don’t have to try to defend God, or answer the “Where was He when...” question for the person. When confronted with aggressive personalities, I try to remember what an incredible hurt is underneath the anger. (This helps keep me from taking some of their insults personally.)

I usually try to get the personality to talk to God about what she thinks of Him. Sometimes this is helpful, sometimes not.

I also point out to her the truth that she must have been very deeply hurt to have so much anger. I tell her that I think she is being tricked into believing lies about God. In one particularly energy-charged discussion (where it was obvious that the personality was agreeing with the demonic forces within) the only break in the antagonistic attitude of the personality came when I said, “I can’t understand. You seem like such an intelligent person. I can’t figure out why you’ve chosen the losing side!”

I hope that these answers have been helpful. Please remember that they may not apply to every situation. On behalf of folks with MPD, thank you for being willing to be a friend.

To order other materials related to MPD, contact:

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