

Equipping the Helpers

Writing assignments are in **Red**

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Thoughts untangle
themselves
running over lips
and pencil tips.

Introduction to Dissociative Identity Disorder and Ritual Abuse

This course is designed to give you a foundational understanding of how to help those with Dissociative Identity Disorder and Ritual Abuse heal. There is no set schedule for completing this course but it does require a commitment to working on it regularly and completing the course. Please discuss with your facilitator the minimum number of hours you are committing to spend on the course each week. Your course facilitator will be investing many hours in your training. As much as you are able, please be faithful to your commitment.

There is no fee for beginning the course other than the \$10 website password fee but we request that you make a donation to the ministry when you have completed the course based on how helpful you feel the course has been to you. There are also some resources you will need to purchase as you are working through the course.

Keep a notebook or records on your computer with sections for questions, observations and resource summaries, and information you want to use later on. As you work through the course please summarize what you felt were the key points of each resource as soon as you complete it. This will help you retain up to 80% more information.

Send your notes and assignments to your facilitator by e-mail as you complete them. There is no specified length for most of the papers. Feel free to finish your papers when you feel you have covered the topic. You will get out of it what you put into it.

Each of the resources in this course has important information for those working with DID. We will start out by looking at DID/SRA from several different perspectives.

Before taking this course you should have an understanding of:
How to help those who have been sexually abused - Suggested resources [Sexual Abuse: An introduction for lay counselors helping women](#), [Katie's Secret](#), [Healing Life's Deepest Hurts](#)
How to help people heal in community - Suggested resource [The Life Model: Living from the Heart Jesus Gave You](#)
Spiritual warfare - Suggested resources [The Bondage Breaker](#), [Victory Over the Darkness](#)

Please start the course by reading:
[When Godly People do Ungodly Things: Finding Authentic Restoration in the Age of Seduction](#) book by Beth Moore

It is reported in the headlines, confessed in the pulpits, and hidden in the pews in churches around the world. The seduction of God's people by the deceiver is a tale as old as old as the garden...Beth Moore examines why devoted followers of Christ indeed can and sometimes do fall into the traps of Satan...

- **What steps are you going to take to keep from falling prey to the enemy?**

Learning about DID & SRA

[Laura](#) book

Life from the perspective of a little girl who was severely abused physically, sexually, and ritually and how God healed her heart.

"Laura" was born into a mid-western home steeped in spiritual darkness. The youngest of four children, she was "chosen" to inherit a powerful place in the kingdom of darkness. But by God's grace, this abused little girl was lifted into a life of joy-filled freedom, emotional healing and a worldwide ministry.

[How Can I Help](#) booklet

by Alaine Pakkala

This booklet, in the question and answer format, answers some of the most common questions asked by those who know someone with DID. It is an excellent resource for lay counselors, pastors or others who help.

[An Introduction To Dissociative Identity Disorder](#) web article by Pamela Perez

[Characteristics of a Person with MPD/DID](#) web article by Dr. Alaine Pakkala

They often withdraw from crowds or even people trying to befriend them.

They may respond to various situations with immature reactions.

They have difficulty with close relationships -- suspicion, jealousy misunderstanding.

They may have limited communication skills.

[DID Survivors Indicators](#) web article

by Karen Sackett

A list of indications that someone may have Dissociative Identity Disorder

[Ritual Abuse](#) excerpt from book

by Dr. Joann Roof

It is designed to bring the maximum amount of anguish to the victim. The things done to these children are so heinous that that most people reject the possibility that what the victim is recounting is even possible.

[Ritual Abuse and Mind Control](#) web article

Ritual abuse is a brutal form of abuse of children, adolescents, and adults, consisting of physical, sexual, and psychological abuse, and involving the use of rituals.

[Sometimes](#) booklet - optional

by Dr. Alaine Pakkala

Feel the effects of severe trauma on the heart of a child with this little booklet written by a seven year old abuse survivor. She pictures for us the emotional toll, the conflicting emotions and gripping fears that her past has produced in her life. A "must read" for all who want to understand the damage of physical and sexual abuse.

