

# 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

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 rituality 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.

- What did you feel as you read this book?
- Did reading Laura make you want to move toward people with DID/SRA or away from them?

[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](#) exerpt 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.

[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.

[Dissociation, A Normal Response To Trauma](#) PDF by Mary Laura English

Nearly 400,000 New York residents took an emotional battering from the September 11, 2001, terrorist attacks to the World Trade Center twin towers. As a result of the attacks, more than a half million people have sought mental health treatment.

[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 The video is no longer available free online. Check your library or rent it from Netflix. 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 Sybil is to see what non-conscious DID sometimes looks like.

- 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.

Observe two, three hour ministry sessions. (\$5 per hour of observation)

- Write a summary of each session and make a list of things you want to learn more about.
- What key phrases did you hear?

[DID Interviews](#) videos

There are 6 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

This is a transcript of Instant Messaging with a lady who experienced severe ritual abuse. She has complex Dissociative Identity Disorder. (These transcripts contain offensive language. I chose to leave it in the transcript so you could get a feel for conversations with oppositional parts.)

[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

[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 (optional)

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  
Walking in your gifting (Parts of an effective community)

by Dr. Alaine Pakkala

Observe three, three hour ministry sessions. (\$5 per hour of observation)

- Write a summary of each session.

Write a 5-10 page paper telling what you have learned about DID/SRA and its treatment.

**Congradulations you have completed  
Introduction to Dissociative Identity Disorder**

