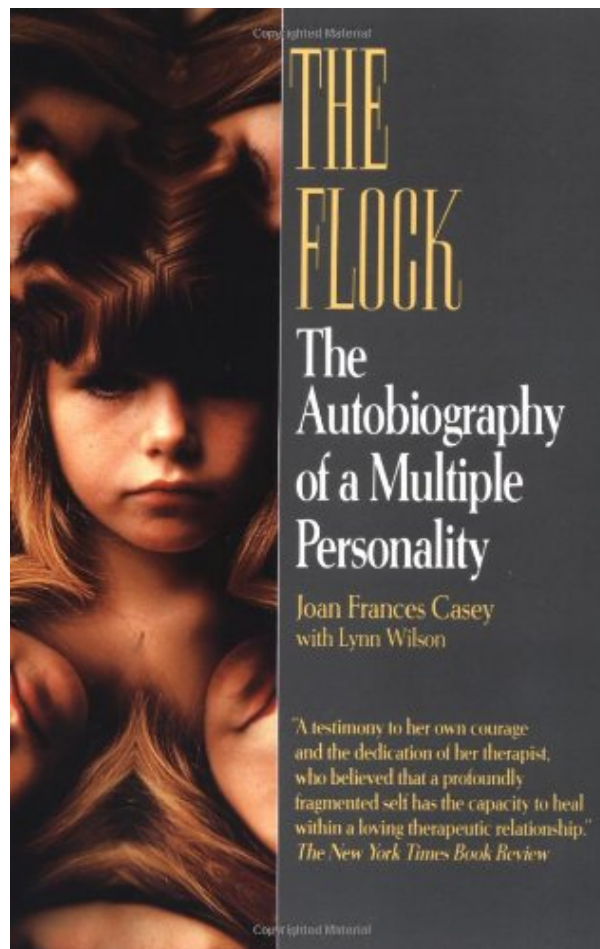
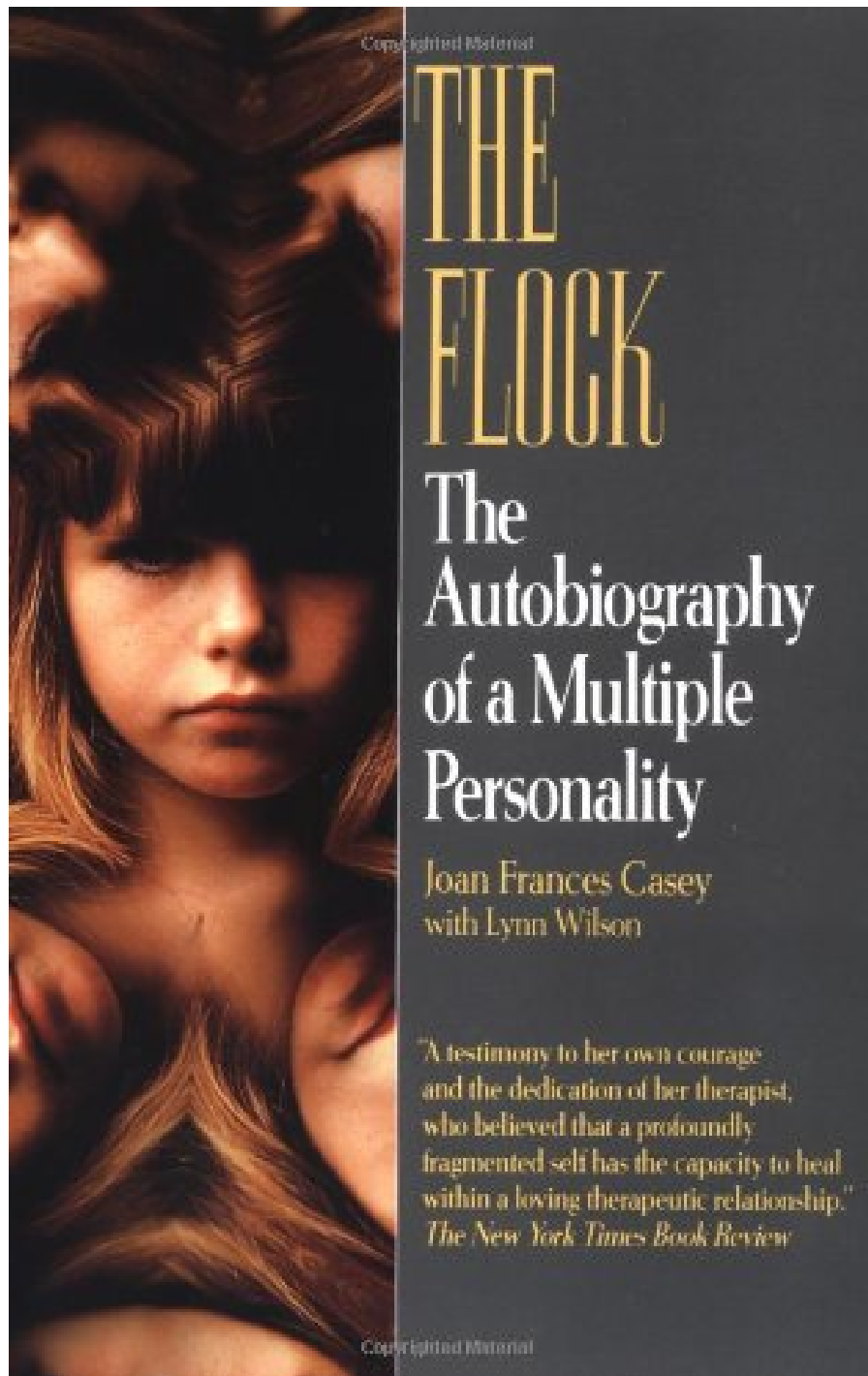