Resources to purchase

- [When Godly People do Ungodly Things: Finding Authentic Restoration in the Age of Seduction](#) book
- [Laura](#) book
- [How Can I Help](#) booklet or PDF
- [For Better or for Worse: Encouragement for the Spouses of those with DID/MPD](#)
- [DID Puzzle](#) (website) password
- [Sometimes](#) booklet - optional
- [The Bible and the Reality of SRA](#) booklet - optional

[Adult and Adolescent Indicators of Ritual Trauma](#) web article by Ellen P. Lacter, Ph.D

1. May be relatively normal and highly functional.
2. A strong sense of social justice and victim advocacy.
3. May seek careers in social services, a strong wounded healer.

[Dissociative Indicators](#) web article

by Dr. Joann Roof

it is best to ask your client these questions and carefully log their answers instead of having them fill out a form.

What things trigger an emotional response in you?

Do you have unusually strong emotions or feel emotionally numb a lot?

Are you sometimes jumpy especially if someone touches you unexpectedly?

- Practice using this questionnaire on three people that are not suspected of having abuse in their background to get a feel for how people answer that are likely not to have DID. Please be sure they are stable and mature interviewees. Summarize your observations.

[Understanding Dissociation](#) audios

by Dr. Daniel Rumberger

- Write a paper about the history of DID, especially Freud's involvement.

[On Being a Proper Multiple](#) web article

by Sara Lambert

When most people think about what it means to be multiple, they go immediately to the "classic" cases of early MPD documentation - multiples like Sybil and Eve White/Black, who demonstrated extremely pronounced changes between their different personalities, accompanied by profound dissociative amnesia. For example, upon switching, they would insist on being called another name and make little or no secret of being a separate entity from the former inhabitant of the body.

[Do's and Don'ts of Dissociative Disorders Treatment](#) web article by Shield of Faith

Do remember that the person before you is one person in one body.

Don't forget that you are working with a mind that has worked very hard to not remember.

Do remember that there may be multiple "I's" in the room when someone is Dissociative. But do remember that there is only one person.

[Sybil](#) movie

There are two versions the most well known was made in 1987 and stars Sally Fields. The other was made in 2007. If you are only able to watch one version I'd recommend the 1987 version. Keep in mind that the treatments used to help Sybil are secular. The Wonderful Counselor has much better ways to do things. I do not recommend ever using hypnosis. It takes away the control from the one receiving ministry and the Good Shepherd isn't like that. The purpose of watching these is to see what non-conscious DID sometimes looks like.

[Sybil 1987](#)

[Sybil 2007](#)

- What struggles did Sybil face as a result of having DID?
- What were some of the reasons that healing was hard for her?
- What challenges would someone with DID face as they interact with those who don't have DID?

[The Cost of True Service](#) web article

by Kate Barkman

Anyone who is involved in any way with a victim of Satanic Ritual Abuse or plans to embark on a relationship with a survivor will need to know three elements that are especially critical to developing a relationship which will be emotionally and spiritually vital and healthy for both individuals.

[DID Interviews](#) videos

There are 14 videos, one after another.

- Summarize each interview

[Ritual Abuse Hot-Line Training](#) web article

Material for a Training Session on Ritual Abuse for Crisis Counselors and Hot-Line Workers

[Divided We Stand, United We Fall](#) web article

by Rebekkah Hope

Perhaps this divided we stand and united we fall is the first lie an infant learns from the evil perpetrator. "The only way to survive is to allow the mind to divide." How else can the infant stand against the pain of torture? "Keep the mind united and I will surely die." That is just the beginning of the division. In a short period of months the child must also learn that it is to her benefit to succumb to the evil and allow the will, the soul and the precious heart, the very core of her being to divide. Divided she will stand, united she will fall.

[The Jesus I Know](#) - web article

[Kinds of Torture Endured in Ritual Abuse and Trauma-Based Mind Control](#) web article by Ellen P. Lacter, Ph.D

[DID Transcript 1](#) web transcripts by Dr. Joann Roof

[Transcript 2](#) [Transcript 3](#) [Transcript 4](#) [Transcript 5](#) [Transcript 6](#) [Transcript 7](#)

[DID Warfare Transcript](#) PDF

by Dr. Joann Roof

Sandy - one moment I can perfectly fine and the next I seem to be crying or very upset without any reason it just seems to come out of nowhere

Joann - does anyone inside know what is causing the emotinos to go up and down

Sandy - it is a result of one taking control and doing what they want which is upsetting many

[Complex Polyfragmentation: A Coping Mechanism for the Survivor & Prayer](#) web article

by

Svali

In order to survive ritual abuse, a child will often learn to dissociate, and dissociate heavily. The child has undergone some of the most horrific abuse humanly imaginable, and most find a way to cope.

[Common Programs Observed in Survivors of Satanic Ritualistic Abuse](#) web article

by David W. Neswald, M.A. M.F.C.C

So called cult "programs" are really no more than conditioned stimulus-response sequences consistent with basic learning theory. Such conditioning is achieved through a large variety of sophisticated and sadistic mind control strategies involving the combined application of physical pain, double-bind coercion, psychological terror, and split brain stimulation.

[The Bible and the Reality of SRA](#) booklet or PDF

by Dr. Alaine Pakkala

Is Satanic ritual abuse real? Is it believable? Dr. Pakkala shows from Scripture that this wicked form of child abuse is not only repeatedly mentioned in the Bible, but that these occultic practices are still part

of ritual abuse today.

The Healing Process

Discipling the Shattered (Videos) [Workbook](#) PDF

[Session 1 Biblical Evidence of DID and SRA](#) 38 min.

- What are the principles for determining if something is Biblical?
- Can Christians be demon possessed? Write a paper stating your opinion along with why you have reached that conclusion.

[Session 2 Understanding the Basics of DID](#) 44 min.

- What is Dissociation?
- Read ["False" Memories?](#)
- [The Recovered Memory Project](#) web site Explore this website
- Do your own research and write a paper on False Memory Syndrome (FMS) and The False Memory Foundation (FMF)

[Session 3 Characteristics of a Person with DID](#) 26 min.

- What are some of the possible characteristics of someone with DID?
- In one or two paragraphs, summarize the difference between repression and dissociation.

[Session 4 Clues that a Person may have DID](#) 21 min.

- Read DID Case Study (Sandy) -- [Intake Form](#)
- What do you see on the intake form that could indicate that Sandy is dissociative?

[Session 5 What is Healing](#) 52 min.

- Briefly explain your understanding of soul ties and how you would help your client get free. For more information see ["Soul Ties -- Power to Control"](#) and [Dealing With Soul Ties](#)
- What are some ways you can help your client reconnect with their emotions?

[Session 6 Dealing with the Spiritual Issues, Part One](#) 45 min.

- How would you teach the parts about the enemy? Continue answering this question in the next session.

[Session 7 Dealing with the Spiritual Issues, Part Two](#) 51 min.

- How would you teach the parts about the enemy?

[Session 8 Understanding the Internal System, Part One](#) 57 min.

No assignment

[Session 9 Understanding the Internal System, Part Two](#) 60 min.

- What are the 5 tips for working with DID from this session that you think will be the most helpful?

[Session 10 Stages of DID Healing](#) 57 min.

- Listen to [Your Not Going Crazy](#).
- What are some common triggers for an abused woman?
- How can you help your client with triggers?

[Session 11 Practical Considerations](#) 40 min.

No assignment

[Session 12 Moving Ahead in the Healing Process](#) 26 min.

- What boundaries and safeguards will you have in place when you meet with clients?

[Session 13 Discipling the Shattered](#) 41 min.

- Who is involved in healing?
- How do you discern if problems are from the enemy?
- What are Alaine's cautions in this section?

[Helping the Very Shattered Within a Community](#) web article by Dr. Alaine Pakkala
Walking in your gifting (Parts of an effective community)

[Treating Dissociative, Abused and Ritually Abused Children](#)
[Advocating for Ritually Abused Children](#) web article by Ellen P. Lacter, Ph.D

Write a research paper on play therapy answering these questions:

- What is play therapy?
- How can it be used to help identify that a child has DID?
- How can it be used in the healing process?

Watch the movie [The Color Purple](#)

This film follows the life of Celie, a young black girl growing up in the early 1900's. The first time we see Celie, she is 14 - and pregnant - by her father. We stay with her for the next 30 years of her tough life

Write a paper explaining:

- How you would help Celie when she was a child?
- How you would help her as an adult?