# THE FLOCK: THE AUTOBIOGRAPHY OF A MULTIPLE PERSONALITY BY JOAN FRANCES CASEY, LYNN WILSON



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## **Review**

"A testimony to [Joan Frances Casey's] courage and the dedication of her therapist, who believed that a profoundly fragmented self has the capacity to heal within a loving therapeutic relationship."—The New York Times Book Review

"Absolutely mesmerizing . . . the first coherent autobiographical study of its kind."—The Detroit News

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"Extraordinary . . . deftly told and studded with striking images."—Publishers Weekly

## **From the Publisher**

This is a fascinating book that we were all proud to publish. It "de-sensationalizes" multiple personality disorder for the reader and explains it clearly through a very compelling and emotionally charged case. Though now eight years old, THE FLOCK continues to sell very well.

One of the aspects that struck most of us when we first read it was that healthy people develop separate personalities on a moderate level: a "work" personality, a "spouse/lover" personality, a "son/daughter" personality, a "parent" personality, and many more. But healthy people don't completely dissociate because they aren't protecting their souls from the intense kind of suffering experienced by a victim of sexual abuse.

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Originally published in 1991, *The Flock* is the groundbreaking first-person account of successful recovery from dissociative identity disorder, known then as multiple personality disorder—and still a controversial subject in the field of psychiatry. This harrowing tale retains all its power to shock, fascinate, and enlighten.

When Joan Frances Casey, a married twenty-six-year-old graduate student, “awoke” on the ledge of a building ready to jump, it wasn’t the first time she couldn’t explain her whereabouts. Soon after, Lynn Wilson, an experienced psychiatric social worker, diagnosed Joan with multiple personality disorder. She prescribed a radical program of reparenting therapy to individually treat her patient’s twenty-four separate personalities. As Lynn came to know Joan’s distinct selves—Josie, the self-destructive toddler; Rusty, the motherless boy; Renee, the people pleaser—she uncovered a pattern of emotional and physical abuse that had nearly consumed a remarkable young woman.

## **Praise for *The Flock***

“A testimony to [Casey’s] courage and the dedication of her therapist, who believed that a profoundly fragmented self has the capacity to heal within a loving therapeutic relationship.”—*The New York Times Book Review*

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Most helpful customer reviews

52 of 52 people found the following review helpful.

Very sensitive to DID...

By Laura

I found this book to be comforting in a way that only people with DID/MPD can understand. Of course no one wants anyone to suffer with such an illness, however when you also suffer from the illness a book with this much sensitivity and courage is amazing. The author never needed to go into graphic detail of her abuse, that made this book safe for me. Her story gave me hope in my journey to recovery. I recommend this book!!!

35 of 35 people found the following review helpful.

MPD

By James Carter

I highly recommend this book to anyone who wants to know what it is like to live with MPD. It's believable and very well written. Many books on MPD are sensational, and extremely graphic. The emphasis is on the abuse events and patterns. This book is about the real life struggle of living with and receiving therapy for MPD. It is written in first person by a Multiple and her therapist. Both parties describe the difficulty in living with and treating MPD very accurately.

It's a book you can recommend to your friends that won't give them nightmares, but will certainly cause them to think and to learn.

Thankyou Joan Casey and Lynn Wilson

45 of 53 people found the following review helpful.

Co-Dependence, Anyone?

By HouseofGhosts

This one's a little different. First, it is written not by the core personality, but by one of her alters. Secondly, the therapist's own notes are interjected through out in an attempt to show you both sides of the story. The main difference, however, comes from the style of therapy Casey and Wilson engage in: serious re-parenting. Personally, it went to such an extreme that I thought it was unhealthy. Yes, I want to trust my own therapist, but I fail to see how becoming a frequent visitor in his house and treating him like a pseudo-father figure would benefit either of us. Boundaries are very, very flimsy here, nearly to the point of co-dependence.

That said, *The Flock* is a decent read. The story is involving, even if completely impossible for any multiple I know to identify with. No one I know will ever receive such therapy. In fact, I'm not sure that they should.

See all 60 customer reviews...



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