[Basic Memory Phenomena, Explicit and Implicit Memory](#) PDF [www.DR Karl Lehman MD](#)

The mind is a psychological phenomena that uses the biological brain as a servant, but that is ultimately above, outside of, and more primary than the neurophysiological phenomena in the biological brain.

- Write a summary of the article.

[Dissociation, Repression, Denial, and Avoidance](#) PDF by Dr. K.D. Lehman MD

This is a case study from my (Karl's) personal experience with repression, denial, avoidance, and "middle range" dissociative phenomena. It provides an example of combined repression, denial, avoidance, and dissociation where visual memories are completely missing, and also my attempt at describing what repressed and dissociated memories "feel" like as they come back. This case study also describes the perceptions (lies), thoughts (lies), and emotions that are triggered when I can't

solve a problem. www.kclehman.com

Optional:

Read Dr. Karl Lehman's [Brain Science, Emotional Trauma, and The God Who is With Us](#)

This article has 6 sections and is book length. Take notes as you read and turn in a copy of your notes.

Review these client resources

- [For Better or For Worse](#) - Book
 - [Joy in the Desert](#) - Audio
 - [Abby's Place](#) - Web Site
 - [The DID Puzzle](#) - Web Site
 - [Growing UP](#) - Web Site
 - [A Letter to My Doctor](#) - Article
 - [Scrapbook Therapy](#) - Article
 - [DID Reading List](#) - Article
- **Make a list of books, videos, audios, websites etc. that you feel will be helpful resources for your clients.**

[Introduction to working with DID](#) video

by Dr. Alaine Pakkala

[The Process](#) web article

by Dr. Joann Roof

Learning to work with someone who has DID is somewhat like learning to surf. There is plenty of technical information that you can learn about how to stand on your board, how to pick the right waves, caring for your board, and what to do when you fall off. You need all that information but there are things you can't be taught. Your body has to learn by practice how to stand up and how to balance. With DID there is lots of information you need to be aware of but most of what you learn will be from getting in there and doing it.

[Dealing with Resistance to Talking to the Good Shepherd](#) video

by Dr. Alaine Pakkala

[Memories and Emotions](#) web article

by Dr. Joann Roof

[Special Issues of Suicide for MPD's](#) web article

by Dr. Alaine Pakkala

One of the main things to remember when helping an MPD resist suicide is to always let them know that they will always be in control of the situation; i.e., that you will never force them to go anywhere or do anything that they themselves do not choose to do.

[Trauma Bonding: The Pull to the Perpetrator](#) web article

by Svali

Trauma bonding is the issue that is left out of the equation when people ask Why do cult members recontact their perps? Why do they keep going back for more abuse? Without understanding chronic trauma, and the effects of trauma bonding, it is impossible to understand the dynamic involved. I will be sharing in this article both from personal memory of methods used, as well as sourcing to the literature on the subject. My greatest hope is that by understanding this often misunderstood subject, that others may be helped to pull out of its insidious pull.

[Understanding Integration As A Natural Part Of Trauma Recovery](#)

web article

By Rachel Downing, L.C.S.W.-C.

The purpose of writing this article is to provide survivors with DID and therapists who treat DID with a greater understanding of integration and life after integration.

[DID and Deliverance](#) web article

by Nita Saylor and Diane W. Hawkins

Thanks in part to sensational movies, books, and the imagination, deliverance has acquired a very distorted and negative reputation in the minds of many. Christians often tend to enter the arena of battling darkness with considerable anxiety and dread. This need not be the case, however, if one is adequately prepared and confident in the authority of Jesus Christ over all of Satan's forces.

[Gender Confusion and Dissociative Identity Disorder](#) web article

by Dr. Joann Roof

I have encountered several people who considered themselves to be gay or lesbians. They had feelings of the opposite gender and often followed those feelings into homosexual behavior but then they learned that they had Dissociative Identity Disorder and discovered that they had parts of the opposite gender. They were being influenced by the feelings and desires of their male or female part.

[Denial—the Key to Resolution](#) web article

Diane W. Hawkins, M.A.

Once considered merely an annoying appendage to the diagnosis of Dissociative Identity Disorder (DID), denial is now being recognized as the glue that holds the dissociation in place. The fact is that DID would not exist without the mind's need for denial. In other words, when denial is no longer needed, neither is dissociation.

Spiritual Warfare

[Education Matters](#) web article

by Nita Saylor and Diane W. Hawkins

When deliverance is needed in individuals with DID, the process admittedly becomes more complex, and one does well to tread more carefully into it. In fact, only those who understand the dynamics of both dissociation and demonization should attempt doing deliverance with a person who has symptoms of DID.

[Complex Polyfragmentation: A Coping Mechanism for the Survivor & Prayer](#) web articles

by Svali - prayer by Dr. Joann Roof

In order to survive ritual abuse, a child will often learn to dissociate, and dissociate heavily. The child has undergone some of the most horrific abuse humanly imaginable, and most find a way to cope.

[Closing Prayer and Commands](#) PDF

by K.D. Lehman MD & C.E.T. Lehman MDiv.

Unresolved wounds and/or issues: Sometimes you will get to the end of the ministry time and the wounds and/or issues being addressed are not yet resolved. This has become less and less common as we have gained more knowledge, experience, and personal healing, but it still happens on a regular basis. We have found that it is good to acknowledge this, and to ask the Lord to especially care for the person regarding any wounds and/or issues that are not yet fully resolved.

www.kclehman.com

[DID Session Prayers](#) PDF

True, Holy Creator God, in the name of the True Lord Jesus Christ, in accordance with Jude 8-10, I

ask you to move back all evil celestial beings and forbid them to harass, intimidate or retaliate against _____ (survivor's name) or any part of him/her, whether in the body or outside the body.

[Prayer of Release for Masons & Their Descendants](#) web article revised by Karen Sackett

[Prayer of Renunciation of the Mormon Church](#) web article

[Renunciations of the Pagan](#) web article

The renunciations and prayers that follow deal with ancient civilizations' foundational idolatry and allegiance to other "gods which are not gods", as detailed in the Old Testament. The Scriptures have been used to compile these specific items and practices for purposes of confession and renunciations.

[Renunciation and Affirmation Statements](#) web article by Dr. Tom Hawkins

The following prayers and affirmations are directed especially to those who are treating persons who have been involved in ritual abuse. Usually such survivors have experienced dissociation and report Dissociative Identity Disorder (DID) as a result of their abuse—which is often best described as Satanic Ritual Abuse (SRA). THIS MATERIAL IS NOT INTENDED FOR SURVIVORS OF SUCH ABUSE TO READ BY THEMSELVES OR EVEN WITH A WELL MEANING, UNTRAINED, SUPPORT PERSON. It is crucial that survivors be at a place in therapy where reading these prayers does not increase their internal conflict beyond tolerable limits. They need to be with someone who can help them reduce conflict and find spiritual freedom.

Prayer partner - 30 hrs.

- Write a summary of what you learned from each session.

Programming

[Mind Control: Simple to Complex Web article](#) Ellen P. Lacter, Ph.D.

Organizations with a wide range of political and criminal agendas have historically relied on coercive interrogation and brainwashing of various types to force submission and information from enemies and victims, and to indoctrinate and increase cooperation in members and captors.

[Kinds of Torture Endured in Ritual Abuse and Trauma-Based Mind Control](#) web article by Ellen P. Lacter, Ph.D

Knowledge of the methods of torture used within ritual abuse and trauma-based mind control provides a basis for recognition of related trauma disorders. Individuals subjected to these forms of torture may experience intense fear, phobic reactions, or physiological symptoms in response to associated stimuli. In some cases, the individual, or particular dissociated identities, experience a preoccupation with, or attraction to, related stimuli.

[Cults](#) videos

A group of videos about cult involvement.

[Denial Programming Vows](#) web article

The following information has been collected from various clients as we have dealt with denial programming. I do not recommend that survivors work through this information on their own. The words that are highlighted seem to be the words used by programmers during torture done to install the denial programming. Clients that have gone through these renunciations have found that the denial is less bothersome and they are more able to go to truth and let God reveal the origin of the lies they are believing.

[Overview of the Differences Between Satanism and Witchcraft](#) web article by Steve Oglevie

Satanism: Cosmological dualism between two male gods. Fueled by rebellion against the Catholic Church's perceived excesses. Began in 9/10 C.

Witchcraft: Paleolithic era (before 10,000 B.C.) fertility cult worship of the "Great Mother" (the earth) across the world.

[Satanism and Ritual Abuse Archive](#) web article by Diana Napolis, M.A.

The following cases describe legal proceedings held in Juvenile, Family, Civil and Criminal Courts around the world where there have been allegations of Satanism or the use of Ritual to abuse others.

[Breaking the Chain: Breaking free of cult programming](#) web book by Svali

I used to be a programmer in the cult, and now I want to share the knowledge that I have to help others. It is possible to break free of cult abuse if a person is involved. It is a long, heart-breaking process, but well worth it.

[An overview of the Illuminati](#) web article by Svali

In order to understand Illuminati cult programming, it is first necessary to understand a bit about the structure and philosophy of the organization. The Illuminati are a group of people who follow a philosophy known as "Illuminism" or "enlightenment". The Illuminati were named several hundred years ago, but trace their roots and history to the ancient mystery religions of Egypt, ancient Babylon, and even Mesopotamia. Out of these ancient religions, which were practiced secretly over hundreds and hundreds of years, there arose esoteric groups which continued to practice the rites, traditions, and enculturation brought in from the original groups.

[Conspiracy of Silence - Illuminati Pedophiles in Washington D.C.](#) (documentary) - 55 min

From Senator John Decamp: In mid-1993, after The Franklin Cover-Up had been circulating for almost a year, the British-based TV station, Yorkshire Television, sent a top-notch team to Nebraska to launch its own investigation of the Franklin case. Yorkshire had a contract with the Discovery Channel to produce a documentary on the case for American television. Finally, the big day came. Their documentary was to air nation-wide on the Discovery Channel on May 3, 1994. It was advertised in the TV Guide and in newspapers for that day. But no one ever saw that program. At the last minute, and without explanation, it was pulled from the air. It was not shown then, and has never been broadcast anywhere since. I have a copy of that program, which arrived anonymously in my mail in late 1995. When I watched this pirated copy, I could see clearly why the program had been suppressed.

[Ritual Abuse, Ritual Crime Symbols and Significant Dates](#) web article

This page summarizes significant symbols and dates used throughout the world by cults and various groups. Each group is different and may celebrate different sets of holidays, placing emphasis on different days. For most survivors, the worst symbols and dates are those listed below. Full and new moons are also significant, particularly so if they fall on any of the main holidays or the survivor's birthday.

[Why the Cults Don't Get Caught](#) web article by Svali

When confronted with the possibility that ritual abuse may occur, one of the first questions people ask is: "But if it's real, why aren't they caught?". In other words, how can an organized society meet and

execute rituals in secret, yet not leave any incriminating evidence which may lead to a conviction? How can such secrecy possibly be maintained in this day and age? Surely they would leave behind a 'trail' that would alert others as to what was happening.

[Mind Control: America's Secret War](#) Google video from the History Channel
An overview of the early government MLKA mind control experiments.

[Relationships Between Mind Control and Ritual Abuse](#) web article by Ellen P. Lacter, Ph.D
Installation of mind control programming relies on the capacity to dissociate, which permits the creation of new walled-off personalities to "hold" and "hide" programming. Already dissociative children are prime "candidates" for programming. Alternatively, very young children may be made dissociative by trauma-based programming. The extreme abuse inflicted on young children in intra-familial satanic and "black" witchcraft cults reliably causes dissociation.

[Thanks For The Memories](#) PDF Book - Free by Brice Taylor
'Mind control' is a rather vague and nebulous term used to label methods of extreme coercion that result in an individual's involuntary, robotic compliance. In order for the reader to fully understand the account presented in this book, it is essential to gain some background knowledge about the history of mind control.

[Duplicity Programming: The Devil's Deception](#) web article by Alice Moody, Ph.D.
What Is Duplicity? Imagine a foster child who has been repeatedly abused, having been placed in numerous homes with promises of love, kindness, and fairness. At last he experiences loving behavior. He'd like nothing more than to find this real and lasting. He starts to let his guard down. He starts to trust. just when it begins to really feel safe, he is abused. Now imagine this has happened over and over again his whole life, only each time he is more skeptical and hesitant to trust.